

# *Knox News & Notes*



April/May 2016

## ***God's actions in Jesus and the Holy Spirit: Romans 8: 1 – 11***

Amazing! Christ lives within you (10), the Spirit of God, who raised Jesus from the dead, lives in you (11), you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you (9).

One of the wonderful new realities after Easter! Christ lives in us!

Taking the Christian life seriously can also sometimes lead us into times of despair when these amazing realities seem so distant in our personal lives and in congregational life.

We all deal with experiences in our personal lives; and all denominations deal with denominational realities where we would rather voice and agree with what Paul wrote in Romans 7: 21 - 24 “The moment I decide to do good, sin is there to trip me up. I truly delight in God’s commands, but it’s pretty obvious that not all of me join in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge. I’ve tried everything and nothing helps. I’m at the end of my rope.” (The Message)

Paul continues in Romans 7 and asks: Is there no one who can do anything for me? Then he answers in (25): the answer is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different. (The Message)

Romans 7 are the picture behind the joyful exclamation of Romans 8:1 - So now there is no condemnation for those who belong to Christ Jesus.

No need to despair when you struggle, remember all guilt has been erased from our record and God looks upon us as innocent - the door to the cell is open and we are free to leave. At Knox we also have the saying: hope is stronger than memory!

Freedom is found in a life controlled by the Holy Spirit.

The word Spirit is used 34 times in the letter to the Romans and 21 out of the 34 times we find it right here in chapter 8.

The Holy Spirit doesn't add anything new to what Jesus has done. The Holy Spirit doesn't have an independent agenda next to Jesus' ministry; according to Paul in our reading the Holy Spirit carries the treasures of Christ into our lives – connecting the agenda of Jesus through the work of the Holy Spirit closely to our lives and congregational life.

Paul doesn't give us a list of things to do in the above mentioned reading instead he focuses our attention on our basic orientation to life.

What characterizes those who live under the control of the Spirit is a certain mindset - those who are controlled by the Holy Spirit think about things that please the Spirit (5). In Romans 12: 2 he puts it this way: Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect.

The idea here is to be intentional about controlling your mind. If you want to live for Jesus, you have to live according to the Spirit, not according to your old nature. And if you want to be controlled by the Holy Spirit, you have to set your mind on what the Spirit desires.

There is intense competition for our minds every minute of every day - our minds are, as the ancient monks used to say, like a tree full of monkeys. The secret of living for Christ is controlling our minds by focusing on Jesus, and the only way to do that is by the power and leading of the Spirit through Scripture.

The mind controlled by the Spirit is life and peace, but the mind controlled by our sinful nature is death (6). The best practical list I know of a mind and life controlled by the Spirit of Christ is to be found in Gal 5:22 - 23 love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Those who have come to faith in the resurrected Christ are not “imprinted” with an idea, they are “implanted” within Christ himself through the Spirit that lives within us - Christ lives within you, the Spirit of God, who raised Jesus from the dead, lives in you (10,11).

We are the living presence of Christ in this world and not just some pale “imitations of Christ.” To be a Christian is to share in the resurrection life of Jesus and the Spirit enables us to grow throughout our lives, living and experiencing life in a new, unlimited way. When we continue to hoist our sails and catch this powerful controlling wind of the Holy Spirit who knows what might happen here at Knox.

Rev Johan



## ***News from the Annual Congregational Meeting, March 6, 2016***

At the Annual Congregational Meeting, held on March 6, 2016, the congregation voted to undertake several major initiatives, two of which involve the sanctuary.

The congregation first voted to refurbish the organ's console. Letters of intent and verbal commitments in the amount of \$62,000 have been received to support this project. The executors of the estate of Earl MacNaughton, who left a substantial amount to the Knox Endowment Fund in 2015, wrote a letter sharing their wish that if the gifts received to refurbish the console do not cover the full cost, the outstanding amount be taken from the bequest to Knox. A motion to this effect carried. Through the generosity of the congregation, the cost of refurbishing the console of the organ and the wiring is covered fully.

