



News@Knox



September 2023

WELCOME NOTE FROM OUR MINISTER



September is always a hopeful time for me. After a summer break, things begin to start again. Kids return to school, people return from holidays, groups start meeting, theatres begin their seasons. There's an energetic buzz in the air that is contagious.

At Knox, we are also buzzing. After a not-so slow summer (see more throughout the newsletter), we have lots going on this Fall – a book study is beginning September 12, we are offering Yoga in the sanctuary starting September 11th, our Stewardship team is revving up and invites all to a meeting on September 24th. We plan to offer a membership group in October for those who wish to join the church. If you have been thinking about joining Knox in a formal way, this will be your chance. And, of course, we will continue

with our Wednesday contemplative service and Sunday morning services.

I invite you to step into Knox in new ways this season. Maybe you have served on committees but have never taken part in a book study. Maybe you come to the Wednesday contemplative service but never come to a service on Sunday morning. Maybe in this time of newness, you will find a new way to lean into the community. I hope so. There is much to dig into for body, mind and spirit.

You will find more information on all of these events on the church website, on our social media pages, in the weekly email and in the Sunday bulletin.

Peace,

Sheena

KNOX FAMILY NEWS

MEET WILLIAM BROOK



Over the Summer, we all got to know William a little through his sermon series on “God’s Shallom”. Your Newsletter Team was able to sit down with the latest addition to the Knox family – our new intern, William Brook. Here’s what we learned...

NT: Thank you for making time to speak to us today. We are so happy that you have joined the Knox family over the Summer.

William: It’s lovely to talk to you, thanks for the invitation.

NT: I suppose our first question should be, “How has it been so far?”

William: It has been great to be here, everybody has been very friendly and welcoming. Folks have gone out of their way to make it very easy to work here. I have enjoyed preaching and leading the Reflection and Connection Group on Wednesdays.

NT: I hope it doesn’t seem a little late, given that you have been preaching for a month already, but would you tell us a little about yourself and your journey, please? What would you like your not-so-new neighbours to know?

William: I am often surprised to find myself in a church on Sunday mornings because I grew up in a family that was not at all interested in religion. As a child, I loved nature and science and so I studied biology and genetics in university. I suppose I was a bit atheist, but mostly, Christ and faith were just not on my radar. I spent most of my adult life studying the genes that control fruit-fly development and teaching at the University of Calgary. It was incredibly rewarding and interesting work.

When I was in my thirties, the typical challenges of life — career, family, and “who am I anyways?” — led me to search for more meaning and I began to explore faith through the Christian story in a United Church. I was especially drawn to the Christian contemplative and mystical traditions because they emphasize spiritual practices that help us to understand our unity and interconnectedness with each other, with all of nature and with God. After studying at Richard Rohr’s Living School, I decided to explore a call to ministry and began studying at the Vancouver School of Theology.

My wife Darolyn and I will have our twentieth anniversary this year. We have blended family with three adult children and three grandchildren. I have been a member of the United Church for nearly 18 years. I have

volunteered in many ways, most recently leading the Contemplative Ministry at Hillhurst United Church. I believe that good religion opens our hearts to God, helping us to build supportive communities that nurture us to be people who love the world and want the best for it.

NT: You have such an interesting story! How does Knox fit into that? What brings you to us?

William: My time at Knox will be the final part of the field education for my degree at VST. I am so happy to be able to work at this historic church and I love the enthusiasm the congregation has for opening this building up all week long to provide a sanctuary amid the busy-ness of downtown Calgary. It's great to see volunteers showing such warm hospitality to the folks who come into the church. I have also known both Rev. Sheena and Keith Murray, the other VST intern, for years and was excited to be able to work with them.

NT: While you are with us, what are you hoping for?

William: In addition to gaining some experience leading in a Church setting, I am very interested to learn more about the Knox community. Like so many churches, this is a congregation coming back to life after a difficult time and there is so much that I can learn from you.

NT: And how can we help you with that?

William: Just say hi and have a chat with me and share your stories.

NT: Thank you so much for your time today. It was lovely to get to know you a little better. Welcome to the Knox family!

