



# KNOX WINTER NEWSLETTER

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Minister: *The Rev. Laura T. Kavanagh*

## Minister's Corner:

At the beginning of each Session meeting the Elders and I engage in a short time of study and reflection. Part of the discipline of Christian faith is a commitment to continue learning and thinking about what we believe. There is also value in reviewing what is important to us in the Presbyterian/Reformed tradition. Our study since December 2004 has focused on the affirmations contained in *LIVING FAITH: A Statement of Christian Belief*.

We looked at our belief in God, examined our ideas of how God creates and is still creating, and wondered what it means to be made in the image of God. We debated statements about who Jesus is and what difference he makes in our lives. We explored our understanding of the resurrection, identified our spiritual gifts, struggled to comprehend justification by faith alone, applied teachings from the Sermon on the Mount to modern life, and attempted to "draw a picture of church".

For me this has been a rich and rewarding time of getting to know the other members of Session. It has been an opportunity to share our faith journey; to question what we believe and how we came to those beliefs. We have employed many strategies to make these discoveries with one another – art, music, discussion, debate, even poetry. Here is one poem from our Session study, written in a cinquain (pronounced sin-cane) style.

FAITH  
DIVINELY HUMAN  
SEEKING TRUE UNDERSTANDING  
ENCOURAGES ME TO HOPE  
CONFIDENCE

It is my conviction that all believers are called to do theology, which, according to the classical definition of Anselm is "faith seeking understanding".

*Lord, I believe; help thou mine unbelief.* (Mark 9:24)

*Laura*

## HUNGER IN A WORLD OF ABUNDANCE



Have we accepted that hungry people are a norm in our society and in our world? What does the Bible's command to feed the hungry mean? Are we willing to hear what God might be telling us about his plan for abundance? These sessions will lead you through discussions that will help you hear God's plan for your life as you answer his call to usher in "the year of the Lord's favour". There will be six sessions to be held here

at Knox. These began on Thursday, March 2<sup>nd</sup> from 7 - 8:30 pm. If you would like to attend, please come next Thursday, March 9th.



## BOYS WILL BE BOYS

Three little boys were bragging about their fathers.

- 1st boy My father writes some words on a sheet of paper, calls it a poem and is paid \$100.
- 2nd boy My father writes words on two sheets of paper. He calls it a story and is paid \$200.
- 3rd boy My father writes words on five sheets of paper and calls it a sermon. It takes four people to collect all the money!

## THANK YOUs

Although Mary Carroll resigned as Clerk of Session last December, she is still an active member of Session and has also become a member of Congregational Life. Thank you Mary for your continued dedication to Knox

Thank you to Richard and Yvonne Fowler for so faithfully tending the flower gardens. Throughout the year, it is always a pleasure each Sunday to be greeted with the different seasonal flowers.



## THE ROSE

It is only a tiny rosebud  
 A flower of God's design;  
 But I cannot unfold the petals  
 With these clumsy hands of mine.  
 The secret of unfolding flowers  
 Is not known to such as I.  
 GOD opens this flower so sweetly,  
 Then, in my hands, they die.  
 If I cannot unfold a rosebud,  
 The flower of God's design,  
 Then how can I have the wisdom  
 To unfold this life of mine?  
 So, I'll trust in Him for leading  
 Each moment of my day.  
 I will look to Him for His guidance  
 Each step of the Pilgrim's way.  
 The pathway that lies before me  
 Only my Heavenly Father knows.  
 I'll trust him to unfold the moments,  
 Just as He unfolds the rose.

## CFAX ROSE

Congratulations to Karen Pokipala who received the CFAx citation rose in recognition of her volunteer work with Meals on Wheels. Well done Karen!



## KNOX YOUTH

The youth group took a break in January from our regular Sunday night meetings. I took this time to get to meet the youth on an individual basis. We went out to lunch, watched movies at my house, and had a games night. I think we all had a good time just sitting back, having some fun, and getting to know each other a bit more. We're now ready to get rolling again!



It's been great to see how consistently the youth come out to youth group. Many of them have very busy schedules, but they are still committed to coming to youth group. I think this really shows that they enjoy coming but also they are interested in learning about God and the Bible.

We have been joining up with the youth groups from St. Andrew's and West Shore for some fun events, such as ice skating, laser tag, and Karaoke. It's great to get together because the youth are able to make some new friends and partake in some activities that wouldn't be possible with our small numbers. In the coming months we will be joining the other youth groups about once or twice a month. As well, we are participating in the monthly Worship and Dessert nights at Knox and helping out where we are needed!

Thank you for all your prayer and support!

*Rachel*



## WHAT IS THE BIBLE

Are you using the Bible the way God tells you to...or is it just sitting around?