The congregation voted to redesign the chancel area so that it is a platform, with flexible seating. The cost will be \$30,000 which will be financed through a loan of up to \$30,000 from the Endowment Fund, repayable in three installments over the next three years. Letters of intent in the amount of \$ 10,100 have been offered in support of this project.

Given that these two projects represent significant expenditures, the vote was taken by ballot. In accord with the *Book of Forms*, article 162.1, major capital expenditures require a 2/3 majority of all votes cast. For both these motions, the vote significantly exceeded the threshold of 2/3 of majority of all votes cast.

The congregation also voted to contract the Reverend Doctor Herb Gale to lead a ministry of stewardship and giving for the next two years, focusing on "generous giving," identified in Kennon Callahan's *Twelve Keys to an Effective Church: Strong, Healthy Congregations Living in the Grace of God*. This vote was also taken by ballot. In the course of the discussion of the motion, several people raised concerns that there was no member of staff assigned with the responsibility of overseeing ministries to youth. As a result, session was asked to strike a task group to consider the viability of having a part-time minister or lay person to oversee ministries to youth.

The Renovation Task Team extended an invitation to the Congregation to enter into discussion and congregational input on the approved platform on Monday evening, March 14 at 7 pm in the Sanctuary. Many members attended. The meeting featured a very constructive discussion, with numerous suggestions which will be entertained by the Renovation Task Team to formulate the final plans. The two projects in the sanctuary will be undertaken this coming summer.

Ann Wilson  
Clerk of Session



## ***Musical Notes***

By Chris Fischer, Pastoral Musician

### ***“Music Care’: What Is It, and Why Should We?”***

At the beginning of the month of March, I started doing something I have never done before... I was approached by the people who run the Elora Festival and Singers (of whom I have been a member for several years now) to consider facilitating a “choir” for some residents of the Wellington Terrace long-term care facility in Fergus. I have conducted community singing groups before, but never one for people with what are variously termed “cognitive impairments” or “dementia”. This is a totally new venture for me, and, although I am being very well supported in this journey by staff at the Terrace and by staff and board members of the Festival and Singers, I feel kind of like one of Jesus’ disciples in the garden, after Jesus was arrested... I feel alone, unsure of myself, and a bit afraid of where things will go from here.

I suppose this is not much different from what things are like for all of us Christians at the moment. Here we are celebrating Easter – the joy of new life, as we remember Christ’s ultimate victory over death – and we do so while other human beings are behaving violently toward one another, with fear and hatred in their hearts. It takes faith to believe in the victory of life over death, of love over hate... But this is what the grace of God can do for us. As St. Paul says in his letter to the Romans, “If God is for us, who is against us?” (*Romans 8:31, NRSV.*) While I think about this, I can’t help but see the looks on the faces of those Terrace residents, as we sing songs like “When Irish Eyes Are Smiling”, “Over the Rainbow” and “We’ll Meet Again”: they are happy, and they’re not worried about the future. They’re in the moment, connecting with family members and friends, and they’re sharing the joy of song. Nothing else matters!

Did you know that your body changes permanently when you sing? Yes, it’s true: your body chemistry is forever altered, at the molecular level, in the act of singing. Electrical impulses from your central nervous system release hormones that combat stress, encourage relaxation and, amazingly, enhance memory and perception, even in those whose brains have been ravaged by Alzheimer’s disease for years. Singing is not just about feeling good and building community; scientists and people in the health care field are discovering that singing and making music together improve the quality of people’s lives, in a real and tangible way, by actually making them happier and healthier.

There is a growing field in health care called Music Therapy: its area of expertise has to do with the capacity of music (as with other forms of art and leisure) to transform and even to rejuvenate lives. Experts now speak of “music care”, about making music in a way that cares for and treats the whole person. We don’t understand precisely how this works, but do we need to? Is it not enough to know that the act of singing brings joy where there had been sorrow, light where there was darkness? I’d like to encourage you, this Easter and beyond, to consider joining in the song with those around you in worship... To sing familiar and well-known hymns, yes, but also to learn new songs and join your voice with others in community. This will change your life!

