

APRIL

2024

Knox News



Knox Church Woodstock

Minister's Musings

Rev. Dr. Dong-Ha Kim

FASTING: TO BE CONTINUED



One of the most common rituals observed by Christians during the Season of Lent is '*Fasting*.' That is, we endeavor to espouse abstinence from food, or other forms of indulgences for the purpose of devotion and spiritual discipline during Lent.

While *fasting* is not a biblical requirement, one of the central reasons to *fast* is to remind ourselves that we are dependent on God alone. Every time our stomach rumbles, it ought to remind us that we are not self-sufficient but we are dependent on God who gives our "*daily bread*" (Matthew 6:11).

Admirable examples of *fasting*, however, are plenty in Scripture. For instance, when Jesus was being tempted in the desert, He *fasted* in order to focus Himself on prayer and preparing for His mission ahead (Matthew 4:1-2).

In a similar manner, immediately following his dramatic conversion on the road to Damascus, Paul *fasted* as he prayed and tried to understand what he had seen and what Christ was calling him to do (Acts 9:8-9).

While indeed *fasting* is not a biblical requirement, many Christians, nonetheless, engage themselves in purposeful abstinence out of their desire to focus on God's will for them, especially during the Season of Lent.

What has been explained thus far about *fasting* is quite 'traditional', and 'common.' Scripture, however, has always called upon the faithful to explore beyond the 'traditional' and 'common' in order that they may learn to focus on God's will ever so meaningfully in their time. For me, that nudge to explore something new came from *Hilda Nichols*, a member of Knox Presbyterian Church, and a *pen pal* friend of mine. She had recently come across a beautiful poetry on '*Fasting*.' Prudent that she was, Hilda maintained a copy of this poetry; on recent occasion, she felt it was appropriate to share with me. Granted, this may have been in the Knox News at some point; I am grateful to have received a copy. And I think neither Hilda nor the original author would mind if I shared it with you.

'FASTING'

Fast from hurting words – Say kind words.

Fast from sadness – Be filled with gratitude.

Fast from anger – Be filled with patience.

Fast from pessimism – Be filled with hope.

Fast from worries – Have trust in God.

Fast from complaints – Contemplate simplicity.

Fast from pressures – Be prayerful.

Fast from bitterness – Fill your heart with joy.

Fast from selfishness – Be compassionate to others.

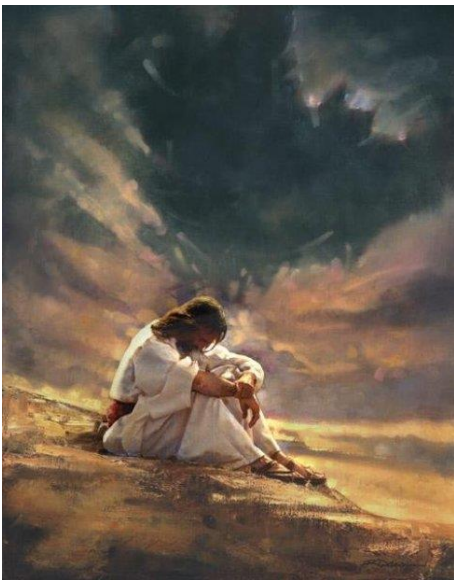
Fast from grudges – Be reconciled.

Fast from words – Be silent so you can listen.

While *fasting* may not be a biblical requirement, it sure sounds like something that our Lord Jesus exemplified throughout his life, and now encourages his faithful to follow.

Respectfully shared,

Rev. Kim



Matthew 6:11 - Give us this day our daily bread.

Matthew 4:1-2 - Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished.

Acts 9:8-9 - Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank.

Music Moment

Submitted by Janet vanderSpek

Springtime continues and here is the text of one of the songs that Knox Kids Music- Children's Choir is working on:

Beulahmae Marchbanks wrote the words and music of the song called "Harbingers of Spring".

"We robins are the first to come to the garden in the Spring.

Rain or shine we're singing all the time, and great Joy to others bring.



When warm winds blow melting Winter's snow and to green the whole earth turns.

