



Knox News

December 3, 2021



Coffee Hour Discontinued



"Since very few people have been calling in for the Zoom meeting on Sundays at 1:00 pm for the last few weeks, we have decided to discontinue this. If there is a need for a "virtual coffee hour" in the future, we would certainly consider restoring it.

Thanks to everyone who kept in touch in this way; it certainly helped to keep us connected in the early days of the pandemic."

**AMNESTY
INTERNATIONAL**



Amnesty International

"This Advent", please consider writing a letter (or better still, letters) for the Amnesty International "Write for Rights" campaign. In order to participate, please go to the writeathon.ca website, and click on "cases" at the top of the page.

Due to Covid, I didn't want to organize an "in house" event, but I am really hoping we can reinstitute this next year.

Thanks for your support! Jan Richardson

Pantry Update

The Knox Pantry Outreach Group has great news to share... We have just received a \$6,000. grant from the Lake of the Woods Community Foundation!

Wish I could give them all a huge hug!



This money - approximately half of our annual expenditure - when combined with the generosity of Knox congregants and supporters means that we will continue to be able to help meet the increased food security needs of our community.

The Pantry has been quite busy over the last year+. Part of this is pandemic related, but a good deal is also just increased liaising and awareness between us and other service agencies.

You may wonder how your gifts get used....

Each month we try to offer some financial support to Doug's Tuesday dinner crew who, in coordination with Kenora Moving Forward and Makwa, provide a full hot dinner, mostly at their own expense, every other Tuesday to Kenora's homeless.

Some individuals contact the church office. Some are referred to me by Knox people. Some case workers/agencies contact me directly. Their stories vary but the vast majority are a one time 'helping hand'. Three hampers of this nature are going out early next week.

On a regular basis we schedule family food hampers for Ontario Works recipients. These tend to be people who "fall in the cracks". They have housing (although not always in great shape) and they have some monetary support each month, however, they regularly face the question of whether to pay the rent, turn down the heat more or put food on the table. A large portion of these recipients are single moms. We / you have received many appreciative 'thank you's'. Fifteen hampers are going here on the 22nd.

Gloria coordinates a soup making group who, primarily at their own expense, provide a hot lunch to the Fellowship Centre each Wednesday. Their work is so appreciated.

We offer funds to help with the cost of groceries for any soup makers who desire.

Over the last year or so, with the help of KACL, we have set up a network in town for case workers from various agencies to access hampers as needed. Pantry Outreach supplies a 'stockpile' of 10 hampers approximately each month which KACL houses and distributes for us. These recipients tend to be individuals rather than families so the hampers are slightly smaller - one box instead of two - and because they don't go out immediately the contents are strictly non perishable items. We also include a \$25 gift card in each hamper for milk and eggs etc. The gift card is enclosed in a card that says "Thinking of you. You are not alone. The Pantry Outreach Group Knox United Church."

More than one person has gotten back to us that "the food was so helpful but the card made me cry - just to know someone cares".

I really appreciate that KACL saves me a lot of trips back and forth to Knox and that needs can be met quickly. My contact at KACL keeps me posted with the need for replacement hampers and the demographics of where the last bunch went. Many are persons with disability challenges - both physical and mental - that limit them to no job or minimum wage jobs. Some have hit a temporary 'bump' and don't have savings set aside for a rainy day. Some are fleeing domestic abuse. Ten hampers are going out this week for this group.

This just gives you a glimpse of what we're up to. It's a lot of work, but immensely enjoyable and rewarding. Non of it would be possible without the support of Knox. Thank YOU!



WHITE GIFTS

This year **Sunday, December 12** has been designated as White Gift Sunday — a day for us to share our good fortune with others. Once again the Pantry Outreach will be our focus. Baskets will be at the back of the church this Sunday and next. Wrapping is not required. Items in particular need are:

peanut butter
jam
chunky soup
tinned fruit / applesauce
non sugary breakfast cereals
tuna / ham / turkey flakes
spaghetti or rotini noodles
pork and beans

Monetary donations can also go in the baskets, be mailed to the office or be forwarded through the 'donate' button on our website.

Thank you for your support.