



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

May 14, 2023 – Easter 6

Worship Leader: Rev. Sheena Trotter-Dennis

Music Director: Chellan Hoffman **Knox United Choir**

Cantors: Pete Dennis, Elissa Cundy **Reader:** Patricia Place

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.

Wifi password - Knox Guest\$2021

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. The presence of the Treaty 7 flag reminds us of our treaty commitments and relationships.

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. We proudly display the Progress Pride flag.

**Please stand in body or spirit.*

PRELUDE Butterflies, Opus 168

Michael Kibbe

I. Butterflies II. Night Moths III. Mayflies

♥ Calgary Chamber Flutes; directed by Lucie Jones

WELCOME & ACKNOWLEDGEMENT OF THE LAND

***HYMN “The Spring Has Come”**

VU 187

***CALL TO WORSHIP**

One: Come, all who are scattered and torn.

All: Here find hope.

One: Come, all who are scared and lonely.

All: Here find love.

One: Come, all who are tired and tense.

All: Here find rest.

One: Here in this place, you are welcome and loved.

All: We come with gratitude and praise!

Let us pray.

Mothering God, we give thanks for this new day and for our very lives. We give thanks for your nurturing spirit - for the ways we are comforted, cared for, loved and guided. Like a mother hen you hold us under your wings. We give thanks for your care. Amen.

***PASSING OF THE PEACE**

The peace of Christ, be with you.

And also with you. Amen.

***GATHERING SONG**

Celtic Alleluia

Music: Christopher Walker / Fintan O'Carroll

The musical score for 'Celtic Alleluia' is written in treble clef with a key signature of one sharp (F#) and a 6/8 time signature. It consists of two staves of music. The first staff begins with a vertical line and contains the lyrics 'Al - le - lu - ia! Al - le - lu - ia!'. The second staff begins with a '5' above the first measure and contains the lyrics 'Al - le - lu - ia! Al - le - lu - ia!'. The music features a mix of eighth and sixteenth notes, with some measures containing beamed eighth notes. The piece concludes with a double bar line and repeat dots.

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SCRIPTURE READING Luke 13:31-35

REFLECTION "Sensing Easter: Seeing Hope"

Rev. Sheena Trotter-Dennis

***HYMN "Bring Many Names"**

VU 286

CANDLELIGHTING AND 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: Nimrod from *Enigma Variations* Edward Elgar
Calgary Chamber Flutes; directed by Lucie Jones

***CLOSING HYMN “Great is Thy Faithfulness” VU 288**

***BLESSING**

POSTLUDE Mvt I from *Brandenburg Concerto No. 6, BWV 1051* J.S. Bach
Calgary Chamber Flutes; directed by Lucie Jones

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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!

Thank You to Knox staff & volunteers:

Sheena Trotter-Dennis (minister)
Sue Forsyth (office administrator)
Jampa Tseten, Justin Cross (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)

♥ MUSIC NOTES:

The Calgary Chamber Flutes (CCF), formerly known as the Mount Royal Chamber Flutes, was **founded in 2009 by Lucie Jones** who is also the director. The CCF membership includes flutists from the Calgary area, who **meet regularly to work on a wide range of flute choir repertoire**. The CCF comes with piccolo, alto, and bass flutes, offering a wide range of entertaining concert pieces. After a 4 year hiatus due to COVID, the group reconvened in the fall of 2023 with the intention of **resuming community outreach performances**.

Lucie Jones, Artistic Director, is no stranger to Knox United - her mother was a long-time member here, and Lucie has been a guest soloist here many times, most recently playing flute for our Good Friday service. Since 2014, she has been bringing the Calgary Chamber Flutes to Knox to play for various events including Calgary Carol Fest, Christmas-related events and concert collaborations with Chellan and the Knox Choir. Lucie plays flute, piccolo, and flauto traverso (baroque flute) and keeps a very busy schedule as **teacher, orchestral performer, chamber musician, and solo performer**. On the home front, she is married to Damien, and they have two fantastic adult daughters.

Lucie is a **full-time musician**, performing solos with: The Red Deer Symphony Orchestra, Rosa Barocca, The University College Orchestra, Kensington Sinfonia, and The Calgary Philharmonic Orchestra as a concerto competition winner. She is principal flutist for the Red Deer Symphony, extra player and outreach musician for the Calgary Philharmonic Orchestra, and continues to perform concerts for the Instrumental Society of Calgary, Land's End Ensemble, Mountain View Festival, Festival Chorus, Spiritus Chamber Choir, and the Calgary Bach Society.