Before we go, just time for our (in)famous quickfire questionnaire...

| NT Question | Answer |
|--|--|
| Cat person or Dog person? | I have been both but these days we are a household ruled by a kindly old Goldendoodle named Hudson. As long as he gets fed on time, all is well. |
| Morning Lark or Night Owl? | Morning lark for sure, I love the quiet hours before most of the city is awake. |
| Coffee or Tea? | Coffee (sadly it must be decaf) |
| Summer or Winter? | Summer — I love how life slows down, it's a time to catch up and take stock. |
| Sunrise or Sunset? | Both! |
| Chocolate or Vanilla? | Chocolate forever! |
| Texting or Talking? | Text ☺ |
| Cake or Pie? | Cake (chocolate, see above) |
| Jump from a plane or Climb a mountain? | Climb a (small) mountain. |
| Polka dots or Stripes? | Both but not at the same time. |

Submitted by Karen Harrison, with thanks to William Brook.

IN MEMORIAM

We are sad to share news of the loss of long time Knox member [Ernie Hutchinson](#), who passed away peacefully on July 27th, 2023, in Victoria, BC, after several weeks of deteriorating health. He is survived by his wife Doreen and children Jane [born, Craig], Christine and Brian [born, Judy], 4 grand-children and 3 great-grandchildren.

Ernie was born in Calgary on April 12, 1927. He graduated in Law from the University of Alberta in 1952 and enjoyed a distinguished career in the profession, including terms as President of both the Law Society of Alberta and the Calgary branch of the Canadian Bar Association. He was appointed to the Court of the

Queen's Bench in Alberta in 1985. At Knox United, Ernie volunteered his time as a Trustee, a member of the Ministry & Personnel Committee, and also shared his legal expertise as he served on the committee that sold the air rights to Knox, establishing one of the reserves that has served us so well in these last few lean years.

Ernie and Doreen made Vancouver Island their permanent home in 1999. His passing was noted with Obituaries in the Calgary Herald and the Times Colonist, both of which included this lovely summation:

Ernie was a man of integrity, compassion, and wit. He died with his clarity and sense of humour intact, and expressing his usual concern for others. His final words were "I love you. Cheer up!" We will cherish his memory

We also celebrate the life of [Mark Wiencki](#), who, after a long career in social work, found a second calling as the Office Manager at Knox for six years.

Mark was born in Coleman on March 26th 1950, the eldest of 3 boys and moved with his parents to Sunalta as a young child. He later studied in Toronto and in Rochester, New York, where he met Catherine Ann Reeves. They married in 1970 and returned to Calgary where Mark continued his studies while working for Miles for Millions, which became the Arusha Centre. Mark spent 24 years of his career as President and Director of Cambyr Agencies, which provides counselling and support services to children and families. After 32 years in the family home in Rosedale, affectionately named "The Last Homely House", he and Kate retired to East Village in 2016.

Mark died on August 6th 2023 and is survived by Kate, their beloved three sons and their families, including three grandchildren. A well-attended and emotional Celebration of his Life was held in the Labyrinth Room on Sunday August 27th.

JOIN THE FAMILY – MEMBERSHIP

Reverend Sheena welcomes all adherents (and complete newbies) who want to explore membership of our Knox UCC family. She will be leading a series of sessions to explore the meaning of Membership in October.

Please contact Rev. Sheena for a conversation if you are interested at strotterdennis@kxcalgary.com.

CHILDREN AT KNOX

Starting in September, we will be offering a special Children's Time, monthly on Communion Sunday. All children over 3 years' old are invited for a time of stories, craft and recreation, guided by Christine Sizer, to whom we are deeply grateful for this initiative.

VOLUNTEER OPPORTUNITIES

HEALING TOUCH – Resurrecting our Healing Ministry: Knox Healing Ministry was active for over 20 years pre-covid. This ministry began to re-establish itself during the Summer, with healing touch interactions offered as a part of the Prayers of the People during some of our Sunday worship services.

The Healing Hands ministry is an opportunity for self-care and meditation, as well as for exceptional service to others. If you are interested to learn more, please contact Elizabeth Campbell or Ricardo Moraes-Pinto through Sue at sforsyth@kxcalgary.com.

ELL AT KNOX – Drop-in English Language Classes for non-native speakers started during the Summer and are very well attended. Our September "semester" opens on September 12th and will run for 5 weeks. Classes are 3:30 – 5:30pm on Mondays and Thursdays. If you can spare one or more afternoons to help newcomers to Calgary increase their confidence and independence, please email EnglishatKnox@kxcalgary.com.

