



Comox United Church

Our Values: Spirituality, Openness, Care for the Common Good, Radical Love

Minister: Rev. Karen Hollis minister@comoxunitedchurch.com cell: 604 828 8797

Treasurer: treasurer@comoxunitedchurch.com

Envelope Secretary: envelopesecretary@comoxunitedchurch.com

Visit our website: it is updated weekly: www.comoxunitedchurch.com

Please note: Newsletters are also posted on the Comox United website.

Announcements should be sent to admin@comoxunitedchurch.com

or call 250 339-3966 by **8:00 am Thursday morning.**

If you no longer wish to receive this newsletter please email admin@comoxunitedchurch.com.

Friday Sept. 1, 2023

Sunday, Sept. 3, 2023 Communion

Leader: Rev. Brenda Riley

Greeters: Les Herauf, Merrilee Cameron

Coffee: Margaret & Raymond Morin

Power Point: Barb Page

Live Stream: Julie Whitman

Reflection:

Scripture:

To read the scripture follow the link below then type in the scripture verse <http://bible.oremus.org>

Please note: The church office is closed Sept. 5

“Do not be daunted by the enormity of the world’s grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it.”

Quote from the Talmud

Comox United Church worship services are available in three ways.

- 1) Attend worship in-person at the church on Sundays at 10:00 am.
- 2) Watch live on-line by going to our YouTube channel. Just click on this link at 10:00 am on Sunday morning:
<https://www.youtube.com/@comoxunitedchurch3917/streams>
- 3) Watch the service at another time from the "Virtual Services" page on our website:
<https://www.comoxunitedchurch.com/pages/online-sunday-services>

Life and Work of the Church

Mondays 1:30 Knitting Group contact

bevagur@shaw.ca

Tuesdays 10:00 Coffee and Conversation at the Comox Golf Club

Fridays 10:00 Men’s Shed

2nd Fri. TBD Social Singles

Contact Merrilee: tomyhome@shaw.ca Dinner at Marina Park under the shelter near the food trucks at 5:30 on Sept 8. For more information contact Merrilee tomyhome@shaw.ca.

Fall flowers!

If any of the gardeners in the congregation have fall flowers in the garden and would like to share a few for the Communion table on Sunday mornings, please contact Ruth Gibson at 250-890-3438 or rmgibson@telusplanet.net



MOBILITY - FLEXIBILITY - BALANCE

NO dance experience necessary

bring a friend

Chair Dance

Suitable for those with limited mobility

Wed. Sept. 13- Nov. 29 - 9:30-10:30 room L1

Stretch and Strengthen

Thur. Sep 14 – Nov. 30 - 9:30-10:30 room T6

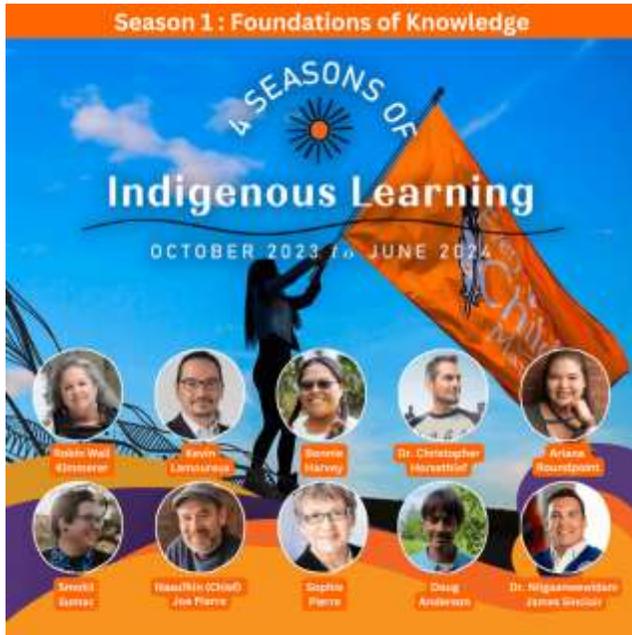
Bring your Yoga mat!

Space is limited to 12 participants – extra classes will be added if required.

FYI: Contact Wendy trinitydance@shaw.ca

Learning Opportunity

The visioning team did identify this as an area Comox United need to work on. Individuals pay for themselves.



<https://outdoorlearningstore.com/event/season-1/>



Comox United – Pride Parade Aug. 26, 2023

Knox United Church Indoor Fall Fair,

**345 Pym St. Parksville.
Saturday, September 23rd,
8:00 a.m. to 2:00**

Enjoy lots of good quality bargain shopping, home baking, and silent auction. Free Admission, Free Parking, a Kids' Playroom, and Food Trucks on site. Everyone welcome. Volunteers needed: FallFair@kucparksville.ca

Details: <https://www.kucparksville.ca/events/indoor-fall-fair-all-rooms--1914/2023-09-23>

Save the date!



MR. RANDY FRED

Presentation followed by a community potluck

Mr. Fred will share the story of his journey as a Port Alberni Residential School Survivor to becoming a writer, filmmaker, editor, publisher and Nuu-chah-nulth Elder in Residence at VIU

Saturday
OCTOBER 28, 2023

2:00 PM –
4:00 PM



Meeting At
Lower Hall –
Comox United
Church

📍 250 Beach Dr,
Comox, BC
V9M 1P9

Sponsored by Comox Valley Unitarian Fellowship - Justice Action Team