In closing, I’ll repeat the observation of the Scottish hymn-writer, John Bell, in his book, “The Singing Thing”: to experience the benefits of community singing, you have to be physically in community – to sit and stand in closer proximity to your fellow singers. And above all else, as Bell also says, we need collectively to mute those memories of authority figures from our childhood who may have told us to “stand in the back” or “mouth the words”, lest others hear us... When we sing with our whole bodies, wrong notes and all, we begin to heal, to feel the joy of new life in the midst of whatever may hurt or trouble us.

This is my Easter prayer for all of you, in this family called Knox: that you will step out on this journey together, trusting in the power of the Risen Christ to bring new freedom and peace to your life, regardless of your circumstances right now. And the peace of God, which really does pass all understanding, will be with you, today and always.

May it be so!

## ***"VICKIE'S QUILT FOR LOGOS PROJECT"***

It was the intention of Vickie Leduc to make a quilt and donate it to Knox for the purpose of raising funds for the youth ministry. Quilters at Knox know Vickie has for many years made quilts for children who were/are patients in the Guelph General Hospital and until this past Fall, also those in one of the hospitals in London, Ontario. Children who are admitted to the hospital are each given one of Vickie's quilts and when they are discharged they take the quilt home with them. These "touch-of-home" quilts make a very positive contribution to the comfort and quality of the children's stay in the hospital. During a conversation with Vickie last summer I discovered that she had made and donated close to 1000 such quilts - and still counting.

Vickie has a deep love for children and so it was not surprising that she was planning to make an adult sized quilt and donate it to Knox's youth ministry to be used as a means of raising funds for the Logos Ministry.

However, painful fingers prevented Vickie from accomplishing her dream. Not wanting the purpose of her dream to be defeated, she passed on her quilt blocks, embroidery hoops and thread - and her dream - to several women in the congregation. They willingly took on this project and have completed the embroidery of these blocks. One of these women is Lois Stockton who also graciously accepted the substantial tasks of assembling the blocks and doing the quilting. This beautiful quilt is now completed and will be on display in Metcalf Hall.

Many hours of stitching-labour have gone into the making of this quilt and it is evident that it has been a labour of love. It is our prayer that this 'labour of love' will be fruitful and provide a generous contribution in support of the Logos ministry of this congregation. This quilt would beautifully grace your own bed or would be a wonderful gift for someone special to you.

**The raffle tickets are available at the Knox office during the week and in Metcalf Hall after worship each Sunday until Sunday, May 8/16 when the draw for the quilt will be made during the coffee/fellowship time.**

**Ticket costs: \$5.00 each OR 3 for \$10.00.**

### **This very important word of appreciation:**

On Vickie's behalf I want to acknowledge the generosity and labour of the women who participated in this project, and extend to them, Vickie's heart-felt gratitude for fulfilling her "dream".

### **SUPPORT OUR YOUTH**

#### **"Vickie's Quilt for Logos Project"**

Quilt - Double bed Size  
Crafted by women of Knox congregation

Date of Draw: MAY 8, 2016 (after worship)

Place: Metcalf Hall, Knox

Ticket Price: \$5 ea. OR 3 for \$10.00.

## *A Call to All Who Enjoy Gardening*

The December/January 2015-16 issue of “Knox News & Notes” extended a “A CALL TO ALL WHO ENJOY GARDENING”. In that article I provided some information regarding a new ministry Knox is looking forward to sharing with you - GARDENING! If you have gardened in the past and/or would like to try gardening in the future then this invitation to gardening is a way to share your gifts with others by being a participant in this special garden the “**Enough To Share Garden**”.

Scripture repeatedly reminds us that our food, like all good things in life, comes from God who intends all God’s gifts of grace to be used not only for our own well-being but to be shared generously with those who are in need.

This ‘Enough To Share Garden’ will not only provide your table with fresh vegetables but will produce enough to share with others both in the Knox family and in our community. The increasing costs of fresh, healthy vegetables and fruit is having a detrimental impact on the diets and health of those children, women and men in our community who are on low or limited incomes. Among those who go undernourished, even hungry, are many of our elderly, especially those living alone.