ONGOING NEEDS FOR VOLUNTEERS -

- **OPENING THE SANCTUARY** – We are focussing on Tuesdays between 10am – 2pm, but welcome other options if you have time to commit. This is an opportunity to share meaningful interactions with Downtown neighbours seeking quiet time in our Sanctuary or simply curious about our building and community.
- **POTLUCK SUNDAYS** – Coming into the Fall, we re-start our Potluck Sunday lunch after our Communion Service, we need volunteers to help set up the gym and to co-host and, of course, dishes and desserts to share.
- **EVENTS** - Volunteer hosts, greeters, ushers enable our events and concerts and are always needed. Most rental agreements we host require that we supply ushers. As a result, we always need volunteers. We can't do it without you!

Please support Knox in these important ways. You can find out more from Sue by emailing office@kxcalgary.com. Thank you.

THANK YOU TO ALL OUR AMAZING VOLUNTEERS! WE KEEP MAKING NEW ASKS OF OUR KNOX FAMILY AS WE SEEK TO SERVE OUR NEIGHBOURS AND EACH OTHER MORE FULLY. AND WE KEEP BEING SUPPORTED AND DELIGHTED BY THE GENEROSITY OF OUR CONGREGATION. YOU ARE EXTRAORDINARY!



Murray with some of the volunteers who helped make the garage sale such a success.

THIS MONTH, WE PARTICULARLY CALL OUT THE ENERGY AND LEADERSHIP OF MURRAY AND ALL THE VOLUNTEERS WHO RAISED MORE THAN **\$5,000** FOR KNOX FROM OUR “JEWELS FOR JESUS” GARAGE SALE IN THE GYM ON AUGUST 12 – 13TH.

GOVERNANCE

UPDATE FROM THE KNOX COUNCIL



Your Council members extend a warm welcome back to everyone after what we hope was a refreshing summer for you all.

The Knox Council did not meet during the Summer. Our regular schedule will recommence with our first post-Summer meeting in September.

We are also planning another brainstorming meeting, following up the valuable session led by Keith Murray in June. The Knox Council found it a stimulating and creative new approach to determining the focus of resources and energy moving forward for Knox.

As we move into the Fall, the focus of Knox Council activity will be with the Autumn Stewardship Giving Programme.

Led by the Chair of our Finance & Stewardship Committee, Jo-Anne Willment, our Fall 2024 Stewardship Giving Programme is scheduled for the four-weeks from October 22 to November 17, 2023.

Last year, the Knox congregation dedicated \$204,000 and these earnings were and are a critical lifeline for the work of Knox. Thank you to everyone who contributed to our giving program as a helper, participant and/or contributor. Knox continues to be an amazing source of continuing energy which just keeps on “giving and giving” to our community and downtown Calgary.

This year’s program will pivot from a “campaign” (which sounds more like an army manoeuvre!) to a Giving Program, which is in keeping with the on-going generosity of the Knox congregation.

While the Calgary Foundation loan is an ongoing concern to be addressed, the need to look after our own house is the priority, before addressing other financial issues. As such, the 2024 Stewardship Giving Program is dedicated to the Knox operating costs, which include such items as salaries, insurance, electricity, and other day-to-day expenses. Our approach will be to seek a modest increase in Giving from the congregation as compared to last year, with the money raised dedicated first and foremost to the Knox operating budget. This is the way Commissioner Reverend Bob Muttlow and the Finance Working Group envisioned 2023’s Stewardship Giving Program and it proved successful. A diverse set of approaches and communications will be used again this year and will include some interesting stories.

To prepare for this year’s Giving Program, there are two meetings planned:

- Sunday, September 24th, 2023, after the church service
- Sunday, October 8th, 2023, after the church service.

Everyone is welcome to attend either or both meetings. Your Council looks forward to seeing you there!

In addition, Janet and Jo-Anne will be holding an informal meeting with the Knox Congregation on October 1st, 2023, after church, to discuss some finetuning to our finances. The outcomes of this discussion will help us

address our Calgary Foundation loan obligations. Since October 1st is also the day of our monthly potluck luncheon, you are invited to get your lunch and join us for an informal discussion. We look forward to this opportunity to share information and ideas with everyone.

Submitted by the Knox Council: Rev. Sheena Trotter-Dennis, Betty Norman Bray, Dennis Ruf, Janet Zatkan, Norman Fenton, Chuck Curry, Murray Songer, Jo-Anne Wilment, Frank Lam and Lisa McKay.

