



506 4 Street SW, Calgary, Alberta T2P 1S7 kxcalgary.com

February 5, 2023 – 5th Sunday After Epiphany

Worship Leader: The Rev. Sheena Trotter-Dennis
Music Director: Chellan Hoffman **Knox United Church Choir**
Cantors: Pete Dennis, Karen Harrison, Pat Place **Reader:** Roman Sizer

*We extend a warm welcome to our Knox community – to those who are tuning in to the livestream service from home or away, and to those who are gathered in our sanctuary.
You are all an integral part of this community. Thank you for being here.*

We acknowledge that we live, work, play and worship on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, and Piikani), the TsuuT'ina, the Stoney Nakoda Nations (Bears paw, Chiniki, and Wesley), the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

All are welcome in our faith community, regardless of age, colour, ethnic, religious or linguistic background, gender, gender identity, social or economic circumstances, sexual orientation and physical or mental capabilities. Knox has been a proud member of Affirm United since 2007.

**Please stand in body or spirit.*

PRELUDE Offertory H. Leslie Adams (African American composer)
– please see Announcement page for notes about Black History Month

WELCOME & ACKNOWLEDGEMENT OF THE LAND

***HYMN “Come and Find the Quiet Centre” VU 374**

***CALL TO WORSHIP**

One: We are here to be with one another and to rest in God's presence.

All: We are here to refocus, renew and reconnect.

One: Come, all who are tired. Come, all who are weary.

All: Come, and find rest here in this place.

Let us pray.

Holy One, as we gather together this morning, renew our spirits, reenergize us for the week ahead. Give us rest from the busyness, rest from the constant demands, rest from our to-do lists. May the music, silence, reflection and conversation work within us that we might find rest and energy for whatever comes our way. Amen.

***PASSING OF THE PEACE**

The peace of Christ, be with you.

And also with you. Amen.

***GATHERING SONG “Open Our Hearts” MV 21**

SCRIPTURE READING Exodus 20:8-11

REFLECTION “An Altar in the World: The Practice of Saying No”

Rev. Sheena Trotter-Dennis

This sermon series is based on the book “An Altar in the World” by Barbara Brown Taylor

HYMN “Slow Me Down” (sung as a Call & Response) music and words: Jack Walker, 1996

Slow me down . . .

Still my restless mind . . .

Quell my fears . . .

Quench my thirsty soul . . .

Fill me with your love . . .

God of Truth . . .

God of Love . . .

HOLY COMMUNION

See insert for **music to the sung *Communion Setting***. Music written by Mark A. Miller

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, creator of heaven and earth.

And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:

**Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest! Hosanna in the highest! Hosanna in the highest!
Blest is the one who comes in the name of the Lord.
Hosanna in the highest! Hosanna in the highest! Hosanna in the highest!**

Holy are you, and blessed is your child, Jesus Christ.

We remember that it was around a table that Jesus gathered his disciples during his last week of life. Jesus reminded them of the work that he had done – how he had fed the hungry, included the outcast, challenged the status quo. He reminded them that God’s vision was about forgiveness and loving our neighbours as ourselves – encountering each person as God’s very own.

And, as they sat and ate and remembered, Jesus took the bread that they were eating – and he gave thanks, he broke the bread, gave it to everyone gathered around the Table, and said, “take and eat – this is my body, broken for you. Whenever you eat of this bread, remember me.”

And then he took the wine that they were drinking – and he gave thanks for the wine, gave it to those gathered around the Table and said, “this is my cup – poured out for you - whenever you drink this, remember that you are loved and you are forgiven.”

As we remember and give thanks, we pray we might also join God’s work of reconciliation and forgiveness, as we proclaim the mystery of faith.

**Christ has died, Christ is risen,
Christ will come again.
Hosanna in the highest! Hosanna in the highest! Hosanna in the highest!**

Pour out your Holy Spirit on us gathered here today, and on these gifts of bread and wine. Make them be for us signs of God's love and forgiveness. Transform our lives that we may also be a sign of that love and forgiveness in our homes, in our neighbourhoods, and in the world. Amen.

And now, with the confidence of children of God, we are bold to pray...

LORD'S PRAYER - sung (*purple music sheets available in pews*)

Cantor: Heavenly Father, All: Heavenly Father,
Cantor: Heavenly Mother, All: Heavenly Mother,

All: Holy and blest is your true name.
We pray for your reign of peace to come,
We pray that your good will be done,
Let heaven and earth become one, let heaven and earth become one.

Give us this day the bread we need, give it to those who have none.
Give us this day the bread we need, give it to those who have none.
Let forgiveness flow like a river between us, from each one to each one.
Let forgiveness flow like a river between us, from each one to each one.
Lead us to holy innocence beyond the evil of our days.