This garden project provides Knox with the opportunity to serve, in a meaningful way, those who would benefit from the “vegetables of our labour”. Each gardener will be assigned a portion of the garden in which they can plant the vegetables of their choice.

The “**Enough To Share Garden**” will be located on a plot of ground being provided by John and Nancy Gordon, and will be prepared in time for Spring planting. The hope is that gardeners (and those would-like-to-be-gardeners) among us will welcome this opportunity to grow vegetables in this plot trusting that, as the Psalmist (85:12) testifies, “God will give what is good, and [the] land will yield its increase.”

We trust God will provide an abundant increase, enough to freely share with others in the congregation and community who would benefit from these nutritional additions to their diet.

As I write this message, we have already six people who will be participating in this ministry. As I mentioned previously, this is a new venture for all of us, so we are asking those wishing to explore and/or participate in this gardening ministry to contact the Knox office. Carpooling will be arranged for those requiring transportation. We would appreciate if those of you who are experienced gardeners (even if you are not able to actively participate as a gardener) would be willing to act as advisors for this project. If so, please contact the Knox office (519-821-0141).

Blessings,  
Shirley  
Dr. Shirley Gale, Pastoral Assistant  
Knox Presbyterian Church, Guelph.  
email: [revshirley@rogers.com](mailto:revshirley@rogers.com)



## *From the Library . . .*

### **Check out these brand new books –**

<u>One More Last Chance</u>	by Cathleen Armstrong
<u>Welcome to Last Chance</u>	by Cathleen Armstrong
<u>A Treasure Concealed</u>	by Tracie Peterson
<u>Beyond The Silence</u>	by Tracie Peterson
<u>Thin Ice</u>	by Irene Hannon
<u>Until The Dawn</u>	by Elizabeth Camden
<u>Cold Shot</u>	by Dani Pettrey
<u>Fire of the Raging Dragon</u>	by Don Brown
<u>Eyes on the Prize</u>	by Sunni Jeffers
<u>Room For Hope</u>	by Kim Vogel Sawyer
<u>Perfect Alibi</u>	by Melody Carlson
<u>The Baron's Honorable Daughter</u>	by Lynn Morris
<u>The Ambition</u>	by Lee Strobel
<u>Afloat</u>	by Erin Healy
<u>The Ultimatum</u>	by T. Davis Bunn



**See you soon at the Library Cart,**  
Judy Steer & Marjorie Bethune

## ***Knox Book Club***

Would you like to discuss books you read with fellow reading enthusiasts? Did you know Knox Church has a Book Club? Well, we do and we're looking for new members!

Presently, we meet at 7 p.m. on the last Monday of each month (except for July and August). We are considering moving to afternoons, so please let us know if that would appeal more to you. Book Sets are borrowed from the Public Library and you can pick up the month's book at the meeting or downstairs in Knox Library.

Although the books do not necessarily fall in the Christian Fiction category, they do transport us to another time and place and of course, are discussed with Christian viewpoints.

The selection for April is The Orphan Train by Christina Baker Kline and we will meet on Monday, April 25<sup>th</sup> at 7 p.m. to discuss it.

Come on out and give it a try!  
Judy Steer



## ***Knox Bus***



Would you love to go to church services at Knox, but have no way of getting there? Worry no more! A quick phone call to Sharp Bus Lines (519-824-8480, ext. 0) will save you a spot on a small school bus hired to bring people to church and take them home. This bus service is paid through the church's Operating Budget approved at our Annual Meeting.

An Information Sheet with further details is available from Mary at the church office (519-821-0141) or Judy Steer (519-822-2263).

## ***Hearing Loop System***

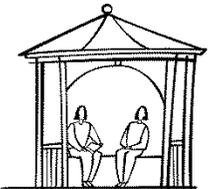


At the Annual Meeting, the congregation approved the purchase of a Hearing/Audio Loop System with money from the Endowment Fund. In anticipation of the installation, the Worship Committee would like to provide you with the following details:

- 1) Members with hearing aids can turn on the T (telecoil) setting and hear the service directly from the sound system.
- 2) Hearing aids can possibly be upgraded or retrofitted to have the T (telecoil) setting. Letters for audiologists explaining what is required are available in Metcalf Hall or from Judy Steer ([judithsteer@gmail.com](mailto:judithsteer@gmail.com)).
- 3) Members with some hearing loss but no hearing aids can purchase Loop Listeners (\$240.00 plus tax) from Better Hearing Solutions. This device could be used in other venues with Hearing Loop Systems.