UPDATE FROM THE MINISTRY & PERSONNEL COMMITTEE

The Ministry & Personnel Committee has had a good summer with lots of holiday away time. Our planned 4th August meeting was pushed back to 31st August in order to have all members present. The major topics on the agenda are finalising the job description for our proposed new Events Coordinator and reviewing staff contracts. We will also be considering 2024 staffing plans and budgets in support of the 2024 Giving Programme.

We welcomed our second Intern, Ordination Candidate William Brook, who will be spending time with us throughout the rest of the year. You can read his "get to know you" interview in this edition of the newsletter.

Submitted by Norman Fenton

KNOX REGIONAL REPRESENTATIVE'S REPORT

I have nothing to report about the Regional Activity over the summer. But, I do want to take this opportunity to welcome everyone back to the life of the church after, what I hope, was a splendid summer.

Submitted by Frank Lam

KNOX COMMUNITY LIFE

We had an amazing summer here at Knox. We issued 2 Summer photospread supplements, both of which are available on the website:

- Summer Potluck photospread in June, and
- Stampede photospread in July.

IMPORTANT CYBER-SECURITY INFORMATION

Recently, a congregation member received an email from an account that appeared to be coming from Rev. Sheena Trotter-Dennis. The email described a situation where they wanted the reader to buy a collection of gift cards, which they would have attempted to redeem at the buyer's expense. This is an example of a typical scam known as "**Spoofing.**"

Spoofing scams involve fraudsters disguising themselves as trustworthy entities to steal personal information or money from unsuspecting victims. They often exploit various communication methods such as email, phone calls, text messages, and websites. To protect yourself from such scams, here are vital things to look out for:

- 1) **Unexpected Communications:** Be cautious if you receive unsolicited personal or financial information requests, especially if the message conveys a sense of urgency.

- 2) **Mismatched URLs:** In email spoofing, the visible link might look legitimate, but hovering over it reveals a different address. Always hover over links to see where they lead before clicking.
- 3) **Misspellings and Grammar Mistakes:** Many spoofed emails or fake websites contain misspellings, incorrect grammar, or awkward phrasing.
- 4) **Generic Greetings:** Spoofed emails often start with vague salutations like "Dear User" or "Dear Customer."
- 5) **Suspicious Attachments or Links:** Be wary of unsolicited attachments or links, as they might contain malware.
- 6) **Requests for Personal Information:** Legitimate organizations will typically not ask for sensitive data through email or unsolicited messages.
- 7) **Phone Number Discrepancies:** If you get a call from someone claiming to represent an organization you trust but something seems off, hang up and call the official number listed on the organization's website or other trusted sources.
- 8) **Too Good to Be True:** Be cautious of offers or deals that seem too good to be true, as they often are.
- 9) **Manipulative Tactics:** Scammers may try to manipulate you by claiming you've won a prize, are at risk of a penalty, or are facing another urgent situation.
- 10) **Unusual Payment Methods:** Be wary if you're asked to pay using gift cards, wire transfers, or cryptocurrencies. These are red flags for scams.
- 11) **Check Email Sender's Address:** Sometimes, the display name might look legitimate, but the email address may be off by a letter or number, misspelled or coming from an unofficial domain.
- 12) **Website Security:** Ensure it's secure when inputting personal or financial information on a website. Look for "https://" at the beginning of the web address and a padlock symbol in the address bar.
- 13) **Caller ID Spoofing:** Scammers can make any name or number appear on your caller ID. Just because it looks legitimate doesn't mean it is.
- 14) **Double-Check With the Source:** If you're ever in doubt about the authenticity of a communication, reach out directly to the entity that supposedly sent it (using a phone number or email address from their official website, not from the suspicious communication).
- 15) **Stay Informed:** Spoofing tactics evolve. Keep up with the latest scams by visiting official regulatory websites or consumer protection agencies.

Remember to trust your instincts. If something feels off, it's better to be safe and double-check than become a scam victim. For example, if a caller or email claims to be from your bank, it is best to hang up and call the bank directly rather than engage with the person contacting you. Regularly updating your computer's and phone's software, using strong, unique passwords, and employing multi-factor authentication can also add protection against spoofing scams.