Then it rains, you see, we sing praise to God for the feast of big fat worms.

For our Heavenly Father knows our needs and He supplies everything!

God is so Good, it's no wonder at all we in praise rejoice and sing. We in Praise rejoice and sing.

The children especially like the words, "the feast of big fat worms!"

The following background information about the famous hymn "Blest Be the Tie that Binds" is interesting to be sure. (words written by John Fawcett)

The drama of this famous hymn centers around a loving congregation, a woman who spoke her mind, and a Baptist minister who refused a call to one of the largest churches in England.

In the summer of 1772, the Rev. John Fawcett, whose family had "increased faster than our income" was overjoyed with the receiving of a "call" to the famous Carter's Lane Baptist Church in London.

Immediately, preparations were made to transfer to this greater opportunity. A great loyalty and devotion had developed between Pastor and People, and



although they gave their time and strength willingly to help him pack, they did not hide their reluctance about letting him go.

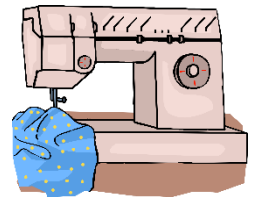
When the final day of moving came, the wagons arrived early and loading of boxes and bundles began. Finally, only one box remained, in the middle of the dining room. Rev. Fawcett saw that his wife stood near it in deep thought. "What's the matter?" he asked. Her reply was slow and thoughtful. "Do you think we are doing the right thing?" she asked, "Where will we find a congregation with more love and help than this?" The minister was silent a moment, then he replied, "I think that you are right, dear. I have acted too hastily. I was so overjoyed to think that I would have a better home and a larger salary for you and the children that I did not really pray about it." Together they walked to the porch and explained to their people that they had decided to remain.

(written by Helen Salem Rizk)

Craft Crew



Craft & Fellowship - Come and join us April 10th and 24th for Craft & Fellowship at 9:30 am. If you don't do crafts, just come and have some fun & fellowship. Everyone is welcome!



Cheyne Room



Please note – The Cheyne Room will be out of use from March 20th to April 30th, due to renovations generously provided by the Kitchen Crew. Look forward to regular updates on the progress.

Easter Pies



Thank you to everyone who supported the Easter Pies fundraiser! It was a great success and the pies were delicious!

(Left) Carol Langille, Wilma Markle, Rose Izzard, Joyce Hunter, Alice Kern
(Right) Sue Masters, Laura Turvey, Mary Ellen Rumble

Mikayla and Alex

The Kitchen Crew joined in celebrating the upcoming birth of Mikayla and Alex's new baby.



WMS Campbell Auxiliary

Respectfully Submitted by Susan McLennan

March 11, 2024



Members enjoyed some time visiting before the meeting began.

Elaine led a meditation entitled *A Lenten Journey* by Betty Radford Turcotte. The meditation was based on Ruth 1:19-22 and Isaiah 49:13-16. Hymns #569 *O Jesus I have promised* and #637 *Take my life, and let it be consecrated* were sung, led by Jay Schlotzhauer on the piano. An interesting discussion about the current plight of refugees was shared.

Business

Minutes: The minutes of the December meeting were approved. Motion Susan/June.

Roll Call – 8 members were present.

Treasurer – Elaine Stevens presented her report. Bank balance November 30th was \$531.45. Receipts: \$235 Disbursements: Presbyterial offering \$250 and \$150 Catered lunch leaving a balance of \$366.45. Report accepted on motion of Elaine/Elisabeth Wicks.

Friendship & Service – We discussed ways in which we can all participate by calling members on the list. Elisabeth continues to send cards and make phone calls.

Correspondence – None received.

Business Arising – Elaine and Susan gave a brief report on the World Day of Prayer service which was held this year at Dundas Street United Church. The service was written by the women of Palestine. The theme was “I beg you, bear with one another in love” based on Ephesians 4:1-3.

