



News @ Knox

October 2022

A WELCOME FROM THE KNOX NEWSLETTER TEAM

In the month of Thanksgiving, your Newsletter Team has much to be thankful for. Thank you to everyone who helped to making our September newsletter such a success. We were thrilled with the quality of contributions and the positive responses from readers. With your support and good wishes on our side, we are delighted to share with you the October edition.

We started preparing this edition shortly after the announcement of the death of Queen Elizabeth II. It is impossible to encompass her impact on our world: a leader from her birth for over 90 years, Head of the Commonwealth, Head of State, Head of the Anglican Church, Great-grandmother. Her sense of duty and discretion were constant themes of the tributes that came from across the globe. She was also a woman of profound and abiding faith, whose life of service and humility was an exceptional expression of that faith. We give thanks for her constancy and Grace.

September was a very active month at Knox. The Renewal Working Groups were established and started their work. You will find update reports from them in this newsletter. The Choir is back after the skeleton shifts of summer. And, of course, we re-booted our communications with daily Tweets/Posts online and our first newsletter in 2 years. Each Group continues to welcome volunteers and new contributors. Please reach out if you would like to be involved. We give thanks for the skills and energies of our Congregation.

October 4th sees the end of the UCC Season of Creation. This is the Saint's Day of St Francis of Assisi. His Canticle of Brother Sun and Sister Moon speaks so beautifully to Creation and our place within it and with God. We share some of it here, as part of this grateful, welcoming message. It speaks so much more eloquently than we possibly could.

Happy Thanksgiving!



...Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,
Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious
and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,
through whom You light the night
and he is beautiful and playful and robust and strong.

Praised be You my Lord through our Sister,
Mother Earth
who sustains and governs us,
producing varied fruits with coloured flowers and
herbs...

You can read the whole thing at: <https://ignatiansolidarity.net/blog/2015/06/04/canticle-of-brother-sun-and-sister-moon-of-st-francis-of-assisi/>



VOLUNTEER OPPORTUNITIES



Volunteers still needed & interested parties always welcome!

We continue to welcome volunteers for:

- the **Mission & Visioning Working Group**
- the **Finance & Stewardship Working Group**
- the **Governance Working Group.**

You will find update reports from each of these Groups later in this newsletter.

Please reach out to the Chairs/Convenors through the contact details provided in their updates.

We also continue to look for a **Treasurer**. Please contact Sue in the office if you are interested in this essential position.

We are seeking members for the **Ministry & Personnel Committee**.

You will find an introduction to the M&P Committee later in this newsletter.

Caretaking help

Our caretaker, Jampa, has gone far above and beyond his paid duties, by single-handedly caring for our church since March 2020. Now that renters are returning after a long absence, it is harder to keep up. Until we can add to our paid caretaking staff, assistance is required with tasks like vacuuming, cleaning bathrooms, sweeping, and washing floors.

Are you able to help out for even just a few hours? If so, please let Sue know by phoning 403-269-8382 or emailing sforsyth@kxcalgary.com.

Your assistance will be greatly appreciated. We look forward to hearing from you!

Concert ushers

With the concert season gearing up, we are putting out an “all hands” call for volunteers to help marshal at events. We urgently need the income these events provide, and to deliver to our patrons we require support at the doors, providing information & directions, helping less-able guests and so on.

If you can help, even for just one event, please let Sue know by phoning 403-269-8382 or emailing sforsyth@kxcalgary.com.

Your assistance will be greatly appreciated. Thank you!

“Knowing Knox”

As part of the Stewardship campaign and to support our social media presence, we are looking for volunteers willing to do a video questionnaire for filming & posting on our website and on our social media feeds.

We are looking to present short profiles of our community members to give our family “faces and voices”. Each video will be probably 2 or 3 minutes long and will feature the participant’s answers to the following five questions:

1. Your name & where you are from
2. How did you first start coming to Knox?
3. How long ago was that?
4. Why did you stay/keep coming back?
5. What do you love about Knox?

If you are willing to participate, please contact Karen Harrison on nuzashto@yahoo.co.uk or Jo-Anne Willment on Willment@ucalgary.ca. Filming will be done at Knox at your convenience any time after October 17th 2022. Thank you.