Lastly, it is essential to remember that if you are targeted in any scam attempt or fall victim to one, do not blame yourself. These scammers are professionals and often cast a wide net. If you have been affected by a situation like this, it can help to speak out to keep others from being affected as well. Don't hesitate to report scam attempts to authorities.

Submitted by Roman Sizer, Social Media Manager

PROPERTY TEAM UPDATE



Welcome back from your Property Management Team!

The biggest property-related news this Summer was the success of our “Jewels for Jesus” garage sale on August 12th – 13th. The gym was piled high with everything from bone china to Tupperware and from LED bulbs to patio furniture. Sofas and carpets spilled into the hallway and, of course, Chuck’s famous cowboy boots. We had ski-poles and Christmas baubles and artwork and musical instruments and toys and even a fully-working stove... It was a fantastic jumble of jewels. A huge thank you to everyone who donated. Thank you, too, to Jampa and Justin and the volunteers who hefted and carried and staffed the event, without whom we couldn’t have opened our doors.

We raised over \$5,000 which will be used carefully to improve our buildings.

We also secured a large wool rug for the library which will complete the reorganisation of that space into a comfortable and

informal meeting room.

As we move into Fall and we pack away our summer things, don’t forget that we continue to accept items for the next garage sale, which we plan for spring.

As you can see from the photo, another highlight, which has caused quite some comment, was the painting of our rear gate, now known as “the blue gate”. Many thanks to Bob Benner for this.

We now turn our thoughts to winter and to preparing our building for the onslaughts of the weather and excitement of the concert season.

Submitted by Murray Songer

IT & STREAMING UPDATE



We are excited to announce that our new audio-video equipment was installed in the Sanctuary on August 20th.

Our previous audio-visual set-up comprised one mounted camera, a second wide-angle camera that would be set up on a tripod every week and a 4-feed mixing board.

While we have been lucky enough to have been running live-streaming of Sunday services using four cameras, two of those were borrowed from a member of the congregation.

The new equipment brings the total of mounted, automated cameras in the Sanctuary to 3. The new units are temporarily sited on the upper balcony, but we hope in due course to mount them on either side of the Sanctuary, once we can get the cabling worked out. With our manual wide-angle camera and continued use of the two loaned units, we will now be bringing you Sunday services with SIX feeds to choose from.

The new mixing board doubles our capacity for video mixing from 4 to 8 cameras. We have also invested in new microphones and cabling, including a new handheld device, which should significantly improve the quality of sound captured.



This new technical set-up opens up a much-superior live-streaming service for those joining us remotely and also enables us to generate more revenue from audio-visual services to our renters. Not only do we now have the capacity for 8 cameras, we can record all eight feeds, whether or not they are streamed on the day. This will allow, say, the wedding photographer or the concert promoter to create professionally-produced videos from every/any angle, in addition to the simple live-stream.

Even the “simple” live-stream is not so “simple” any more, with enhanced software and many more opportunities for cuts/fades and camera changes, as well as the capacity for text and image overlay in real time. The live-stream of our August 20th service was the first to be made using the new equipment. We are still learning about what it can do, but we already received positive feedback about the changes visible to the congregation online, which is very gratifying.

We are excited to work with the Knox Council on defining these new revenue opportunities ahead of the winter concert season and look forward to bringing you a more dynamic and clear live-streaming experience.

Submitted by Steve Miller and Carey Barrett

MEET OUR NEW TENANTS – CALGARY MUSICIANS’ ASSOCIATION



This April, Knox was delighted to welcome the Calgary Musicians’ Association as our first long-term tenant, post-covid.

The CMA took residence in our former “Ministers’ Offices” on the second floor of the Annex building, initially for a one-year lease period.

Your newsletter team are very grateful to Tricia Edwards and Josué Valdepenas, our new “office-neighbours”, for their willingness to sit down with us and tell us a little more about the CMA.

NT: Tricia, Josue, thank you for sitting down with us. We are delighted to have you at Knox.

CMA: We are very happy to be here!

Photo: Tricia & Josué at the American Federation of Musicians Conference in Las Vegas in June 2023 (Photo credit = CMA)

NT: Perhaps we should start with formal introductions: What is the CMA? And what are your positions there?

CMA: The Calgary Musicians Association is a non-profit organization that represents musicians performing and teaching in every musical genre in southern Alberta. We have almost 600 members, including the members of the Calgary Philharmonic. The CMA is a part of the Canadian Federation of Musicians, which represents and advocates for musicians across the country. Tricia is the Secretary-Treasurer and the main person in the office. She is also a freelance pianist playing mostly jazz and salsa. Josué serves as President of the Association and is assistant principal cellist the with Calgary Philharmonic.