New Business –

- The Women’s Missionary Society celebrates 110 years in 2024. There will be a gathering celebration in Toronto in May 2024.
- Following on the theme of celebration, Elaine Stevens found an Honorary Membership Pin which belonged to a former Knox member, Miss Helen Kennedy. Discussion followed with the idea of creating a Memory Shadow Box to be on display in the renovated Cheyne Room. Members will look for pictures or items to be included. Marg McCurdy and Susan will look for an appropriate frame.

Our next meeting will be Monday April 8th, at 2:00 pm. We will be meeting in the Dining Hall. *Nora Martin will be our guest speaker.*

A lovely time of tea and fellowship was enjoyed by all.

Women’s Missionary Society

Submitted by Susan McLennan

110th Anniversary Celebration

CELEBRATE!

Women’s Missionary Society
110th Anniversary Celebrations
May 6th and 7th, 2024
Queen of Apostles Renewal Centre,
Mississauga, Ontario



Theme:
Celebrate God’s Goodness

Philippians 1:6

I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. (NRSV)

For more information, contact Sarah Kim (skim@presbyterian.ca).

The Women’s Missionary Society (WMS) is celebrating! For over 110 years, the WMS has been involved in mission and has much to rejoice!

The WMS gives thanks to God for the timeless purpose “to be involved in local and world mission through prayer, study, service, and fellowship.” God has been good!

And there are many, many reasons to celebrate! The year 2024 is an important milestone in the history of the WMS.

On May 15th, 1914, in Knox Presbyterian Church, Toronto, three organizations which had evolved from specific missions united to form the Women’s Missionary Society, Western Division, of the Presbyterian Church in Canada. It involved women from Quebec to British Columbia.

Much is being organized to make the few days of celebrations a time of rejoicing, reflecting and giving thanks! As the theme reflects, this will be a time to “Celebrate God’s Goodness” thinking of the theme scripture passage from Philippians 1:6 where it says, “I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ.” (NRSV)

On May 6th and 7th, 2024, the 110th Anniversary Celebrations will take place at the Queen of Apostles Renewal Centre in Mississauga, Ontario.



Library News

Submitted by Anne Miller

Happy Easter to everyone from the Library Crew!



It has been wonderful to see people taking advantage of the free materials available on the stage. We are trying to keep our collection current, while honouring our donors and history, and to make room for the wonderful new materials that have come in.

Speaking of new items, for the Jan Karon fans in the crowd we just catalogued some new books by her. They are on display in the Fiction section. We have also catalogued some new biographies for those who are intrigued by the life stories of Christians whose faith has impacted others.

Our children's Easter books are highlighted right now and in this Easter season, it's a great time to talk about this most important event in the Christian year and our faith. Kids' books are for all of us, so take a look!

Thanks to Kim for creating a sign, which we have posted with instructions for how to sign out materials. As a refresher, it's a simple 3 step process:

Find the borrower card in the pocket of the item (usually at the back)

Fill in the date, your name and phone number on the card

Drop the card in the small silver box next to the Return Materials box on the small wooden table and enjoy what you have signed out!

If an item does not have a borrower card, that means it is not to be taken out of the library so that it's available for use at any time.

We have had a variety of things go missing without being signed out or signed out items that were never returned. We are thrilled that the library is being used. We also want to honour those who have contributed materials to the library for the use and enjoyment of the whole congregation. If you have signed things out in the past, it's never too late to return them, no questions asked. Place all returns in the box and one of us will see that they have their card replaced in the pocket and they are put back on the shelves.

Stay tuned for more updates and thank you for your continued patience as we catch up!

Anne and Josie Miller, Marg McCurdy and Janet Smith

Sunday School

Sunday
SCHOOL
THE LOST SHEEP AND THE LOST COIN

APRIL 7TH	ART - WE WILL LEARN THAT WE CAN ALL REJOICE BECAUSE GOD TREASURES US ALL
APRIL 14TH	COOKING - WE WILL LEARN THAT WE ARE ALL LOVED AND NEEDED BY GOD
APRIL 21ST	GAMES - WE WILL LEARN THAT GOD WILL ALWAYS LOOK TO FIND US WHEN WE ARE LOST
APRIL 28TH	VIDEO - WE WILL LEARN THAT EVERYONE IS IMPORTANT TO GOD

Gifts of Hope: Care for Children in Romania

- \$50.00 Cover's a high school student's fees for one month
- 49.30 Feb. 11
- \$25.00 Pays a child's elementary school fees for one month
- \$20.00 Feeds a child for a week

God welcomes all
Strangers and friends
God's love is strong
And it never ends

The Sunday school project this year is, "Care for Children in Romania".

