

# Knox Presbyterian Church

## *Binding Threads: October's Edition*

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Partnering with community to spread hope



## A Message from Mizze: On National Truth & Reconciliation Day



As a member of the Mi'kmaq people, I would like to thank the people of Knox Presbyterian Church for honoring me with the opportunity to build connections, share space and stories, and offer a chance to share my culture. As a child there was a time, I was urged to hide my ancestry in fear that harm would come to me, and I would not have the same experiences as my peers.

Continue on page 3



# Knox Presbyterian Church

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---

### Contents

A Message From Mizze .....	page 3
Mark's Anniversary .....	page 4
Soul Care .....	page 5 & 6
Article by Mark .....	page 7
Article by Aaron .....	page 8
Jam Sessions .....	page 9
From the Archives .....	page 10
Programs & Events at Knox .....	page 11-14



# Knox Presbyterian Church

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### A Note from Mizze: On National Truth & Reconciliation Day

Through the ongoing work with Truth and Reconciliation I have embraced my heritage and feel pride in sharing it with all who wish to learn. Since the original stories heard from the residential school survivors from 2008 to 2014 during the construction of the Truth and Reconciliation Commission (TRC), we have seen Indigenous peoples speak up and seek the truth of what happened to their loved ones and find answers to why our Indigenous culture was stripped from us. Through this work Indigenous people have overcome many obstacles and barriers. Through the Indigenous way of life and the Medicine wheel we have begun the stages of healing. But with healing must come reconciliation and to achieve reconciliation we must come together as a community, as a country, and as people.

So please on this first annual National Day of Reconciliation join me in holding space, heart, and memory for our ancestors who are not here to see this day in person, through our hearts they will be here in spirit.

From the bottom of my heart, I thank you.

- Mizzie



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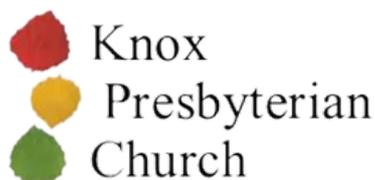
## CELEBRATING MARK



It is Mark's 9th anniversary at Knox!

We wanted to acknowledge Mark's leadership and excellence over the past 9 years. His emphasis on relationship building, kindness and empathy has helped shaped the continued legacy of Knox.

We appreciate Mark's focus and dedication to supporting the congregation and community. If any friends or neighbours would like to help us celebrate Mark, we encourage you to let him know any positive thoughts or reflections.



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---

### Soul Care: A Cuppa with the Sacred

By Ty Ragan, Psy.D.

Time flies, as I contemplated what to share this month to keep us well as the fourth wave has brought in new restrictions, the REP, and other possible measures as our hospitals are overrun, and if you exist in the medically complex world as my family does with the messaging we have heard, my heart goes out to you in prayer. I contemplated back to a course I had created and taught at Spiritual Directions and University of Calgary, that was my third book (you can read free here), *Pilgrimage to the Heart of the Sacred*, truly a spiritual formation work that is now as old as my youngest, a book in adolescence.

The beginning of the book before the exploration begins of one way to live a holistic life, is what I want to touch upon briefly. It was dubbed a Monk's bag of Tricks (for at the time I was with the Franciscans third/secular/ecumenical orders). It was some simple things that can be taken with one, to have pauses throughout the day to connect with the Sacred (however one understands that term). Simple things for the messenger bag, briefcase, backpack or purse.

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Take time to pause, use the REP to be in a favourite cafe or be in your favourite space in your home or outdoors for a cuppa whether it is coffee, tea, hot chocolate-the beverage that aids you in being centered. Take time to enjoy a piece of writing or music that is part of your sacred stories. In this idea of sacred, we use it like the term spiritual in co-active coaching. It is hard to define intrinsic pieces, that which renews you by the act of engaging with.

For simple breathing exercises, one is the counting breath (from mindfulness, Cognitive Behavioural Therapy). You count up 1 to 10, on the inhale is the number, on the exhale is a short word mantra, once at 10 you count down 10 to 1 with the same pattern repeating as many times as helps you to ease into the space. I enjoy the word mantras to use the gifts of the Advent: peace, faith, joy, hope and love. So a count up would be peace, a countdown faith, a count up joy, and a countdown I'll interchange hope or love, then do a count up and down using either hope or love to spend time resting in the feeling that emerges by breathing into that idea.

Take time to journal, this can be done with the idea of Freefall shared in earlier newsletters, or what I have termed Crayola prayer, where you use crayons or pencil crayons to create colours on the page with what emerges. Take time to simply rest, finish your beverage, enjoying the aroma and flavour. This simple practice can be used to start and/or end your day or as a pause throughout to renew.



