



250 Beach Dr, Comox BC V9M 1P9

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www.comoxunitedchurch.com



# Grapevine

**Friday, February 13, 2026**

**This Sunday: Transfiguration Sunday**



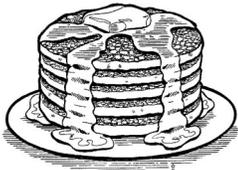
**The church office will be closed this Tuesday for Family Day.**

## First week of Lent

Lent, which starts this Wednesday, is the 40-day period leading up to Easter, and is traditionally a season of reflection and preparation. There are a couple of special events to mark the start of the season:

### Shrove Tuesday: Pancake Supper at St. Peter's Anglican

This Tuesday, the last day before Lent, is called Shrove Tuesday because it was the day when the faithful would be “shriven” — confess their sins, and do penance so that they could enter Lent in a state of absolution. Lent also used to be a time of fasting, with no meat or fat allowed. Several cultures traditionally used up their fat making various dishes such as *pampushky* (Ukrainian doughnuts) and *pączki* (Polish doughnuts). In North America, we usually make pancakes, and this year, St. Peter's Anglican in Comox is holding a Pancake Supper from 5 pm—7 pm. Everyone is welcome!



### Ash Wednesday service at St. John the Divine

Ash Wednesday, the first day of Lent, is marked by a special service. Here in the Comox Valley, the service moves from church to church each year. This year, it will be at St. John the Divine Anglican Church (Courtenay) at 10 am, where our own Rev. Karen will be preaching. If you can't make that service, there will also be an Ash Wednesday service at Weird Church in Cumberland at 12:15 pm.



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## Sunday Worship

Worship leader: **Rev. Karen Hollis**

Director of Music: **Paul Colthorpe**

Pianist: **Marni Fisher**

Greeters: **Karen Spencer**  
**Julie Whitman**

PowerPoint: **Barb Page**

Coffee: **Sonja Stryski**  
**Margie van Binsbergen**

Livestream/Audio: **Joanne Wiens**

## How to worship with us

### In Person

Sunday worship services are at 10 am.

### Livestream

Our livestream will be on [YouTube](#) at 10 am  
([youtube.com/@comoxunitedchurch3917/streams](https://youtube.com/@comoxunitedchurch3917/streams))

### Recorded services

Recordings of all our livestream services can be found at  
[comoxunitedchurch.com/pages/online-sunday-services](https://comoxunitedchurch.com/pages/online-sunday-services)

## Welcome, Newcomer!

If you are new to Comox United Church, we welcome you as God welcomes us all.

Comox United Church is a faith community within the United Church of Canada. Our central values appear at the bottom of this page. We are one of over 300 Affirming United Church Ministries across Canada, which means we affirm, include, and celebrate people of every age, race, belief, culture, ability, income level, family configuration, gender, gender identity, and sexual orientation in the life and ministry of our church, and proudly display the crest of the association of affirming churches known as Affirm United.



*Crest of  
Affirm United*

For more information about our faith community, see [comoxunitedchurch.com](https://comoxunitedchurch.com)



## A new Website Tip every week!

To read - and share - the prayers of the United Church of Canada and our moderator, the Rt. Rev. Kimberly Heath, for Tumbler Ridge, go to our church website, click on **News**, and scroll to **Tumbler Ridge** (two items). Hold the people of Tumbler Ridge — and all of us — in your prayers.

This is your website! Send comments to **Joyce Wagland**.

([websiteadmin@comoxunitedchurch.com](mailto:websiteadmin@comoxunitedchurch.com) or 250-207-5650)

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## Social Singles today at 12 noon!

Social singles meet TODAY for a potluck lunch at 12 noon. They will be meeting at Joyce's house. For more information call Alison Scott at 250-650-1723

## Glacier View Service this Sunday at 1<sup>30</sup> pm

On Sunday at 1<sup>30</sup> pm, everyone is welcome to join the residents of Glacier View to sing favourite hymns and hear a prayer or two. Besides singing along, Comox United Church folks can also help by turning songbook pages. If you would like to learn more about this monthly event feel free to contact Carol Jennermann at 250-339-9246 (landline) 250-703-1440 (cellphone) or [kjmann@shaw.ca](mailto:kjmann@shaw.ca).