This will also be the project for Knox Kids Camp.

"In one of the poorest European countries, Samuel House, a ministry of the Reformed Church in Romania, cares for children in a loving Christian environment. After-school and residential programs provide nutritious meals, tutoring and playtime, helping vulnerable children know they are valued and loved. Children staying in the house return home on weekends, maintaining family ties."

If anyone would like to make a contribution to this project please speak to Susan.

Knox Kids' Camp



KNOX KIDS' CAMP 2024



REGISTRATION OPEN!

Program running 9am-3:30pm

Monday to Friday

July 8th to August 23rd

Doors open 8:30am-4pm

Ages 4-11

\$125 per child, per week



FOR MORE INFORMATION OR TO REGISTER PLEASE VISIT

KNOXWOODSTOCK.CA

519-537-2962

KNOXKIDSCAMP0@GMAIL.COM



FREE STUFF!



FREE Cabinet – 17.25" D x 75.5" H x 91.5" W

If you're interested in this cabinet, contact the church office or one of the stewards to arrange pick-up. This is the cabinet upstairs, so you'll need to have people who can help carry it down the stairs.

Recipe



Dump Cake Recipe

★★★★★

A blast from the past, this easy Dump Cake recipe only takes 4 ingredients. Switch up the filling ingredients depending on what you have on hand or what your favorite flavor is. A scoop of ice cream on top takes it to another level!

Course	Dessert
Cuisine	American
Keyword	dump cake
Prep Time	5 minutes
Cook Time	40 minutes
Total Time	45 minutes
Servings	12 servings
Calories	434kcal
Author	Deborah Harroun

Ingredients

- 1 can (21 oz) cherry pie filling
- 1 can (15 to 20 oz) crushed pineapple*
- 15.25 oz box packaged yellow cake mix
- 1 cup butter

Instructions

1. Preheat the oven to 325°F. Spray a 9x13-inch baking dish with nonstick cooking spray.
2. Spread the pie filling in the bottom of the baking dish.
3. Evenly pour the pineapple over the top of the cherry pie filling.
4. Sprinkle the dry cake mix over the pineapple.
5. Melt 1/2 cup of the butter and pour evenly over the top of the cake mix.
6. Take the remaining 1/2 cup of butter and cut into small pieces. Place the pieces of butter over the top of the cake.
7. Bake the cake in the preheated oven until the top is golden brown and the filling is bubbling around the edges, about 40 minutes.
8. Serve the cake warm with ice cream, if desired.

Notes

Large cans of pineapple range anywhere from 15 oz to 20 oz. Any size within this range will work.

Nutrition information provided as an estimate only. Various brands and products can change the counts. Any nutritional information should only be used as a general guideline.

Nutrition

Serving: 1/12 of cake | Calories: 434kcal | Carbohydrates: 48g | Protein: 3g | Fat: 25g | Saturated Fat: 12g | Polyunsaturated Fat: 5g | Cholesterol: 96mg | Sodium: 277mg | Sugar: 13g

Dump Cake Recipe <https://www.tasteandtellblog.com/dump-cake-recipe/>

Our Church Family



Marie Yungblut	April 2
Barb Start	April 3
Hennie Yungblut	April 16
Josie Miller	April 30

Bob & Alice Kern	April 9
Tom & Hennie Yungblut	April 15
Gord & Karen Taylor	April 27



Our deepest sympathies go out to Lola MacKenzie and David Langille on the passing of their brother/uncle, Jim Langille; and to Sandra and Tony Hurley on the passing of their brother/cousin, Marion Martin. Our thoughts and prayers are with you at this time.

A Blast from the Past



A photo of our custodian, Michael Conte, portraying “King David” at Knox Beats & Sweets, circa 2017.