NT: Clearly, Knox and CMA share an incredible connection through music. How did you come to choose to move your offices to our building?

CMA: Josué was approached by one of our members, who had heard we were looking for a new office space, and he suggested approaching Knox. We came for a couple of tours with different members of our board, were impressed by your space and hospitality and ended up signing a lease and moving in on April 1.

NT: It's fascinating how important relationships are, thank you. Of course, we hope that sharing physical space is just the start of our relationship. How do you imagine your partnership with Knox developing?

CMA: The partnership with Knox appealed to us because of both organisations' shared strong connection to music and the musicians in the city. I (Tricia) love walking downstairs during the day and hearing the sounds of ongoing rehearsals and practicing echoing through the halls. The Association has already rented out some of your other rooms for meetings and rehearsals. Your central location makes it easy for musicians already downtown, or here anyway for a rehearsal, to stop by the office. We hope to build on what has already been possible these first four months and partner with you in creating community in the Core.

NT: Sounds great! What can the Knox Congregation do help?

CMA: Well, feel free to come upstairs to the office and say hello. Follow the CMA on social media. And of course, the CMA knows first-hand how amazing the musicians in this city are, so we highly recommend getting out and hearing some live music, starting in the beautiful space here at Knox. And please accept our thanks for your community's hospitality!

Our Facebook and Instagram pages are great places to follow if you want to know about music in our city:

<https://www.facebook.com/yycmusicians/>

and

<https://www.instagram.com/yycmusicians/>

NT: Thank you. Before we go, we have a quick-fire questionnaire that we ask all new family members to take – are you game?

CMA: Always!

| NT Question | Answer – Tricia | Answer - Josue |
|--|-----------------|--------------------------------------|
| Cat person or Dog person? | Cats | Dogs |
| Morning Lark or Night Owl? | Owl | Owl |
| Coffee or Tea? | coffee! | both, but rarely |
| Summer or Winter? | Summer | summer |
| Sunrise or Sunset? | Sunset | sunset |
| Chocolate or Vanilla? | Chocolate | chocolate |
| Texting or Talking? | Texting | talking |
| Cake or Pie? | Cake | Both |
| Jump from a plane or Climb a mountain? | neither! | haven't made the jump yet but would! |
| Polka dots or Stripes? | Stripes | polka dots |

NT: Tricia, Josué – thank you. It's been a real pleasure.

Submitted by Karen Harrison, with thanks to Tricia Edwards & Josue Valdepenas.

RECONCILIATION PRACTICE – HOSTING AMA'HNA'BINO



The Sobercrew successfully completing their pilgrimage, back home, on August 3rd.

Sobercrew is mostly an Indigenous recovery group, who, as part of their sobriety, embrace their culture's healing traditions. They do a lot of outreach work in their community and work hard to support others on the same path.

On 2nd August, Sobercrew walked for 15 hours from Morley to Calgary, to help raise awareness of addiction to drugs and alcohol both on and off the reserve. As part of that walk, they also honoured those who lost their lives to addiction, suicide and murder in the city. This was the crucial spiritual core of their pilgrimage. When they walked back to Morley on 4th August, to complete their activist work of raising awareness (for this year), "ama;hna'bino". They took those spirits home with them, guiding them in fellowship back to their land and kin.



Photo: Members of Hillhurst United Church in our kitchen

It was Knox's honour to open our doors to Sobercrew and offer them a place to call home for their two nights in Calgary. As part of that hospitality, breakfast and dinner was dished up by our partner churches in this service (listed in the order they served): Hillhurst United Church, Scarboro United Church, The Anglican Church of the Redeemer, Central United, St Davids/Northminster United Church, Parkdale United Church.

Through our shared service, we church volunteers came to realize that it was not only the food and shelter we provided that turned out to be important. Almost more important to Sobercrew was that "we showed up", to give our support to such a worthy cause. I know the Sobercrew participants felt and appreciated our "good energy", because they remarked on it several times and shared with me how they carried it with them throughout their walk. I want to extend my deepest gratitude to all of the sponsoring churches, including Knox. Without your support this incredible journey would not have happened.