If that is not enough, she is currently a **PhD Candidate in Computational Media Design, Faculty of Science, at the University of Calgary**. "Lucie recognizes that musicians are like athletes: both require agility, flexibility, neuromuscular coordination, muscular endurance, and muscular strength; both are prone to repetitive use injury. This led to Lucie's research question: *Can wearable technologies that measure the physicality of playing a musical instrument, put musicians on a path towards improved performance, and prevent playing-related injuries?*" She has already developed a wearable device that can measure breath and thoracic expansion; and will continue with the next study that will investigate the association between breathing technique and performance quality.

CALENDAR AT A GLANCE

Please see below for a longer description of some of these events.

Monday, May 15 @ 7:00 pm	Living into our Commitments	On Zoom
Wednesday, May 17 @ 12:30 pm	Connection and Reflection	Labyrinth
Sunday, May 28 @ 10:30 am	Pentecost Sunday (liturgical colour is red!)	Sanctuary
Sunday, May 28 @ 11:45 am	Congregational Meeting	Sanctuary
Sunday, May 28	Discover Knox (postponed to June)	

Mid-Week Connection and Reflection: 12:30 - 1:30 pm, Labyrinth Room

Join us for a time of reflection and conversation. Held in the beautiful Labyrinth Room, framed with music, readings, 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.

Truth and Reconciliation...Living into our Commitments

Indigenous Canada Course: As part of our continuation of the work of living into truth and reconciliation action, we invite you to take the **free Indigenous Canada course** through the University of Alberta. This is offered as an **on-line 12-lesson course** that you do at your own pace. It is taught from an Indigenous perspective and explores complex experiences Indigenous peoples face today from a historical and critical perspective highlighting national and local Indigenous-settler relations.

<https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html>

Plus - Weekly Zoom Discussions: Conversations will take place weekly from 7 pm - 8 pm, through May 29. You do not need to attend every session. If you would like to receive the zoom link, email strotterdennis@kxcalgary.com.

Upcoming Sundays: Guest Musicians

May 21 Knox Presbyterian and Knox United Choirs join forces for this long-weekend Sunday.

June 11 The St. Andrew-Caledonian Pipers, under the direction of Robert Henderson, come to Knox to celebrate "Kirkin' of the Tartans" - which is a North American tradition of **blessing the tartans**. A tartan is a plaid cloth of distinct colours and patterns that denote a particular Scottish clan). This service will include a blessing and celebration of all families and cultures.

June 18 Knox ReBell Ringers - celebrating Neighbour Day (June 17)

Congregational Meeting, Sunday, May 28, 11:45 am

A Congregational Meeting will be held to celebrate all we have accomplished this year, and to vote on the continuation of Rev. Sheena Trotter-Dennis' appointment to Knox. All are invited to attend this special meeting.

Neighbour Day - Looking for Volunteers

Are you someone who likes to plan events? **Are you someone who wants to celebrate kindness and community?** We are looking for a team of people to plan Neighbour Day, June 17. Neighbour Day started in June 2014 to recognize the incredible outpouring of support and generosity of neighbours following the 2013 floods. Each year on the third Saturday in June, the city celebrates the kindness and community of Calgary. If you would like to be a part of the celebration, **contact Sue** at sforsyth@kxcalgary.com.

Discover Knox

Our monthly informational tour will not be held in May. We encourage all to attend our congregational meeting, May 28 at 11:45 am. Our next tour and information session will be on June 25.

Healing Touch - Resurrecting our Healing Ministry

Knox Healing Ministry had been active here for over 20 years but was stopped by the pandemic. Our team offered healing sessions to the congregation and others. We have had more than 10 members at times in the past, but no one is giving treatments now. There has been interest in resurrecting our healing ministry.

What happens during a healing session? In theory, a healing practitioner uses various techniques to clear or otherwise affect the energy field of the recipient. A description which reflects the spiritual experience, voiced many years ago by Gladys Lane, is that it is like "being inside a prayer".

In order to begin again, **we need to know the answer to these two questions:**

(a) Would you like to receive a healing session?

(b) Would you be interested in attending a weekend course to learn the basics of energetic healing, the point of entry to being a member of our healing team

Please contact Elizabeth Campbell or Ricardo Moraes-Pinto through Sue at sforsyth@kxcalgary.com.

Scripture Readers and Land Acknowledgement

We are looking for a cross-section of people from across our congregation to read scripture on Sunday mornings and to do our land acknowledgement. No previous experience is necessary - all readings are assigned ahead of time.

Follow Knox on Social Media

Check out our refreshed website at www.kxcalgary.com

Follow us on Facebook at <https://www.facebook.com/KnoxYYC>

Follow us on Instagram at <https://instagram.com/knoxunitedcalgary>

Please follow us on Twitter at www.Twitter.com/KnoxYYC