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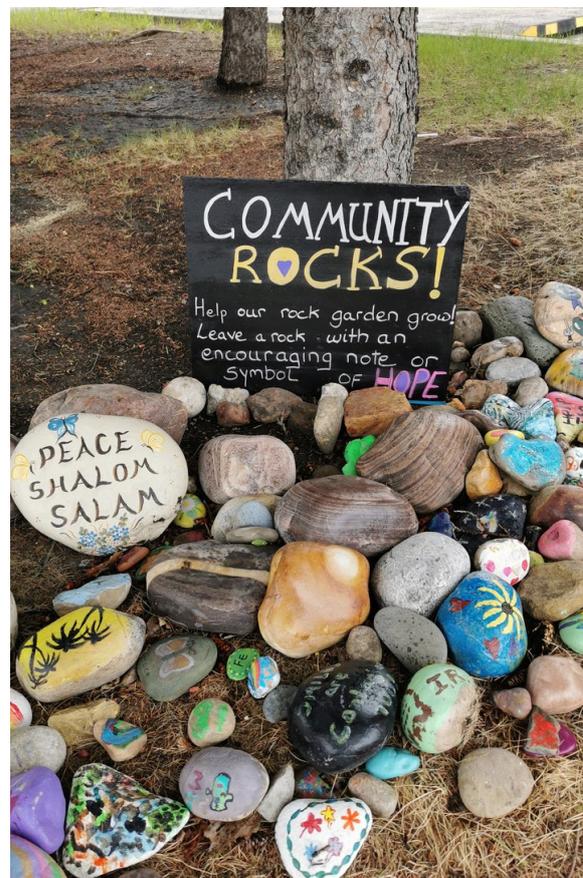
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### Why I Chose Knox

By Mark C

When talking with the practicum placement instructor we were trying to figure out what I would be doing for practicum this fall. I was and still am currently working at Alpha House on the DOAP team. Since I am already working in a high stress environment with folks that are struggling with addiction, I felt that Knox would be the perfect complement to my experiences.

I was told about how Knox Presbyterian is focused on community building, support, and inclusiveness. I also found out that my instructor from the year prior, Ty Ragan, would be overseeing much of our practicum which made me even more interested due to really enjoying the classes he taught. Hopefully with the community building and development skills I will learn at Knox coupled with my experience working with active addiction at Alpha House I will really be able to find the avenues that are right for me within the world of helping.



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### Why I Chose Knox

By Aaron C

I chose to do my practicum at Knox because I saw that it gave me the opportunity to apply what I learned in my classes to the real world setting. Being raised in a Christian household, I am comfortable in a church setting and was excited when I noticed all of the ways in which you help the community. From the community garden, library, and food hamper, to deeper inter-agency initiatives and programs there's many areas that can be worked on.

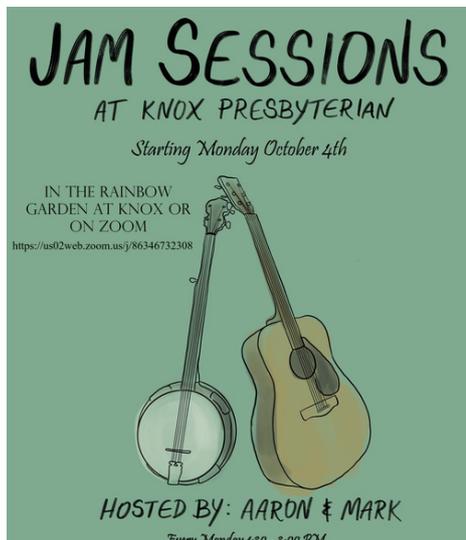


Seeing the emphasis that was placed on the music at Knox was also very pleasing as I have spent a good part of my life learning, playing, and teaching music and look forward to integrating my talents into the work I do here. In the short time I have been here I have already learned a lot and I can't wait to see what the next few months bring!

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The first Jam Session was a great success! Feel free to join future sessions on Mondays at 1:30pm.



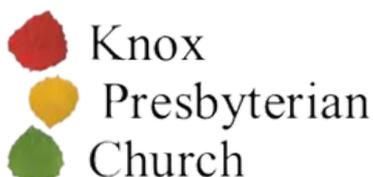
## JAM SESSIONS

## BROWN BAGGING



BROWN BAGGING FOR  
**Calgary's Kids**

Starting Sept. 30, every Thursday at 10 a.m. to 1 p.m., you can support the Brown Bagging for Kids by dropping a snack donation off. Please ring the door bell or bring it to our Mini-Concerts at 11 a.m.