## Tax Receipts for 2025

Tax Receipts for your gifts to Comox United Church will be available following Sunday's service. Any left-over receipts will be mailed, so please make an effort to pick up your receipt so that we can save on postage costs.

## No Queer Bible Study this week

Because Rev. Karen is preaching during the Ash Wednesday service in Courtenay at 10 am this week, there will be no Queer Bible Study. But it will return next week!



## Comox United Annual General Meeting: March 1

It's that time of the year again! Mark in your calendar that our Annual General Meeting will happen following worship on **Sunday, March 1**.

## Group annual reports for 2025 due TODAY

If you are the leader of a team or committee and you haven't sent your annual report to the church office, sit down this afternoon and get it done, because it is due TODAY!



## Rev Karen's Office Hours

Wednesday - Friday by appointment (email listed above, or phone the church office.)

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## Men's Breakfast: Hockey Talk with Howard Robertson

### All men invited to breakfast next Sat Feb 21 at 9 am

The guest speaker at our next Men's Breakfast on Feb. 21 at 9 am will be **Howard Robertson**, an active member of our congregation who is also deeply involved in our Comox Valley community. Howard is a musician and a storyteller, but one of his deep loves is hockey, demonstrated by playing goalie in a local men's hockey league. Howard will share some of his passion for the sport as well as some interesting stories and statistics. This will be a compelling presentation! If you plan to attend, please let Scott Agur ([agur@shaw.ca](mailto:agur@shaw.ca)) know by Wednesday, February 18. The cost for the breakfast is a modest \$15.00. Please plan to come and as Howard would say, "keep your stick on the ice!"



### Ministry & Personnel Committee (M&P)

#### Interested in joining M&P?

The Ministry & Personnel (M&P) Committee is looking for two new members to join the current five-member team consisting of **Karen Spencer, Mike Stewart, Bev Agur, Marion Brydon** and **Dale Erhart**. We are a confidential body providing support to church personnel. Annually, we conduct performance reviews as well as produce recommendations to council regarding staff compensation. Acting as a human relations body, we endeavour to ensure a healthy working environment for all staff.

We meet independently every second month. If you are interested in becoming involved or have questions about the M&P Committee, please contact Karen Spencer ([karenspercernlp@gmail.com](mailto:karenspercernlp@gmail.com) or 647 465 1522)

## Rainbow Gathering: Spin some Love Stories this month

The next Rainbow Gathering event is *a story-telling night!* Come to Bayside Bistro (Cliffe Ave., Courtenay) on **Friday, February 20 at 7 pm**. Valentines Day is for everyone so the story-telling will use theme of love, especially for members of the lgbtq+ community and their families and friends.

Sitting in small groups, we'll use a spinner to suggest themes reflecting the variety of ways that love shows up for us: with our animal pets, our families (born and chosen), friendships, short-but-sweet romances, bad romances with no regrets, fool-hardy loves, un-requited loves, worthy crushes, life-changing relationships, and more. Come to tell stories or to listen. Come to be moved, to laugh, and perhaps to be inspired.

If you need a bit of sustenance, Bayside Bistro will be offering their regular food menu for purchase. This event is sponsored by our Affirm Committee. The event is free, but you need to reserve your spot at: [eventbrite.ca/e/rainbow-gatherings-spinning-love-stories-tickets-1980891512839](https://eventbrite.ca/e/rainbow-gatherings-spinning-love-stories-tickets-1980891512839)

# National Church News

## Lenten video series: *Kitchen Conversations with the Moderator*

Our Moderator, Rev. Kimberly Heath, will be the host of a six-part video series, “Kitchen Conversations with the Moderator” that will explore food, faith, and the power of invitation.

Drawing inspiration and recipes from the United Church’s new Lenten devotional, *Bless Break Share: Recipes for Faithful Living*, Kimberly meets in the kitchen with guests from across the church, including book contributors, United Church youth, and her own family.



Rt. Rev. Kimberly Heath



The series will debut on Shrove Tuesday, with new episodes posted each Sunday during Lent. Aim your phone at the QR code or click on [united-church.ca/community-and-faith/organization-and-governance/moderator/right-rev-dr-kimberly-heath-45th-moderator/kitchen-conversations](https://united-church.ca/community-and-faith/organization-and-governance/moderator/right-rev-dr-kimberly-heath-45th-moderator/kitchen-conversations) to find these videos, as well as downloadable recipe cards.