If you have any questions, I would be happy to find answers!  
Judy Steer

## ***Attention Ladies:***



### **Retreat**

Do you enjoy walking on trails experiencing God's nature? Do you like good conversations, great food, and awesome fellowship with other ladies? Would you like some time away from your day to day life to sit in quiet contemplation and conversation with God? Then come and join us for the Spring Woman's Retreat at Crieff Hills in Morriston. We will gather on Friday May 27 about 6:00 p.m. and enjoy this amazing place until Sunday May 29 about 2:00 p.m. If you cannot be there for the entire weekend, please join us for the full day on Saturday.

The cost to attend will be based on the number of women joining us. For more details, or to sign up, contact Yvonne Cleary or Lindsay Redpath.

## ***Church School Chatter***

We have a wonderful and creative group of kids in our church school!

Have you seen the beautiful Easter Banners that the kids have made? They spent a couple of weeks painting, adding glitter, making butterflies and flowers and generally creating works of art! If you haven't noticed the banners, go to the Narthex and check out the two big ones hanging there, as well as the smaller one at the Chapel Lane entrance!



Over the summer, our classes will be changed to a joint all ages class. Teachers will be needed to lead these combined classes, beginning June 19 and going until Labour day weekend. If you are able to help out one (or more) Sundays over the summer, please see the sign-up sheet on the bulletin board in Metcalfe hall. The curriculum is provided and we have lots of craft material and supplies as needed.

And finally, I am looking for some volunteers who could help out with our costume cupboard! All of our costumes need to be washed, ironed and many need mending. Any interested volunteers can take as many or as few costumes to revamp as you wish, taking as long as you need to do so. We would need them back by the end of September. Let me know if you can help out with this!

Blessings  
Karen Bellamy  
Church School Coordinator

### ***Important Dates:***

Sunday, April 3	Logos Participation Sunday, final one for the year
Sunday, April 10	Volunteer Appreciation during service
Sunday, June 5	Communion Sunday
Sunday, June 12	Church Picnic and Service at Marden Park

**COMING THIS SUMMER!**



***KNOX VACATION BIBLE SCHOOL***

Come catch the wave of God's unconditional Love!!

Join us for a week of fun, praise, prayer, crafts, song, games, snacks and so much more at the SURF SHACK!

**DATES:** July 11 - 15 2016

**TIME:** 9:00 a.m. until 12:00 noon daily

**PLACE:** Right here at Knox Church

**COST:** FREE!!

**AGES:** Kids entering Junior Kindergarten in the Fall of 2016 up to kids just finished Grade 6 in June 2016.

To register, download a registration form from the [knoxguelph.ca](http://knoxguelph.ca) website and return it to Knox Presbyterian Church, 20 Quebec St. Guelph, N1H 2T4 or call Karen at 519-822-0193.

***Canada Youth 2016***

The experience of attending a Canada Youth conference is astounding!

During the course of 5 nights and 6 days, participants will worship, play, create, learn, dance, act, make new friends, study scripture, share joy, laugh, discover, play crazy games, reflect, pray, sing and share.

The theme for 2016 is "Joined together as God's Dwelling Place, WE ARE HOME!" CY 2016 begins July 5 at 2:00 p.m. and runs until July 10 at 12:00 p.m. at Brock University in St. Catherine's.

CY 2016 is open to all ages.. The Youth Track is for youth finished grade 9 to age 19; the Disciple Track is for young adults aged 19-25; and the Youth Ministry Track is for church leaders aged 19 and up.

You can get information about this year's event online – Google: "Canada Youth 2016" or through the Presbyterian Church website. Registration forms are also available on the CY website. The cost to attend is \$550.00 and there is funding available through Knox.