MORE ABOUT KNOX GOVERNANCE

There is a lot going on at Knox as we rebuild our structures and processes. Each month, the key committees will provide you with updates on their work and, as we re-staff our institutions, we will bring you “Meet the –“ articles to keep you up to date with developments.

OCTOBER UPDATE FROM MISSION & VISIONING TEAM

The Mission, Vision and Values working group has met twice this month and will meet again this coming week (first week of October).

We’ve set out to define, or redefine, what Knox is all about and to set the framework for deciding what programs we’ll be offering in the months and years ahead.

We’ve also talked amongst ourselves about what Knox means to us, what brought us here and what keeps us here. What makes us passionate and gets us involved. And what we’ve left behind.

We talked about our faith, our music, our sense of belonging, and a deep desire to serve each other and our community – especially the community of street people on our doorstep.

The next step is to listen. To find out what you’re passionate about. Listen to your hopes and dreams for Knox ... and, yes, your grievances and sorrows. What are the things that you’d step up to help make happen? A book club? Wednesday noon worship? Sunday morning worship? Keeping the labyrinth and the sanctuary open every day? Using our commercial washing machine to do laundry for the downtown homeless community?

We know we can’t just go out and hire people to do these things. They’ll only happen if you’re passionate about them and you’re prepared to invest your time in them. Creating opportunities and skills to serve others is what being a church is all about.

We already have a pretty good vision statement on our website. It talks about being connected, with a three-year focus on being vibrant, community-focused and sustainable. And we’ll build on that. And we already have a mission that comes from being a community of faith within the United Church of Canada. So, even though we accept and affirm each person we meet, regardless of what spiritual journey they might be on, you can expect to see our role and path linked to our understanding of Christ’s teaching and what it means to be a disciple. We’re not just a community centre or a social justice club. Or a music and architectural preservation society.

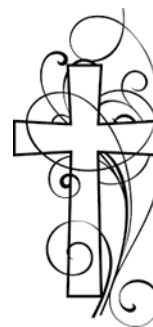
There are nine of us in the working group. Besides myself, they are Tom Melvin (Stand up and give a wave), Kay de la Ronde, Chuck Curry, Tony Van der Vliet, Jo-Anne Willment, Susan Wood, Gerret Voordouw, Holly Smith and Bob Benner.

Please think about it for a while. And pray about it. We'll be in touch. I'm not sure how. Probably several different ways: Zoom meetings, small in-person meetings, emails, letters, announcements, suggestion boxes. Whatever works.

Something to think about from the Team's discussions:

Knox Church is a faith Community who...

- *Offers Hope*
- *Explores Faith (Spirituality)*
- *Connects with Neighbours*
- *Celebrates in Song and Music*
- *Welcomes All with Radical (Heartfelt) Hospitality*



Submitted by Rev. Tom Melvin

UPDATE FROM THE GOVERNANCE WORKING GROUP

Governance is one of the most important administrative functions of any Congregation. Governance is all about the way decisions are made, the communication of the decision-makers with the Congregation, and the accountability of those making the decisions to the Congregation.

On Sunday, September 18th, ten good people of Knox gathered with Roslyn Campbell of the Knox Commission to talk about governance for the Knox congregation.

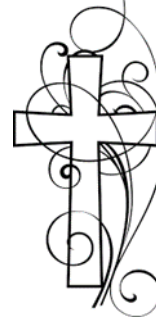
We talked for an hour about previous governance models and the pros and cons of each and what was important for Knox's governance going forward.

What emerged was the following in terms of what is important to include in the governance structure that ultimately will be recommended to the Congregation:

1. It must be straight forward and easy to understand.
2. There must be:
 - Regular communication
 - Transparency
 - Clear values and guidelines for decision making
 - Work that is clearly identified
 - Work that is aligned with the priorities, vision, mission, goals, objectives and needs of Knox
 - Effective ways for people to volunteer
 - Reasonable workload for volunteers
 - Training and education for volunteers and the congregation
 - An effective chain of command and interaction with employed staff
 - Direction without dictatorship
 - Direction with integrity
 - Ability to address change in demands
 - Ability to take risks and assess what is at risk
 - Clear position descriptions
 - Regular meetings
 - Teamwork
 - Accountability

We identified the following Areas of Ministry to be under the oversight of the new governing body:

- Outreach
- Worship
- Music
- Finance and Stewardship
- Opportunity Knox
- Ministry and Personnel
- Trustees
- Care of the building and property
- Care of the community
- Communication



Seven people volunteered to work on this governance project. It was agreed that the meetings for the Governance project would happen once a month after Sunday worship. The date of the next meeting will be decided by the volunteers.