To the cast and crew of Knox: Reverend Sheena, Carey, Rod, Jampa and Justin, I am humbled to be able to say that I am part of a community that extended the hand of hospitality and then made it happen almost effortlessly in such a meaningful and heartfelt way. Blessings to you all, and to everyone at Knox who gave their support to this occasion.

I would also like to take the opportunity for a special thank you to Reverend Tony Snow, the Indigenous Minister of the United Church, who invited Knox to take part in the Lenten feast in Morely at Easter. It was there that we first met Sobercrew, who played their drums for us and asked for our support in their upcoming walk. Thank you Tony, for giving not only Knox, but the other churches listed a chance to live into the United Church's commitment to Truth and Reconciliation in such a powerful way. I hope we made your Ministry proud. We look forward to working with you on other opportunities to further this work.

To Sobercrew themselves, I am grateful to have been able to get to know you and work with you in your very important cause. I know I can speak for Knox when I say we will welcome you back again next year, and support your important witness. As the walk for this year is completed, I want to congratulate you on a job well done and to let you all know that Knox, and all the other churches that helped, as well as many others, are here if you need us. Till we meet again!

On a more quirky note, I want to share with our Knox community an interesting observation made by our guests. When I was at the appreciation BBQ with several members of Sobercrew, they told me a story about their night in the gym. Apparently, once all was quiet, several members could hear whistling. They thought someone was whistling in their sleep so did not pay much mind.

It was not until the next morning when they were talking that one of the women also heard the whistling when she returned from the shower. It was then that she realized that the whistling sound was coming from the stage area, WHERE NO ONE HAD BEEN SLEEPING. So, next year, when the Crew stays with us again, there will be a good smudge before they lay their heads down! But, until then we at Knox can maybe check out this "eerie whistling sound" for ourselves...

Submitted by Holly Smith

RECONCILIATION PRACTICE - INDIGENOUS CANADA COURSE



**INDIGENOUS
CANADA**

Following our successful discussion group in the spring, we plan another series of zoom conversations based upon the University of Alberta's Indigenous Canada course.

The course is free and available online.

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

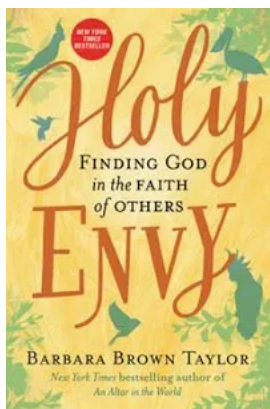
The course is taught from an Indigenous perspective and explores complex experiences Indigenous peoples face today from a historical and critical perspective highlighting national and local Indigenous-settler relations.

If you would like to participate, please contact Sue at the office on sforsyth@kxcalgary.com and she will make sure that you have the Zoom schedule for the discussions. Thank you.

Submitted by Karen Harrison

AUTUMN BOOK CLUB

This fall, a small group, including friends from Central UCC on 7th Avenue SW, have already decided to read and discuss "Holy Envy: Finding God in the Faith of Others" by Barbara Brown Taylor.



We welcome anyone who would like to join us.

We plan to meet weekly for 7 weeks on Tuesday evening from 6pm – 7pm in the Knox Boardroom and will also have zoom availability. Our first meeting is on September 12th. A few copies of the book are available from the Knox Office for a donation of \$5. We will aim to read 2 chapters per week and discuss at the meetings. Our first meeting will be an introduction to the author and each other.

Please contact Sue at the office on sforsyth@kxcalgary.com if you would like to join the group, you will be very welcome.

Submitted by Karen Harrison

CALGARY ALLIANCE FOR THE COMMON GOOD - SEPTEMBER 2023 UPDATE

EDITORIAL

Where Are We Going? Are We There Yet?

Some of you may remember that my last editorial for the June newsletter began with feelings of anxiety and fear for our future. It's been a hard road for many of us. At the centre of much of our negativity was the inability to imagine the future. So, some of us took the time to look inward, while others concentrated on the here and now, asking the important question each day: *what can I give and do in this world now?*

At the Calgary Alliance, our member leaders met in May to reflect on the year ahead. With changes in the leadership, financial challenges on the horizon, and shifts in our community, the decision of our leaders was to enter a time of rebuilding and renewal in our organization. We will be focusing on building relationships with new organizations and communities, and seeking new leaders. Building relationships with new members, strengthening our core teams within existing member organizations, and creating a more solid financial base is the work ahead of us. We will continue to listen and identify new campaigns supporting the interests of our members as we become a more diverse and powerful Alliance.

