



Knox News

September 23, 2022



Covenanting Service

Covenanting Service between
Knox United Church and Reverent Frances Flook
will be held Sunday, September 25 at 3:00 p.m.

Light refreshments to follow.

NOTE: No regular Sunday service at 10:30
will be held on this date.



National Day for Truth and Reconciliation

Which is September 30, will be next Sunday (October 2nd),
so we are inviting folks to wear their
orange shirts/tops (some orange clothing.)

Effective Wednesday, September 28 I will be out of the office until the end of October for knee surgery. I will be working from home during this time. If you need anything that requires immediate attention, please contact our Minister Frances at minister@knoxunitedkenora.ca.

Thanks, Cheryl

PANTRY

UPDATE:

It seems like almost every day the news contains articles on inflation and the increasing demand on food banks across the country. Kenora is no exception. The Knox Pantry Outreach Group remains increasingly active trying to help alleviate some of the hunger and food insecurity our community faces. Over the last year, we've been averaging 10-12 one box hampers every 4-6 weeks in addition to the 10-12 multi box family hampers that we traditionally pack at the different holidays. 12 hampers went out this past week. It's super to see how, with your support, we've grown - but sad that the need continues to the there and grows.

I'm told to that the demographics is shifting slightly with an increase in requests from senior pensioners and the working poor. Each 'round' of hampers costs around \$1,000 to \$1,500. We are not part of the Knox budget but work on a 'what comes in goes out' basis. If the monies aren't there, groceries can't be bought. Last year we received (and spent) an incredible \$6,000 grant from the Community Foundation as well as cash and food donations from the Kenora Rotary. We are so grateful! Grants are hard to budget on though. We can apply for all the grants we want but we never know for sure if we will get any. I am therefore especially grateful for the steadfast dependable support of the Knox congregants.

Thank YOU for being Christs hands on earth.

Cathy - on behalf of POG.



New Group Starting at Knox!

Have you ever been interested in deepening your faith or spiritual growth? Pathways is a new interest group at Knox that is dedicated to encouraging individual, church, and larger community spiritual growth. We are wanting to explore different pathways to do this, some of our ideas are: listening to inspiring Podcasts, doing book studies, and exploring different spiritual and contemplative practices. Most importantly we will be developing relationships and community at the same time!

On a practical note, our tentative plan is to meet once a month, on Saturday mornings (9:00-10.30 am), where we will engage in an activity or spiritual practice, then brainstorm and develop short or long term Pathways events we can offer to Knox members and the community at large. All are welcome to join the group, or attend a meeting just to check it out. If this sounds at all of interest to you, please contact one of our members, or the church office for more information. Our current active members are Ashley Bennett, Lynda Moncrief, Linda Montford, and myself - Randy Hildebrand.

Please stay tuned for more announcements and future event offerings from Pathways. We are super excited!