If you would like to participate and for more information, please contact me at Roslyn.c@shaw.ca

Submitted by Rev. Roslyn Campbell

FINANCE/STEWARDSHIP WORKING GROUP UPDATE

Bob Mutlow, Commissioner for Finance/Stewardship Team oversees this working group which is extensive, complex and relates to the Governance Team and to the Vision, Mission & Purpose (VMP) Team, and indirectly to the Knox Foundation, the Knox Trustees and the Calgary Foundation. Each has a role to play in Knox's future as we go forward.

The F/S Team. We held our first meeting in which 15 people assembled around the Knox Board on a warm August evening. We discussed the current situation and started to make plans. We "rolled up our sleeves" for Knox and began work:

- A small team was formed to now work on our video and other Social Media strategies. We will use some of this in the Stewardship Campaign.
- A second small team is working on resolving IT issues, documenting our existing hardware and network and addressing multiple software issues. This group is also working on enhancing the audio-visual capabilities in the Sanctuary which will provide improved services to Knox rentals, an important budget area. We are able to do this thanks to the generous donation from congregation members who have come forward and believe that Knox will rise from this debt situation with new hope, growth and development.

Finances. It has taken some time to understand this complex area in part because there are so many "fingers" to investigate at once. We have now a monthly budget that provides us with a benchmark on current profit/debt. At the conclusion of August, 2022, the bookkeeper advised us of an operating deficit of \$297,416. This is in addition to the \$1M owed to the Calgary Foundation and the \$40k CEBA loan, as well as liabilities for Designated Donations, some of which may have been cleared. This serious situation is currently being reviewed by others to see how we can plan effectively. Further, the congregation is talking about a ¾ time minister and discussions if/how this process could occur. Knox continues to sort through these matters; meetings are occurring with more information available as it develops.

Stewardship. We are busy planning the 2022 Stewardship Campaign scheduled to run for 5 weeks from Oct. 23 to November 20, 2022. Jo-Anne Willment leads the way and is working with others to write and circulate drafts of an Opening Stewardship Letter and Strategic Stewardship Plan to guide us in this work. This year's Stewardship Campaign has been modelled after the 2016 Campaign but clearly varies from 2016 because of differing details (i.e., reduced congregation/household numbers, different income/expenses budget numbers, etc.). This Stewardship Campaign will be based on evidence, transparency, hope and a wink of laughter. All work and no play make Jill a dull person - and Knox is anything but dull!

The budget numbers have been very helpful in working out these Plans. Visiting other Commission working teams during this developmental time ensures an open, transparent and clear feedback process. We will prepare the final documents shortly for approval by the Stewardship Teams. Smaller working groups for pledge preparations, donor conversations and Campaign administration will commence their work shortly. Sue and her office volunteers have been key to this process and we thank them for their work. We will offer a 2022 Knox Stewardship Campaign of which Knox can be very proud and should enable us a donation base which will be stable and grow in the months ahead. The process of teamwork means we develop ideas between meetings which are then presented and decided upon at meetings. This is the way the Letter and Plan are being used today by the Stewardship Campaign team.

We presented a brief summary of our 2022 Stewardship Campaign at the September 25, 2022 after-church congregation meeting. We will be meeting again on Sundays, Oct 2 and Oct 16 after church. You are invited to come out and join us. We make decisions based on the team's decisions rather than on a single member with the full involvement of our Commission member. This 180 degree shift enables us to work with a sense of organization while ensuring the Stewardship teams and the Commission are working in one direction, together.

Summary

By going forward in this way, Knox can align itself to work in the same direction with good people. This will take time, but must be done to ensure survival of Knox. We believe we are on the right path forward and are operating in a manner consistent with United Church policies.

We could not do this without your help. If you would like to join our committed and joyful throng, please contact Jo-Anne Willment at willment@ucalgary.ca. Our next meetings are Sunday, Oct 2 and Oct. 16 after-church in the Knox Boardroom. Importantly, we have new Boardroom chairs. Three years ago, I fell backwards out of one of our old chairs. It was quite a scene. Fortunately, we replaced the old chairs with "non-rockers". You must come to try them out.