## Moderator Recipe: Everyday Pancakes, Your Way

Just in time for Pancake Tuesday, our moderator has provided us with the first recipe from her “Kitchen Conversations” series.

### Everyday Pancakes, Your Way

Start with your favorite pancake mix; prepare according to package directions.

Then it’s time to make it your own!

**Optional add-ins** (Pick one or mix a few!): Blueberries, chocolate chips, chopped strawberries, nuts (walnuts or pecans add a lovely crunch).

Add fruit after you pour the batter onto the griddle. Sprinkle gently on top to prevent sinking and keep the pancakes fluffy. Stir chocolate or nuts directly into the batter for even distribution.

Serve warm with butter, syrup, or whatever makes you happiest.

## Regional Church News

### Lay Leadership for a Thriving Church

The Pacific Mountain Region has been holding a series of Zoom meetings with church volunteers — including board or committee chairs and members, trustees, regional reps, and those who participate in various ministries as individuals or as groups such as pastoral care, outreach, justice, etc. — calling it “A Time to Share and Connect.” The next Zoom meeting will be on **Monday, February 23** from **7:00- 8:00pm** to share experiences, learn from one another, and reflect on topics identified at our last meeting. It’s a chance to step beyond individual congregations, hear diverse perspectives, and remember we are not serving alone.



This is a space for conversation, listening, and mutual encouragement. Whether your volunteer role is visible or behind the scenes, your voice is welcome. To register, fill out the on-line form at [form.jotform.com/260275964484973](https://form.jotform.com/260275964484973)

### In Support of Palestine and against Genocide:

Marianna Harris, a retired United Church Minister, is organizing a monthly Zoom meeting of mostly United Church people who are taking actions around the province in support of Palestine and against Genocide. The first meeting will be on **Friday, February 20th at 1:00 pm** via zoom and then on the third Friday of the month thereafter.

Interested? Here's the link [us02web.zoom.us/j/85181693086](https://us02web.zoom.us/j/85181693086)

## Unitarian News

The Comox Valley Unitarians, with whom we have a covenant relationship, have invited us to their “Living Interdependence” service on Sunday March 1 at 4 pm in our church hall., when the guest speaker will be Reilly Yeo, a Unitarian ministry candidate and co-founder of My Climate Plan.

Reilly writes, “ *What would it mean to live in a culture where we truly focused on sharing each others’ pains and joys? As social isolation continues to rise, we come together as Universal Unitarians to imagine and to try to practice that culture. With our commitments to interdependence and to encouraging each others’ spiritual growth, we remain a countercultural faith. Come and explore the unique gifts we have to offer a world in crisis.*”

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## The S.A.G.E. Page

### Sustainability Action Group for the Environment

#### Learn about Recycling Best Practices

Too much recycling is done incorrectly and then ends up as garbage instead. Our hope is that education will lead to improvements in sorting and handling, putting recycled materials on a useful path instead of prematurely filling the landfill.

Come join us **Saturday, February 28, 1:30 - 2:30** for learning RECYCLING best practice with guest speaker Lindsay Eason (CVRD waster diversion specialist). With small improvements we can make a big difference.

You're also welcome to bring any items that consistently stump you – you know, the ones you suspect can be diverted somewhere but you're not sure where!

This event is free, interactive and informative! Please join us and spread the word.

#### Gently Used Women's Clothing Sale: Next Saturday Feb. 21

On Saturday, February 21 from 10 am-12:00 in Room 101 (lower level), our church will host a Gently Used Women's Clothing Sale where you pay by donation. The sale is being run by a local branch of the P.E.O. (Philanthropic Educational Organization ) Sisterhood. This organization, founded in 1869, is dedicated to supporting women who wish to continue their education through loans, scholarships, scholar awards and grants. The Courtenay chapter offers a Bursary through North Island College and contributes to local charities such as Transition House and Care-A-Van.

All money raised from this sale will be donated to our local bursary fund.