Come quickly, Mother, Father, come; come quickly, Mother, Father come.
For yours is the power and the glory and the mercy,
For yours is the power and the glory and the mercy.
Forever your name is all in one; forever your name is all in one.

A — men; A — men; A — men.

The body of Christ, given for you. **Amen.**
The cup of Christ, given for you. **Amen.**

Holy Communion

All are invited to come forward to receive the bread and juice. Bread will be offered and then you are invited to dip the bread into the cup, and receive the elements together. Individual packets of juice and wafer are also available as a gluten-free option.

CANDLELIGHTING / OFFERING

You are invited to light a candle at the front of the Sanctuary. Candles are lit as a symbol of remembrance, celebration, gratitude, prayer. Please take this opportunity to make an offering online or in person at the candle table. Your financial support makes a huge difference in the future of Knox.

Music: Let Us Break Bread Together

(lyrics can be followed along in Voices United # 480)

African American spiritual

PRAYER AFTER COMMUNION

Let us pray.

For the bread we have eaten.

For the cup we have shared.

For the prayers we have prayed.

For the strength we have received.

We give thanks.

May we go into the world in the strength of these gifts. Amen.

***CLOSING HYMN “Like A Healing Stream” MV 144**

***BLESSING**

POSTLUDE Sent Forth By God’s Blessing arr. Wayne Wold

“Sent forth by God’s blessing, our true faith confessing, the people of God from this dwelling take leave.

The supper is ended. O, now be extended the fruits of this service in all who believe.” – Omer Westendorf, 1964

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Thank you for spending time in community worship at Knox United Church, Calgary.

**May you feel God’s peace, care, energy, and blessing
within you and around you this coming week.**

Please stay for coffee, tea, and conversation – and join today’s potluck lunch!

MUSIC NOTES: February is Black History Month

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in North America, in Canada, and in their communities.

The 2023 theme for Black History Month is: "Ours to tell". Through music in our worship services at Knox, we celebrate and learn about African American and African Canadian musicians and artists.



Today's organ prelude music "Offertory (2008)" is composed by **H. Leslie Adams**, born in Cleveland, Ohio in 1932. He studied at Oberlin College Conservatory of Music and earned a Ph.D. from Ohio State University. He is a pianist and professor, and an award-winning composer of opera, symphony, cantata, ballet, chamber music and art songs. His instrumental works have been performed by orchestras around the world, and his vocal works are a favourite of artists of the Metropolitan Opera. Adams is a champion of lyrical song repertoire and is known for his tonal and enjoyable music, which brilliantly expresses the poetry.

Thank You to Knox staff & volunteers:

Sheena Trotter-Dennis (minister)
Sue Forsyth (office administrator)
Jampa Tseten, Stephen Wallace (caretaker)
Carey Barrett/Frank Lam (video operator)
Tenzin Dawa/Steve Miller (sound operator)

Chellan Hoffman (director of music)
Gerald Love (greeter & usher)
Bob Benner (sanctuary preparation)
Murray, Vi, Chuck (coffee crew)
Roman Sizer (social media; IT support)

ANNOUNCEMENTS

CALENDAR

Please see below for a longer description of each event

Sunday, February 5, @ 11:45 - Library, Knox Congregational Pot Luck Lunch

Wednesday, February 8, @ 12:30, Labyrinth, In the Bleak Mid-Winter, a series of thoughtful gatherings

Thursday, February 9 @ 7:30 pm, Choir Room, Choir Rehearsal

Sunday, February 12, @ 11:45, library, Mission and Vision Working Group

Wednesday, February 22 @ 5:45pm, Sanctuary – Ash Wednesday worship service with Rev. Sheena & Rev. Tony Snow

Sunday, February 26 - @ 11:45 , Sanctuary, Knox Congregational Meeting

Knox Governance

KNOX ANNUAL CONGREGATIONAL MEETING (AGM) - Sunday, February 26 following worship. We will meet in the gym for a light lunch (donation basket) to:

- Adopt the 2022 Annual Report,
- Receive the unaudited 2022 Financial Statements,
- Adopt the 2023 Budget,
- Elect Governance Leaders,
- Consider the "Knox Mission, Vision & Values" and Knox Trustees Model Deed proposals and any other upcoming agenda items.

The meeting will be chaired by the Rev. Tom Melvin, Knox Commission. All are welcome and encouraged to attend this very important session in our Governance calendar.

MISSION AND VISION - The Congregation will be asked to vote to adopt new statements of values and initiatives for Knox on February 26th. These statements tell the world and us as a community what we value and how we want to live into the future of Knox, making sacred connections. These statements represent each of us, as members of the Knox community.

As we gather to worship as a community we are reminded of the changes and opportunities brought to us by the digital world. The way we worship as a community aligns with all of our proposed values. It is a way to make sacred connections - through hospitality, music, and exploring our faith.