Submitted by Jo-Anne H. Willment & Rev. Bob Mutlow.



MEET THE M&P COMMITTEE

The Ministry and Personnel Committee is a mandatory committee of each United Church pastoral charge. Its function is to oversee relationships within the pastoral charge ministry, including all church employees. It may also be involved in setting expectations for work to be carried out by volunteers. It does not hire and fire. For example, we are now looking into a job description and applications for another caretaker - in conjunction with the office manager. Our recommendation will then be forwarded to Council (or in the present framework, to the Commission) for the final decision.

All persons applying to the Committee are first assessed by Opportunity Knox as to their skills and appropriateness for their specific appointment. Diane and Betty provided an excellent overview of Opportunity Knox in the September newsletter.

If you have an interest in helping with the work of the Committee, regarding human resources work, financial matters (e.g. salaries), your presence on the Committee would be appreciated. An application is available on the Knox website, or speak to any member of Opportunity Knox.

We are now a committee of three.

I (**Norman Fenton**) am a PK (preacher's kid for the younger set), and have been attending a United Church for most of my life, and Knox since 2001. My life experience has been varied. I have lived in 4 provinces, a total of 4 countries, and have also had a varied work career. This included a total time of three years spent in southern Africa. Currently, I work part-time as a surgical assistant in Calgary hospitals and am upgrading a house for rental and a garage for a machine workshop. In the past, I have been an ear, nose and throat specialist, financial planner, maintenance person, cleaner, cribber - in that order. Over the years, I have enjoyed residential renovations, mostly plumbing and electrical, in a total of 5 houses. In other words, I like to fix things. Last year, my old memory was stressed with a machining technician course at SAIT. Having been married twice (that's currently a 50% success rate), there is a total of 7 children and 4 grandchildren.

Dennis Ruf: Dennis has been an adherent and then a member of Knox for over 30 years. He has served for many years—and continues to serve—as a weekly money counter at Knox. Previous to that, he served for several years on the Knox Mission and Outreach Committee and then for 11 years on the Knox Music Committee. He has been a Knox Foundation director for about 2 years. Outside of the church, he has been a long-time high school teacher, curriculum leader, and adult education teacher with a career spanning over 45 years in a number of Calgary schools and various disciplines.

Maggie Bolger: has been a member at Knox since 1995. She has served as a counter for about 20 years and was on the Knox board for a short time. Maggie spent her career as a nurse, primarily in the area of hospice, but also in public health and occupational health and safety.

Submitted by Norman Fenton

A REPORT FROM THE CONGREGATIONAL MEETING ON SUNDAY, SEPTEMBER 25, 2022.

This Congregational Meeting was the first in a series of such meetings to keep the Congregation informed and participating in the decision-making for the Congregation.

The Congregation heard about its financial position as of the end of August this year and the debt situation. Expenses were still greater than income at this point in time and continue to be so. The major debt of the congregation consists of a \$1 million loan from the Calgary Foundation and a \$40,000 CEBA loan from the federal Covid response. Efforts to deal with these loans are underway.

The Finance and Stewardship working group presented the plan for the Stewardship campaign called "Sing a New Song". It will begin on the Sunday following Thanksgiving and end on November 27 with a luncheon. Expect to hear more in the coming weeks. The Working Group's October update is also presented in this newsletter.

The Vision and Mission working group reported about its work. You can expect to be invited to provide input to this important work.

The Governance working group has had one meeting. You can read more about this elsewhere in this newsletter.

Two important motions were passed:

1. Directing the trustees to release \$8,750 from their accounts to pay the interest payment due on the loan from the Calgary Foundation.
2. Requesting funding from the Knox Foundation to financially support the possibility of having a minister for Knox from November 1, 2022 to June 30, 2023.



Submitted by Rev. Roslyn Campbell



KNOX FAMILY NEWS

NEW FAMILY AND FRIENDS

Please join us in welcoming our two new members, Diane Trimming & Rosalee Morrison. Both Diane and Rosalee were welcomed into the Knox community of voting members on September 25th 2022.

KNOX COMMUNITY LIFE

CALGARY ALLIANCE FOR THE COMMON GOOD

Issues Facing Calgary - The Climate Emergency:

The climate emergency facing our planet is real.