If you have a “Blast from the Past” you would like to share, please email Kim or bring it in to the office for her to scan.

Did You Know?

Knox Spirituality Centre



What is a Spirituality Centre?

It has been described this way:

The Spirituality Centre is a space to connect with oneself and with God, a space to pray, and a space to reflect.

It is a place that is inclusive to all...a space to express one's spirituality.

Spirituality differs from person to person, across all genders, ethnicities, and cultures.

Knox has a beautiful Spiritual Centre on the second floor.

It is accessed by the stairs near the Hunter Street Door and is available any time that the church is open.

Inside the door of the Spiritual Centre you will find a Welcome sign which invites you to “*try new ways of prayer and take the ideas home with you*”.

Some of the stations within the Knox centre include:

- ✚ Using the Psalms as Prayer – there are comfortable chairs for reading the Psalms, or writing your own.
- ✚ Stained Glass Windows and Religious Art – you can meditate on the beautiful windows within our own sanctuary, or look at books of art that are available and think of what inspires you.
- ✚ Labyrinth – Knox has a full-sized labyrinth that was designed to fit within the Friendship Centre.

Within the Spiritual Centre there are also finger labyrinths available.

- ✚ Fountain – the gentle sound of running water and meditative music appeals to some people.
- ✚ Spiritual Art Expressions – you can explore prayer through journalling, drawing or using the sand tray.

We regret that the Knox Spiritual Centre is under utilized, partially due to the fact that it is on the second floor and people forget that it is available for use.

Please go for a walk and investigate this beautiful space.



Leading With Care

Submitted by Lynda Whiteford



TIPS FROM THE CANADIAN RED CROSS- Tip #6

Strain and Sprain Treatment for Mild Cases

Treat the injury using the **RICE** method -

Rest: Have the person rest comfortably.

Immobilize: Keep the injured area as still as possible.

Cool: Cool the injured area for 20 minutes of every hour.

Elevate: Raise the injury, as long as this does not increase the pain

For more serious injury, seek medical assistance.

Ways to Give

Did you know we have a variety of ways to submit offerings?

One of those ways is through Pre-Authorized Remittance (PAR). If you're interested in switching over to have your offering come directly out of your bank account, fill out one of the PAR forms located at the front and back entrances, or contact Kim in the church office.

..... Ways to Give

E-TRANSFER to office.knox.woodstock@gmail.com

CASH – use one of the envelopes provided in the pews

OFFERING ENVELOPES – ask for a box of envelopes from the church office.

CHEQUE payable to Knox Church Woodstock

Pre-Authorized Remittance (PAR) – Contact the church office to sign up for automatic monthly offerings directly from your bank account.

CANADA HELPS – Secure, online donations at <https://www.canadahelps.org> and search for Knox Church Woodstock



Call a Cab – We'll Pick Up the Tab!



Call a Cab We'll Pick Up the Tab!

If you need a *ride to church*, please call **Kendall Cab** at **519-537-2345**, show them a cab card (available at the doors), and Knox Church will pick up the tab!

Funnies

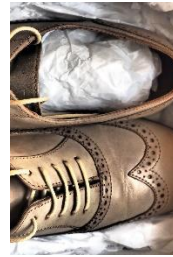
April Fool's Day Pranks (write them down for next year!)



Make "cake pops" with Brussel sprouts and give to your co-workers!



Put googly eyes on everything in your kid's or spouse's lunch!



Stuff tissue in the toe of someone's shoe



Put tape under someone's computer mouse, and watch them try to figure out why it's not working!

Funny



"Why doesn't THAT organist ever play 'Take Me Out to the Ball Game'?"



Kids' Questions for God



John, Age 9 – "Dear God, My Sunday school teacher said You are a jealous God. I thought You had everything You wanted."

Mark, Age 8 – Dear God, In school we read that Thomas Edison made light, but in Sunday school they said You did it first. Did he steal Your idea?"

David, Age 7 – Dear God, I keep waiting for spring, but it never did come yet. What's up? Don't forget."