## The 444 Project

### Invite 4 People, Collect \$4 each, Donate, Get tax receipt

February can be dull and cold so what better way to bring some warmth and joy into your life than to invite some friends to join you in a fun activity for a great cause.

- Perhaps you want to invite them to join you visiting some of the locations of the Comox Valley Chocolate Festival which runs from February 1 – 28th.
- Or host a soup and bun afternoon to watch the Opening Ceremony of the Milano Cortina Winter Olympics on February 6th.
- Are you an American Football Fan? Invite friends to join you to watch Superbowl 2026 on Sunday February 8th .
- Go see an Oscar nominated film and then invite friends over to watch the Academy Awards on March 15th with perhaps a fun ‘Guess the Winners’ game with a treat for the winner.
- Book a room here at the church and host a pot luck brunch.

These are just a few ideas to help you with your 444 Project fundraising. Have fun!

(Please put your donation money into an envelope marked **444 Project and your name** and give it to Elaine Brown.)

## Coldest Night of the Year: Sat Feb 28

### Join our team of walkers!

Coldest Night of the Year is an annual charitable walk, raising funds for **Dawn to Dawn** (Action on Homelessness) and **The Transition House**, a safe house for women escaping domestic violence in our community. Team Captain **Sue Newman** sends this message:



*We've always had an enthusiastic team, so join our team this year:*

1. Go to [cnoy.org](http://cnoy.org)
2. Create an account
3. Choose **Comox Valley** as your location
4. Choose **Join a Team**
5. Search for **Comox United Walkers** and follow the steps to join us!

*Our first team goal this year is \$5000, so set your fundraising sights high! Contact friends and family, and ask if they have sponsored someone yet. Encourage others to join our team, or to donate to the team either through you or online, and to come and show their support at the event. Every \$20 or more will get a tax receipt via email. Let's make a difference as we have for many years. I look forward to having you join us, by donating and joining our team if you are able. Let's make it happen.*

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## Coming Events at a glance

### This Week...

**TODAY** 10<sup>00</sup> a.m. Centering Prayer  
 7<sup>00</sup> p.m. "The World Needs a Song"

**Sat** 2<sup>00</sup> p.m. "The World Needs a Song" (final)

**Sun** 10<sup>00</sup> a.m. Transfiguration Sunday  
 1<sup>30</sup> p.m. Glacier View Service

**Mon** **Family Day**

**Tue** **Shrove Tuesday** (Church office closed)  
 10<sup>00</sup> a.m. Coffee & Conversation (Views Cafe)  
 5<sup>00</sup> p.m. Pancake Supper (St Peter's Anglican)

**Wed** 10<sup>00</sup> a.m. **Ash Wednesday** (St. John the Divine)

**Thu** 6<sup>30</sup> p.m. Choir

**Fri** 1<sup>00</sup> p.m. Lenten Contemplative Service

**Sat** 9<sup>00</sup> a.m. Men's Breakfast  
 10<sup>00</sup> a.m. Gently Used Clothing Sale

**Next Sun** 10<sup>00</sup> a.m. Worship: Lent I

### Coming Soon...

**Feb 23** Knitters

**Feb 24** Coffee & Conversation

**Feb 25** Queer Bible Study

**Feb 26** Choir

**Feb 27** Centering Prayer

**Feb 28** Recycling Best Practices  
 Coldest Night of the Year

**Mar 1** Worship: Lent II



Grapevine is a weekly newsletter produced by Comox United Church.

To get your announcement into the Grapevine, email or phone the church office:

**admin@comoxunitedchurch.com** or **250-339-3966**

**The deadline for articles is Thursday at 12 noon – No Exceptions!**

Grapevine is also posted on the Comox United website. If you have included your phone number or email address in your article and don't want to have that appear on the website, let the church office know when you submit your article.

**If you no longer wish to receive this newsletter via email, contact the church office.**

## Contact Us!

**Rev. Karen Hollis, Minister:** minister@comoxunitedchurch.com

**Laurel Erhart, Treasurer:** treasurer@comoxunitedchurch.com

**Debra Monk, Givings Administrator:** envelopesecretary@comoxunitedchurch.com

**Lorna Tutte, Church Administrator:** admin@comoxunitedchurch.com

**Joanne Wiens, Church Council Chair:** councilchair@comoxunitedchurch.com