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### FROM THE ARCHIVE



Artificial Intelligence is no match for natural stupidity.

-Anonymous

God can turn winds of adversity into showers of blessings.

-Anonymous



### Something to Think

### About

May 2009 Issue

The best way to find yourself is to lose yourself in the service of others.

- Mahatma Gandhi

The pessimist sees the difficulty in every opportunity. The optimist sees the opportunity in every difficult day.

- L.P. Jacks

God's answers are wiser than our prayers.

- Anonymous

Life is 10% of what happens to me and 90% of how I react to it.

- John Maxwell

What you see depends on what you're looking for.

- Anonymous

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### PROGRAMS & EVENTS

Mini Concerts are hosted  
Thursdays @ 11 a.m.

Please be masked upon entry,  
and socially distanced within  
the Music Hall (Sanctuary). We  
encourage visiting afterwards  
in our outside Rainbow Garden  
(weather permitting).

### MINI CONCERTS



### RUG HOOKING



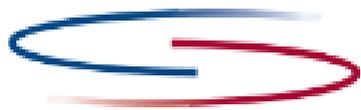
Rug Hooking meets  
Thursdays @ 1:30-3:30pm

Please contact Mary at  
[clerk@knoxcalgary.ca](mailto:clerk@knoxcalgary.ca) for  
more information on how  
to join online!

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### WELCOMING ....

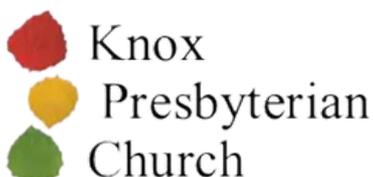


ALBERTA BIBLE COLLEGE

The Alberta Bible College Field Experience team are here for the Fall learning, discovering and creating. Their goal is to explore the idea of community liturgy, and to learn what it means to be church.

### GOOD FOOD BOX

The Good Food Box is back for October. This month's order/payment deadline is Oct. 18 and pick-up is on Wednesday Oct. 27.



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We are always welcoming new volunteers into our worship assistant ministry. It is a wonderful way to get involved in worship at Knox without a large time commitment. All ages welcome and no experience necessary!

If you or a family member would like to take part or if you have any questions, please contact Win at [office@knoxcalgary.ca](mailto:office@knoxcalgary.ca)

Zoom Cafes are Tuesdays at 10a.m.

This week Cafe Host Aaron as we share our pets and pet stories. Please contact Win for the link.

### WORSHIP ASSISTANT



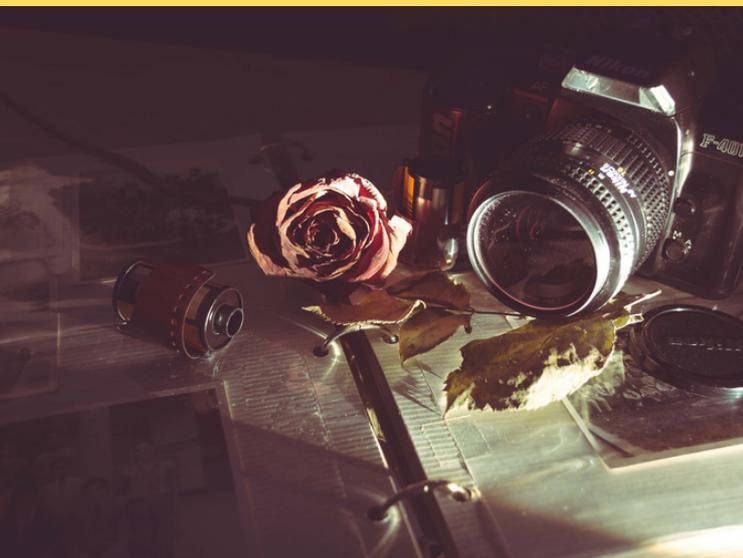
### ZOOM CAFE



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### FUTURE SUBMISSIONS



Submissions for the newsletter are due by Monday, Oct. 25. Please share you with the community with stories, poems, images (pictures, art), recipes, events to the editors at **[community@knoxcalgary.ca](mailto:community@knoxcalgary.ca)**

Do you have an idea to make our community a better place? Let's do it together!

### IDEAS



## CONNECT WITH US

@KNOXPRESBYTERIANYYC  
[WWW.KNOXCALGARY.CA](http://WWW.KNOXCALGARY.CA)