James, Age 7 – Dear God, In school they told us what You do. Who does it when You are on vacation?"

Allison, Age 7 – Dear God, Do You really mean, do unto others as they do unto you? If You did, then I'm going to get even with my brother."

Word Search



April Word Search

R	T	U	Z	Y	A	R	A	B	B	I	T
P	A	P	R	I	L	F	O	O	L	S	R
U	E	I	O	D	J	A	C	K	E	T	A
E	M	A	X	E	P	E	I	S	Q	O	I
O	G	Z	L	A	W	R	M	A	U	E	N
E	R	G	S	R	G	C	L	Q	F	P	B
S	A	R	S	T	O	H	J	B	B	U	O
P	B	A	D	H	S	I	M	R	E	D	W
R	U	S	I	D	W	C	L	O	U	D	S
I	E	S	R	A	E	K	A	P	I	L	Z
N	D	B	B	Y	I	S	P	M	U	E	A
G	U	A	T	U	L	I	P	S	X	S	O

RAINBOWS	EGGS	RABBIT	EARTH DAY
CLOUDS	CHICKS	APRIL FOOLS	GRASS
SPRING	TULPIS	JACKET	PUDDLES

Colouring Page



Coloringpagesonly.com

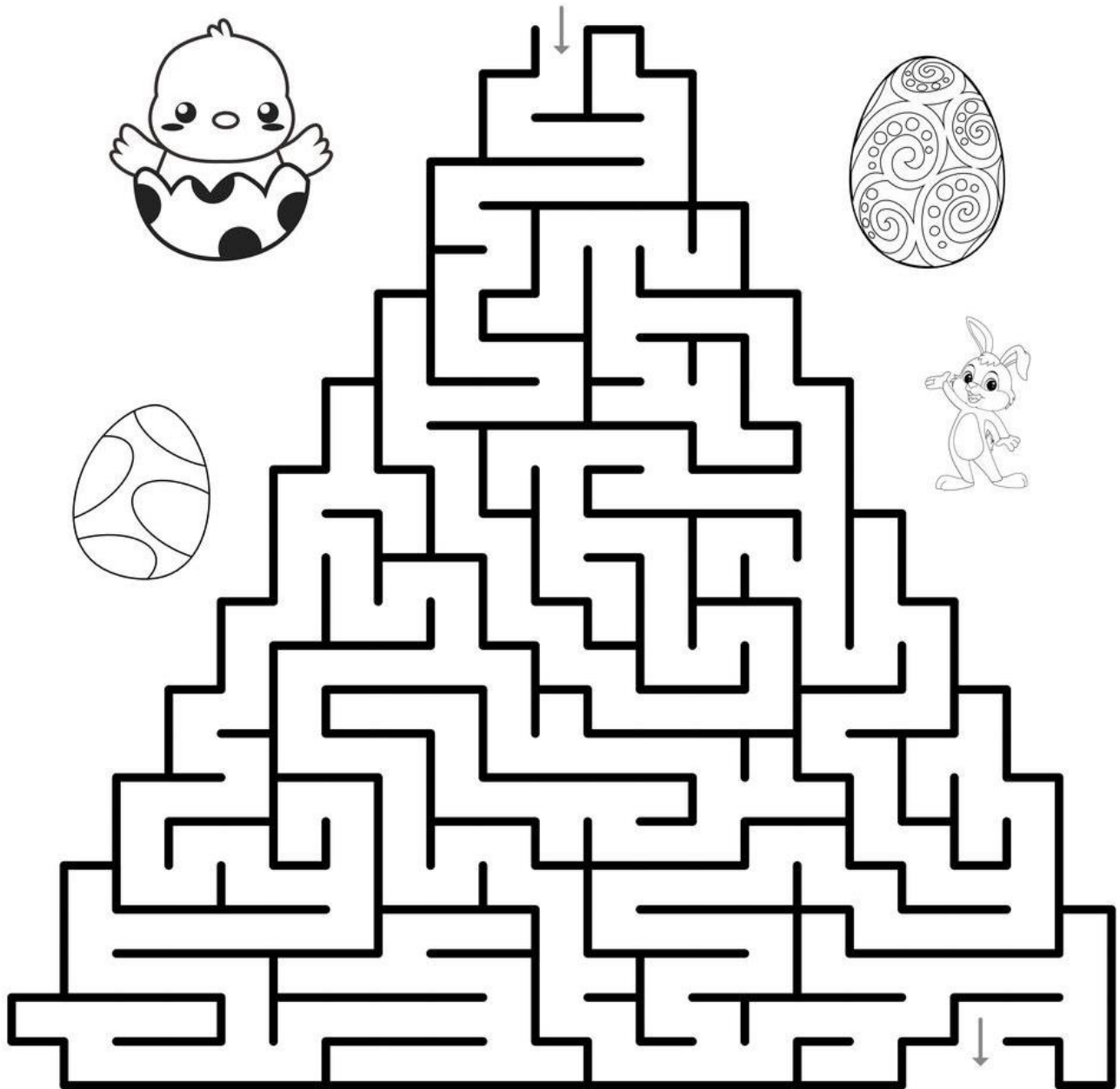
A-MAZE-ing Fun!