We at the Calgary Alliance are not yet at our intended destination: to become a knowledgeable, vigorous and active organization that represents Calgarians on the most important issues facing them; issues such as affordable housing, poverty, accessibility and transport for all, mental health, Calgary's response to climate change, and reconciliation with indigenous people living here. But, we are on the path.

FOUNDATIONS FOR COMMUNITY ORGANIZING

This training provides content based on the philosophy and practices developed by the Industrial Areas Foundation, building on lessons from over 70 years of organizing experience. The training provides a foundation for organizers to learn about community organizing, and why to use a community organizing approach in their work.

The training session will take place on Saturday, October 21, 9:30am – 3:30pm & Sunday, October 22, 1:00pm – 4:30pm. Location to be announced. Please RSVP <https://www.calgarycommongood.org/events>

A CORE TEAM AT KNOX

One of the foundations of membership in the Calgary Alliance is to have a core team of members and adherents from each of the institutions that belong to the Alliance. It has occurred to me that at present we have no social action team at Knox, although we are actively involved in Reconciliation work. If you are wondering how much involvement is required, and what you will be obligated to contribute to this work, it will be as much or as little as you like. If you are interested in contributing to the life of Knox within Calgary, if you have an interest in social action, and if you would like your ideas on outreach to the community to be carried into a larger organization – that is the basic commitment asked of you.

Depending on availability of rooms at Knox, I will be setting up a meeting after church in the coming weeks for an information and organizing session. Here are some of the questions we might explore:

- 1) Pressures and challenges in the Knox community
- 2) Pressures and challenges in the community in which you live.
- 3) Which issues affect you most? Why?
- 4) Priorities for City Hall

If you would like to contact me with your questions, ideas, etc. you can email me at susanwood125@outlook.com, or contact the church office for my home phone number.

Submitted by Susan Wood

POETRY CORNER

No woman is an island

Fewer and fewer
of the people I meet
are total strangers to me,
even if we've never set
eyes on each other before.

I recognise something
in every one of them:
a striving, a confusion, a fear, a joy,
a choice, or the inability to make one,
a shadow, sunlight.

With every year
every stranger becomes less
strange, less remote,
by a geologic process of time.

With every year
I am flowing closer to shore,
less distance, less distinct,
subducted on humanity.

Closer to the warmth of the earth's core.

Submitted by Karen Harrison



LINKS

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>

Follow us on Twitter at www.Twitter.com/KnoxYYC

For any further information on anything in this newsletter, please contact Sue in the Office at sforsyth@kxcalgary.com

Photo credit, as always, to Carey Barrett and Karen Harrison with thanks, except for AMA'HNA'BINO article, with thanks to the sober crew and Holly Smith.

CALENDAR – SEPTEMBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|------------------|--|---|--|---|
| 27 th 10:30 Sunday Worship 19:00 City-Wide Pride Service (Beth Tzedec Synagogue) | | | | | 1 st Pride Month Starts | 2 nd Calgary Pride Parade |
| 3 rd 10:30 Sunday Worship (Communion Service, including Special Children’s Time) | 4 th Labour Day | 5 th | 6 th 12:30 Connections & Reflections | 7 th 19:30 Choir Rehearsal | 8 th International Literacy Day | 9 th |
| 10 th 10:30 Sunday Worship | 11 th 15:30 ELL 17:15 Yoga in the Sanctuary | 12 th | 13 th 12:30 Connections & Reflections | 14 th 15:30 ELL 19:30 Choir Practice | 15 th | 16 th |
| 17 th 10:30 Sunday Worship 13:00 Engaging Vulnerable People Training | 18 th 15:30 ELL 17:15 Yoga in the Sanctuary | 19 th | 20 th 12:30 Connections & Reflections | 21 st 15:30 ELL 19:30 Choir Rehearsal | 22 nd | 23 rd National Hunting, Trapping & Fishing Heritage Day |
| 24 th 10:30 Sunday Worship 11:45 2024 Giving Programme Meeting Police & Peace Officers Memorial Day | 25 th 15:30 ELL 17:15 Yoga in the Sanctuary | 26 th | 27 th 12:30 Connections & Reflections | 28 th 15:30 ELL 19:30 Choir Rehearsal | 29 th | 30 th Orange Shirt Day |