At the opening of the United Nations General Assembly, Secretary-General António Guterres said, “[We must end our suicidal war against nature.](#)” He implored world leaders to “[lift your climate ambition. Listen to your people’s calls for change. Invest in solutions that lead to sustainable economic growth.](#)”

And, from the United Church of Canada website:

“[Climate change impacts us, the local eco-systems of which we are part, and partners the United Church is connected with around the globe. The greatest burden of climate change is falling on people in the far North and global South—those who have contributed least to the problem.](#)”

The Calgary Alliance and its partner organizations are working to raise awareness, counter anti-ecological propaganda, and work with City Hall, the media and local government representatives to address climate change. **The Calgary Climate Hub** is a partner organization with the Calgary Alliance, and engages in research, specific campaigns on behalf of climate action in the Calgary area, engagement with Eco-Elders and Youth, and communication with the general public through “climate conversations”, social media, and a website (www.calgaryclimatehub.ca).

In July, Calgary City Council passed **Calgary’s New Climate Strategy**. This was a follow-up to the November 2021 City Council declaration of a climate emergency and a clear direction to city administration to make Calgary a Net-Zero city by 2050. Much more work needs to be done. An issue of great concern is the problem of urban sprawl in Calgary, and the effect on ecosystems of the continual push to build outward.

In the September Update, the issue of poverty in Calgary was raised. We can see the direct and indirect costs of climate change in the rising prices for food and energy and their disastrous impacts on those already living on the edge of homelessness and food insecurity. In the November Update, I will look at **Reconciliation with**

Indigenous People, and explore a path of recognition and of wisdom to be found in indigenous experience and teaching about the gifts of Creation.

Upcoming Events:

Friday, October 21st – 7 PM–9:30 PM and Saturday, October 22nd. 9 AM-4:30 PM **Foundations for Community Organizing**. The training provides a foundation for organizers to learn what community organizing is, and why to use a community organizing approach in their work. Learn more and register at www.calgarycommongood.org/events

Thursday, November 3rd, 7 PM-9 PM at Temple B'nai Tikvah (900 47 Ave SW) **2022 Action Assembly** – City Budget, Calgary Police, and Mental Health. Join us to speak up about the needs of our community. Learn more and register at www.calgarycommongood.org/events

Research Action Team Meetings:

Mental Health Research Action Team: October 3rd at 7:00 PM

Reconciliation Research Action Team: October 11th at 7:30 PM

For further information, or to attend one of these meetings, which may be held on ZOOM, contact Debi Andrus, or email info@calgarycommongood.org, or phone 403-993-7123. Please specify that you are a member/adherent of Knox United Church.

If you want further information about Knox's participation in the Calgary Alliance for the Common Good, or want to help with organizing an Alliance team at Knox, contact Debi or Susan through the Knox Office.

Submitted by Susan Wood

YOUR FACILITY GROUP WORKING FOR YOU..

In early July, a small group of Knox people attended a weekend workshop to learn about Crime Prevention Through Environmental Design (CPTED). We were encouraged to do this because the Provincial Government has a funding program call ASIP (Alberta Security Infrastructure Program) where you apply for a grant up to \$25,000 to upgrade the security of your property.

The Knox properties are continuously affected by homeless people sleeping in the garden, using the west walls of the church as a toilet, occasionally damaging property or doing drugs. Inside the 4th Street business entrance there are blind corners where the office manager has no clear view of the lobby and cannot discern who the visitors are.

The group members are Sue Forsyth, Chuck Curry, Bob Benner, Chellan Hoffman and Steve Miller. In addition to attending the workshop, the group also did two night-audits to differentiate daylight and night-times activities around the church. What we learned supported the grant application for \$25,000 to do the following:

- Install a surveillance camera in the 4th Street entrance
- Install a lamp in the garden
- Install a new fence with finials along the west wall of the church
- Upgrade and modernize the security alarm system

We should know by the middle of October about our success with the application. Fingers Crossed!

Submitted by Chuck Curry



BOOK STUDY GROUP



In response to a number of comments and conversations, Karen Harrison has offered to convene a book study group for the Autumn season. All are welcome.

After taking soundings, the following is the proposed schedule:

BOOK = “Speaking Christian” by Marcus J. Borg

This is an important, but accessible work about “reclaiming” Christian language by looking at the original context and meanings of words that many today find alienating or even judgmental. As we seek to redefine our relationships through “Singing a new song”, this is a timely way to discuss core Christian values and concepts.

