

31 March 2020

Hello Knox Friends and Family! **Worship at Knox will be emailed on Saturday and posted on the website.** You can follow along with the video using the print material that accompanies it. <https://pccweb.ca/knoxpcvictoria/>

This Sunday the **PWSD story** highlighted below focuses on health care in Haiti. Please read it and remember those who may have difficulty accessing medical services.

March was supposed to be toilet paper month at Knox. Our plan was to build a TP mountain to support Cool Aid Society – an organization that advocates for and provides emergency shelter, supportive housing, integrated health care and other support services in Greater Victoria. Unfortunately, due to Covid-19 that plan was derailed. **We will let you know when we plan to resume collecting toilet paper and financial donations for Cool Aid.**

Celebrations / Joys and Concerns...

Normally at the beginning of each month we gather at the Lord's Table together. While we are unable to celebrate communion this month, we can follow our tradition of **sharing joys and concerns** with one another. Send me any expressions of gratitude, delight, worry or specific prayer requests and I will include them in my prayers and with messages to the congregation via emails that are sent out twice weekly.



April Celebrations

- 03 April Watt
- 08 Kevin Chaval
- 14 Jim Reekie
- 25 Helen Neufeld
- 28 Larry Baker

If you haven't shared your birthday or anniversary information with us, please do!

We would like to remember you on your special day

On the first Sunday of each month we sing God's blessing for all who are celebrating.

We would like to try hosting another **"coffee time"** using Zoom. The "virtual coffee hour" will be on **Thursday at 10:30am**. Click on this link <https://zoom.us/j/729036554> (Meeting ID: 729 036 554) at the scheduled time or go to the link on the website <https://pccweb.ca/knoxpcvictoria/>. **If you tried before and had trouble with this, please contact me on Tuesday or Wednesday afternoon – maybe it is an easy fix!** This is free for you, but you need to bring your own coffee, tea or other snack! Everyone is invited to participate.

Bringing Health Care Closer to Home

In a poor village in Haiti, one-year-old Marcellus weighed only 10 pounds. He was losing weight rapidly and had a persistent cough.

Because of crop losses, Marcellus's single mother was struggling to feed the little boy and his five siblings. Marcellus needed medical attention, but the cost of transportation to the closest health facility was more than his family could afford.

Hope came in the form of a mobile clinic supported by PWS&D in collaboration with Canadian Foodgrains Bank partners. Vehicles carrying nurses, community health workers, medicine and Nourimanba – a therapeutic food that saves lives – arrived close to their home and set up a health post to treat malnutrition.

There, Marcellus received Nourimanba, antibiotics and multivitamins. Within a few weeks, nurses saw his health improve dramatically. Today, Marcellus is on course to grow up healthy and strong.

Good health starts with good nutrition – especially for young children. This Lenten season faithfully respond to ensure children have healthy bodies to carry them through life.

Prayer (adapted from PCC resources)

God of all people and all places – God in all situations and every time: you are the light of the minds that know you – the strength of those who serve you – the welcome and rest of those who go in search of you. We come this day and pause from our regular routines and responsibilities – we rest from our play and preoccupations – we listen for your voice and seek always to follow you – our Creator, Christ, and Spirit.

Holy One, you made the world in beauty and wonder, yet we see so much hurt and betrayal that harm the world and its peoples. We trust that your love has power in all situations, even the most troubling or tragic. We bring to you our concerns for the people and places on our hearts...

We pray for all who struggle with poverty, sickness, or grief. Touch them in their pain and restore their hope and health...

We pray for people and communities burdened by the weight of war, greed, hostility or jealousy. Lift their burdens and restore their hope and peace...

We pray for those who challenge regimes marked by tyranny, domination, and brutality. Liberate their lives and restore their hope and freedom...

We pray for people who are persecuted and for those who are not treated with respect or decency. Rescue them from discrimination and restore their hope and dignity...

Hear us O God as we pray for those situations close to our hearts and bring your grace to restore hope and healing where they are needed...

Lord in your mercy, hear our prayer. Amen