One of our proposed initiatives for 2023-2025 will be to build our capacity for lay leadership to increase worship opportunities. While restoring Wednesday noon gatherings is part of this, there are other ways to improve and expand worship, both in person and online, without increasing the

demands on Chellan and Sheena. The initiatives don't cost a lot of money, but they do require volunteer time. They won't work without broad support from the Knox community. By approving the initiatives, the Knox community will be telling our governing body that this is where we want to focus our energies.

Please join us at 11:45 after the service on February 12th to discuss the proposals and have your say. This will be the last opportunity for discussion before the proposals are presented at the Congregational Meeting on February 26th. Alternatively, you can contact Doug Chandler (dchandler1@shaw.ca) and/or Karen Harrison (nuzashto@yahoo.co.uk) before then to get a copy of the latest draft, to ask questions, or to share your thoughts.

Worship at Knox

In the Bleak Mid Winter – a series of thoughtful gatherings

Wednesdays - 12:30-1:30 pm, Labyrinth Room

What happens after the Christmas left-overs are finished, the kids have returned to school and the family has gone home? How do we carry hope, peace, joy and love with us through the long, cold winter days?

Join us for a time of reflection and conversation. Held in the beautiful Labyrinth Room, framed with music, a reading, and a time for silence and quiet reflection, we will come together to listen, to talk and to be in community together. All are welcome. The theme for Wednesday, February 8th is Joy.

40 Days of Truth and Reconciliation: living into our commitments

During the 40 days of Lent (starting February 22), we will focus on our commitment to the ongoing work of truth and reconciliation and right relations.

Wednesday, February 22 Ash Wednesday

12:30 pm service in the Labyrinth with ashes on the street

5:45 pm - Rev. Tony Snow (Chinook Winds Region Indigenous Minister) and Rev. Sheena Trotter-Dennis will lead a service inviting us into a time of Truth and Reconciliation. The service will include smudging and the imposition of ashes for those who wish to receive either blessing (or both).

Saturday, March 4 Blanket Exercise

1:00 - 3:00 pm in the Knox Sanctuary. Rev. Tony Snow will lead an exercise that leads us through an interactive history of Treaty 7 and invites us into next steps.

Thursday, April 6 Maundy Thursday Dinner at Stoney Nakoda (Mni Thni)

5:00 - 7:00 pm. If you would like to carpool, meet at the church at 3:45 pm. We will share a time of reflection and fellowship. All are invited! Please bring a salad or dessert to share.

Volunteers Needed

Scripture Readers: If you would like to be one of our Sunday scripture readers, please go to the Knox website and sign up for the Sunday of your choosing.

Concert Hosts: Our concerts have started up again and we are in need of concert hosts. Please go to the Knox website to sign up to represent Knox.

Community News

Please mark your diaries for **Wednesday March 15th at 12:00 noon!** That's when Knox is hosting the Martin Orchestra & Chorale for an hour-long concert of uplifting and inspiring music. Admission is free, but a donation is requested. The Martin Orchestra & Chorale hail from Texas and are performing at Knox as part of the Mountain Spring Festival, also supported by MCM Arts and Arts Canada. It is set to be a fun and joyful mid-week event. We hope you can join us.

As we begin Black History Month, we are pleased to share a link to a family Black Heritage event organized by **Realise your Potential Youth Society of Alberta (RYP)**. RYP is a black-founded and black-led, privately funded, registered non-profit organisation, who list the Calgary Foundation among their partners. The day is a celebration of the black diaspora and will highlight the talents and businesses of our local Black community. This is a paid event and is a major fund-raiser for this charity. The link is here: <https://rypcanada.com/black-heritage-family-day/>

The **Aboriginal Friendship Centre** is in need of a crib for a newborn. If you have a newer crib that you would be willing to donate or would like to contribute funds to cover the cost of a new crib, please let Sheena know in person, or on sheenabhmc@gmail.com.

We are also collecting warm winter clothes to be taken to the Aboriginal Friendship Centre later in February. Please leave any donations in the office.

The Calgary Interfaith Council is celebrating World International Interfaith Harmony Week, which started on February 1st, with events throughout the next several days. You are invited to attend:

- **CIC Interfaith Discovery: From Strangers to Neighbours** - Virtual Event from 4pm – 5:15pm, this evening (Sunday February 5th). You can register here: https://us06web.zoom.us/meeting/register/tZlqf-iuqz0jGNDqhv0yrQ2flzD_NXXnDvx-
- **Interfaith Habitat For Humanity Build** – Tuesday February 7th, commencing 8:30 am. Details will be provided, please contact the office for further information
- **UNWIHW Closing Ceremony** – Virtual Event from 7pm on Tuesday February 7th. You can register here: <https://us06web.zoom.us/meeting/register/tZ0vcOCgpkjHtDvI9MT7NyH8JcEFXeyANNu>

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