I also understand that the Rev. Borg spoke at Knox, giving the book a link to our spiritual history as a community.

TIMING & COMMITMENT =

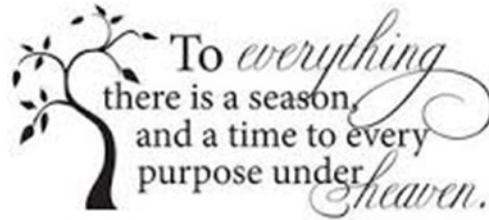
Nine 90-minute sessions are proposed, covering 3 chapters per session (one with 2). This will give us 30 minutes to discuss each topic.

Proposed Study Schedule:

Session	Chapters	Topics
October 18 th (in person) / October 19 th (on line)	Introduction, Chapters 1, 2	Context, Methodology
November 1 st (in person) / November 2 nd (on line)	Chapters 3, 4	Salvation, The Bible
November 8 th (in person) / November 9 th (on line)	Chapters 5, 6, 7	God, God’s Character, Jesus
November 15 th (in person) / November 16 th (on line)	Chapters 8, 9, 10	The Death of Jesus, Easter, Believing & Faith
November 22 nd (in person) / November 23 rd (on line)	Chapters 11, 12, 13	Sin, Mercy, Righteousness
November 29 th (in person) / November 30 th (on line)	Chapters 14, 15, 16	Forgiveness & Repentance, John 3:16, Born Again
December 6 th (in person) / December 7 th (on line)	Chapters 17, 18, 19	The Only Way, the Ascension, Pentecost
December 13 th (in person) / December 14 th (on line)	Chapters 20, 21, 22	The Rapture & the Second Coming, Heaven, The Creeds & the Trinity
December 20 th (in person) / December 21 st (on line)	Chapters 23, 24, 25	The Lord’s Supper, The Lord’s Prayer, Conclusion

I will prepare a set of questions each week to give us a jumping off point for our discussions. I will share them weekly after the previous week's discussion. The in-person meeting will take place at Knox.

I have 8 copies of the text which cost a little over \$4 each from the remainder site (the Book Outlet). I will leave them with Sue in the office for anyone to take. Please donate \$5 to the church if you take one. Thank you



THE POWER OF COLOURS

This article was inspired by a conversation during coffee at Knox about how useful it would be to have a guide to "what the colours mean". I went home and found there are dozens of awareness ribbons and hundreds of campaigns which have chosen a colour to represent their cause. If you want to explore further, some useful links are:

<https://www.qualitylogoproducts.com/blog/awareness-ribbon-color-symbolism/>

https://en.wikipedia.org/wiki/List_of_awareness_ribbons

So, the first thing I have learned is that it is impossible to cover this subject comprehensively. Instead, I have picked a highly personal selection of 3 colours and 1 (or 2) of the causes associated with them. My criterion is that October is National Women's History Month and includes other key National Days:

Please send us more information on causes or colours that are important to you. We will include these in future newsletters to help us all grow in understanding and service.

The tone below varies because the text used comes directly from the websites quoted, allowing each cause to speak in its own words.

PINK

- **Breast Cancer Awareness (Month of October)**

October is Breast Cancer Awareness Month, and rightfully so. Across Canada, **one out of eight women** still receive this diagnostic in her lifetime.

We have all been impacted by this illness, talked with friends or family members in distress after hearing of their personal or a loved one's diagnostic.

Thousands of Canadians have joined walks in our cities in search of hope by bonding with others who have all

also been impacted.

Let's take this month to learn more about breast cancer, starting with prevention and screening. We've all heard how leading a healthy lifestyle, limiting alcohol intake, not smoking and exercising regularly can help reduce risks. However, today I want to focus on how important it is for all women to pay attention to their health, to talk to their health care professionals and get regular screenings. This is essential for early detection and treatment.

Our government supports cancer research, through the Canadian Institutes of Health Research and through the Canadian partnership against cancer. But good health starts at home – with each of us leading healthy lives, paying close attention to how we feel, and learning to monitor our health.

This month, as we wear pink ribbons to raise awareness of breast cancer, let's learn about its early signs.

Thank you.