1. It is a *map*...follow it Proverbs 6:22
2. It is *food*...digest it Mathew 4:4
3. It is a *lamp*...hold it high Psalm 119:105
4. It is *sweet*...enjoy it Psalm 119:103
5. It is a *key*...use it Proverbs 4:20
6. It is a *promise*...trust it II Corinthians 1:20
7. It is a *treasure*...share it Acts 20:32
8. It is a *birth certificate*...join the family 1 Peter 1:3



Hello God  
 I called tonight  
 to talk a little while  
 I need a friend to listen  
 to my anxiety and trial  
 You see, I can't quite make it  
 through a day just on my own  
 I need your love to guide me  
 so I'll never feel alone  
 I want to ask you please to keep  
 my family safe and sound  
 Come and fill their lives with confidence  
 for whatever fate they're bound  
 Give me faith, dear God, to face  
 each hour throughout the day  
 and not to worry over things  
 I can't change in any way  
 I thank you God for being home  
 and listening to my call  
 For giving me such good advice  
 when I stumble and fall  
 Your number, God, is the only one  
 that answers every time  
 I never get a busy signal  
 never had to pay a dime  
 So thank you, God, for listening  
 to my troubles and my sorrow  
 Good night, God, I love you too  
 and I'll call again tomorrow!

## KNOX MORNING BIBLE STUDY

(A little bit of history)



The first Bible Study, led by Mrs. Marion Hynds, was held in each of the members homes. In 1980 when our Church expanded, and the fireside lounge became available, we were able to have the study at the Church. When Marion became ill, the Rev David Smith had a few different people lead us in our study.

Mr. Jack Wester led us for quite a few years, during which time we started a coffee fund that Mrs. Jean Walker looked after, and on behalf of the group bought the first aide equipment - a wheel chair, a stretcher, and first aide box, which are stored in the cupboard in the lounge. The Bible Study Group has also donated to other areas of the Church.

When Dr. Kirk came to Knox in 1995, Mrs. Edna Kirk led the study until Dr. Kirk retired in June 2002. Although we missed Edna and her knowledge of the Bible, the Group carried on. Mrs. Nan Zorn and Mrs. Lil Bateman took over the leadership of the meeting at which time there were seven members. The Group was joined later by another member and two Ladies from Trinity Church who fitted in very well, bringing the membership to 10. Each member buys his or her own study material so there is no cost to the Church.

It is a very informal group and we feel we have gotten to know each other very well. We welcome those who would like to join us - male or female. Currently we have one gentleman attending, Mr. Tom Perry. Tom has been a faithful member and we value his input.

The Group welcomed The Rev. Laura Kavanagh to Knox by inviting her to lunch.

We are presently studying the Gospel of John and find it very interesting and look forward to the rest of the year. We meet every Thursday Morning at Knox in the lounge at 9.45 a.m.

*Lil Bateman.*



**Saturday, March 11—11:30—2:30**

Come and enjoy a fun afternoon and the opportunity to thank Rob Gordy for his service to Knox.  
Remember to sign up on the sheet in the narthex.



## TWO POTS

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her back.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments but the poor cracked pot was ashamed of its own imperfection and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself because this crack in my side causes water to leak all the way back to your house.

The old woman smiled, "Did you notice that there are flowers on your side of the path but not on the other pot's side? That's because I have always known about your flaw, so I planted flower seeds on your side of the path and every day while we walk back, you water them. For two years I have been able to pick these flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw but it's the cracks and flaws and we each have that makes our lives together so very interesting and rewarding. You just have to take each person for what they are and look for the good in them.

## KNITTING PROJECT



A box of beautifully knitted items was taken to the Vancouver Island Presbyterian Annual General Meeting in February, 2005. The vests were destined for Mission hospitals in developing countries. Three in Malawi and four in India. Special thanks to the ladies in our congregation for knitting 23 pneumonia vests, 48 toques and 6 pair of mittens for new born babies. Friends and neighbours are encouraged to help with this worthy project. Yarn and patterns are available at the church.

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## BIBLE CAKE

To follow this recipe, you need a King James version of the bible to find the ingredients.

Preheat oven to 325 degree. Grease loaf pan.

*Cream together:*

3/4 cup **Judges** 5 v 25 (2nd clause)  
3/4 cup **Jeremiah** 6 v 20

*Beat in:*

3 **Jeremiah** 17 v 11  
1/4 cup **Judges** 4 v 19 (2nd clause)  
1 teaspoon 1 **Samuel** 14 v 25



*In separate bowl combine:*

2 1/4 cups of 1 **Kings** 4 v 22 (first clause)  
1 1/2 teaspoon **Amos** 4 v 5  
Season to taste with 2 **Chronicles** 9 v 9  
and a pinch of **Leviticus** 2 v 13  
1 cup of 1 **Samuel** 30 v 12 (2nd clause)  
1/2 cup of dried & chopped **Nahum** 3 v 12  
1/4 cup chopped **Numbers** 17 v 8

Add first bowl to second and mix well. Bake in a loaf pan for 1 1/2 hours.

Check next newsletter for recipe results.....

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