To date, although there has been a bit of interest in CY 2016, no one from Knox has made the commitment to attend this year. This is something that truly surprises the Christian Education Committee, and those who have attended in the past. We encourage everyone to prayerfully consider attending, or encouraging your teens, grand-children, nieces, nephews etc. to attend.

If you or someone you know is planning to attend, please contact the church office, Rev. Johan, Karen Bellamy or Karen Duffield regarding financial assistance and other details.

Blessings  
Christian Education Committee

### ***On The Humility of Christ***

**To the point of death, even the death of the cross:** This states the extent of Jesus' humility and obedience.

- i) Crucifixion was such a shameful death that it was not permitted for Roman citizens (such as the people of Philippi). A victim of crucifixion was considered by the Jews to be particularly cursed by God (Deuteronomy 21:23 and Galatians 3:13).
- ii) Robertson called the death of the cross "The bottom rung in the ladder from the Throne of God. Jesus came all the way down to the most despised death of all, a condemned criminal on the accursed cross."
- iii) **Even the death of the cross** shows that there is no limit to what God will do to demonstrate His love and saving power to the man; this was and forever will be the ultimate. "What must sin have been in the sight of God, when it required such abasement in Jesus Christ to make an atonement for it, and undo its influence and malignity!" (Clarke)
- iv) "The lower he stoops to save us, the higher we ought to lift him in our adoring reverence. Blessed be his name, he stoops, and stoops, and stoops, and, when he reaches our level, and becomes man, he still stoops, and stoops, and stoops lower and deeper yet." (Spurgeon)

Submitted by Small Group Leader



### ***Church Register:***



### ***Deaths:***

***There are no Deaths to report since the last Knox news was issued in February/March 2016***

## ***The Unbounded Grace of God***

by Herb Gale

I would like to thank the people of Knox Church for giving me the opportunity to serve you as your Minister of Generosity and Stewardship. This is a remarkable step you are taking as a congregation within The Presbyterian Church in Canada. As far as I know, Knox Church is the first church within the PCC to hire an ordained minister to focus on growing the generosity of the congregation. While more and more congregations of all denominations in the United States have begun hiring staff to focus on stewardship and generosity, the practice is still very rare in Canada. So this is a bold step for both Knox Church and for me.

For me, it provides the opportunity for me to put into practice in a congregational setting many of the things I have learned in my eleven years serving the national church as Associate Secretary for Planned Giving. In that role I have advised hundreds of congregations across Canada on how to grow a more intentional planned giving and stewardship ministry. Now I am excited about applying what I have learned here at Knox.

For Knox, it will provide the opportunity to be an integral part of this experiment and see what happens as together we seek to turn theory into practice. Actually, the phrase, “turn theory into practice,” is a bit misleading. According to the Apostle Paul, it’s not a matter of turning theory into practice, but rather living out the truth of the gospel of God’s abundant grace revealed in Jesus Christ. For Paul insists that the principle of God’s abundant grace (i.e. generosity) is not just a “theory” or a nice idea – it is the central dynamic at work in the universe. When Paul invited the Corinthians to give generously to the offering he was taking up for the impoverished Christians in the mother church in Judea (see 2<sup>nd</sup> Corinthians 8-9), he encouraged them to give generously, not just because of the dire needs of those in Judea, but because he wanted them to grow in their understanding of the nature of God’s grace and to experience for themselves the way God blesses and actually multiplies our generosity. And he promised the Corinthians that if they gave generously, they themselves would not be poorer, but richer, for their generous sharing:

*“The point is this: the one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully... He (God) who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us; for the rendering of this ministry not only provides the needs of the saints but also overflows with many thanksgivings to God” (2<sup>nd</sup> Corinthians 9:6, 10-12).*

I love what Henri Nouwen said about those words of Paul:

*“God’s kingdom is the place of abundance where every generous act overflows its original bounds and becomes part of the unbounded grace of God at work in the world (see 2 Corinthians 9:10–15). When Jesus fed five thousand people with only five loaves and two fish, he was showing us how God’s love can multiply the effects of our generosity (see Matthew 14:13–21).” -- Henri Nouwen, A Spirituality of Fundraising*

I can’t wait to see what God will do with our little bit, can you?