Source: <https://www.canada.ca/en/health-canada/services/video/breast-cancer-awareness-month-2017.html>

As a breast cancer survivor (now 8 years past my diagnosis), this is a personally important colour to me (if you are brave enough, ask to see my tattoo! Don't worry, it's in a respectable place). Breast cancer also affects men, through their relationships, and directly. 240 were diagnosed with it in Canada in 2020.

- **Fight like a Girl**

The pink ribbon also stands for the "Fight like a Girl" campaign for young women and girls with cancer. On October 11th Canada observes the International Day of the Girl Child and October 31st is Canada's National UNICEF Day.

ORANGE

- **National Day for Truth and Reconciliation (September 30th)**

Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through legislative amendments by Parliament.

- **Wear orange**

Both the National Day for Truth and Reconciliation and Orange Shirt Day (<https://www.orangeshirtday.org/>) take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". Orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

Source: <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

Orange is also the colour of the Season of Creation in the united Church of Canada

Red

- **Women's Heart Health (February 13th)**

Wear Red Canada is celebrated annually across Canada on February 13th to raise awareness about women's heart health. hosted by the Canadian Women's Heart Health Alliance powered by the Canadian Women's Heart Health Centre (<https://cwhhc.ottawaheart.ca/>).

Events are held online and across the country to serve as a reminder for all Canadians, but especially Canadian women, to be mindful, curious, and proactive in the management of our heart health and wellness.

HEART DISEASE IS ON THE RISE. IT'S THE LEADING CAUSE OF DEATH FOR WOMEN WORLDWIDE

In 2018, the Canadian Women's Heart Health Alliance (CWHHA) was established as a network of experts and advocates to develop and disseminate evidence-informed strategies to transform clinical practice and enhance collaborative action on women's cardiovascular health in Canada.

Source: <https://cwhhc.ottawaheart.ca/how-get-involved/wear-red-campaign>

- **National Day of Awareness for Missing & Murdered Indigenous Women, Girls and Two-spirit people (May 5th)**

Red Dress Day honours the memories of missing and murdered Indigenous women and girls across Canada. Métis artist Jaime Black helped inspire the red dress movement, where red dresses are hung from windows and trees to represent the pain and loss felt by loved ones and survivors.

Originally starting as the REDdress art installation, Red Dress Day became a grassroots movement across North America. The project was made up of 600 community-donated red dresses, which were later placed in public spaces throughout Winnipeg and across Canada.

The artist chose the colour red after speaking with an Indigenous friend who told her that is the only colour spirits can see. Red dresses are used to call the spirits of missing and murdered women and girls back to their loved ones. The goal was to speak to the gendered and racialized nature of violent crimes against Indigenous women and to evoke a presence by marking absence.

Source: <https://www.alberta.ca/red-dress-day.aspx>

The Red Ribbon also represents many other important causes including those fighting Addiction, HIV/AIDS, many blood-and heart-related conditions and many more.



OCTOBER HIGHLIGHTS

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 nd 10:30 Worship Service 11:45 Meeting of Stewardship Working Group	3 rd	4 th	5 th	6 th 19:30 Choir Rehearsal (Labyrinth Room)	7 th	8 th
9 th 10:30 Worship Service	10 th Thanksgiving Day – Church is closed	11 th International Day of the Girl Child	12 th	13 th 19:30 Choir Rehearsal (Labyrinth Room)	14 th	15 th Cantare Concert – Ushers needed
16 th 10:30 Worship Service 11:45 Meeting of the Finance Working Group	17 th	18 th Persons Day	19 th	20 th 19:30 Choir Rehearsal (Labyrinth Room)	21 st Deadline for submissions to the November newsletter	22 nd
23 rd 10:30 Worship Service – Stewardship Campaign kick-off “Sing a new song”	24 th	25 th	26 th	27 th 19:30 Choir Rehearsal (Labyrinth Room)	28 th RCCO presents Silent Movie	29 th
30 th 10:30 Worship Service – “Sing a new song”	31 st National UNICEF day					

Please send submissions for the October newsletter to Sue at office@kxcalgary.com

For more information on all of the above, please contact Sue at office@kxcalgary.com

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Happy moments,
Praise God.
Difficult moments,
Seek God.
Quiet moments,
Worship God.
Painful moments,
Trust God.
Every moment,
Thank God.