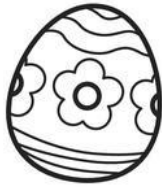
APRIL FLOWER MAZE



CAN YOU NAVIGATE YOUR WAY THROUGH THE MAZE?

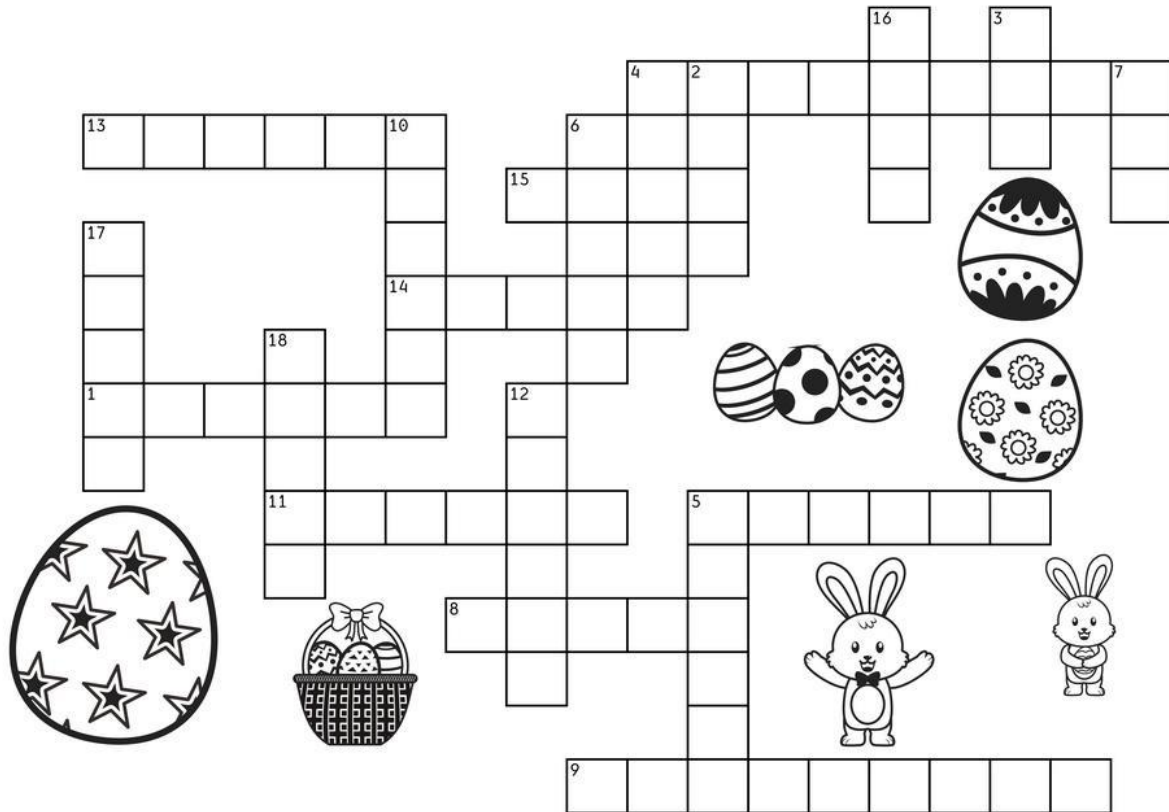


Crossword



April Flower Crossword Puzzle

Use the clues to fill in the correct answers on the grid.



DOWN

2. To search for something with enthusiasm
3. A type of cured meat made from pork shoulder and leg
5. A container typically made of woven material and used for carrying, storing, and/or displaying items
6. A type of food that is usually sweet and enjoyed as a snack
7. A hard-shelled, oval-shaped reproductive body produced by birds, reptiles, amphibians, and fish
10. Small herbivore, primarily eats grass and other vegetation
12. A soft protective cap worn by women
16. Trust in something good to happen
17. A juvenile avian
18. Clothing usually worn by women

ACROSS

1. Easily grown vegetable that often is used in salads, soups, and stews
4. A food made from cacao beans, sugar, and other ingredients
5. A combination of breakfast and lunch foods
8. A confectionery item often shaped like a bird or bunny
9. Insect with large wings and a slender body
11. Period of time when plants and trees begin to bloom
13. A living organism that typically produces petals, leaves, and a stem
14. Animals that soar through the sky and have hollow bones
15. Moisture from the atmosphere that falls to the ground



April Calendar



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 EASTER MONDAY OFFICE CLOSED 7:00 pm Men's Discing	2 9:30 am TOPS 7:00 pm Session 7:00 pm Knox Kids' Music	3 6:00 pm Cubs/Scouts	4 9:00 am Women's Fitness 10:00 am Mission Committee 7:15 pm Choir	5	6
7 ANNUAL GENERAL MEETING 8:30 am Breakfast 10:30 am Worship (Annual Meeting and Potluck to follow) 6:30 pm Girl Guides	8 10:30 am Meditation 2:00 pm Campbell Afternoon WMS 7:00 pm Men's Discing 7:00 pm Pathfinders & Rangers 7:30 pm Meditation (Zoom)	9 9:00 am Library Crew 9:30 am TOPS 7:00 pm Knox Kids' Music	10 9:30 am Craft & Fellowship 2:30 pm Worship Committee 6:00 pm Cubs & Scouts 7:00 pm Bible Study (Zoom)	11 9:30 am Women's Fitness 7:15 pm Choir	12	13
14 10:30 am Worship (coffee hour after service) 6:30 pm Girl Guides	15 10:30 am Meditation 7:00 pm Men's Discing 7:00 pm Pathfinders & Rangers 7:30 pm Meditation (Zoom)	16 9:00 am Library Crew 9:30 am TOPS 2:30 pm Pastoral Care 7:00 pm Knox Kids' Music	17 6:00 pm Cubs & Scouts 7:00 pm Bible Study (Zoom)	18 9:30 am Women's Fitness 7:15 pm Choir	19	20
21 10:30 am Worship (coffee hour after service) 6:30 pm Girl Guides	22 10:30 am Meditation 7:00 pm Men's Discing 7:00 pm Pathfinders & Rangers 7:30 pm Meditation (Zoom)	23 9:00 am Library Crew 9:30 am TOPS 7:00 pm Knox Kids' Music	24 9:30 am Craft & Fellowship 2:00 pm Christian Ed 6:00 pm Cubs & Scouts 7:00 pm Board of Stewards 7:00 pm Prayer Shawl	25 9:30 am Women's Fitness 7:15 pm Choir	26 Choralaires Rehearsal	27 3:00 pm Choralaires "Look on the Bright Side" Music of the 70s (tickets \$30)
28 10:30 am Worship (coffee hour after service) 6:30 pm Girl Guides	29 10:30 am Meditation 7:00 pm Men's Discing 7:00 pm Pathfinders & Rangers 7:30 pm Meditation (Zoom)	30 9:00 am Library Crew 9:30 am TOPS 7:00 pm Knox Kids' Music				

