

Knox United Church – COVID-19 Go-Team Updates, April 24, 2020

Keeping Knox and our neighbours safe and connected during the COVID-19 pandemic is a key priority for all of us. Here are some key updates from the Knox Go-Team and Board for April 24, 2020:

UPDATES

This past few days, we've noticed a bit of a shift in our work. The Board and the Go-Team responded to the COVID-19 crisis by developing / implementing new practices around our core (safety, worship, staff, church community). We worked out the snags as much as possible, refining what we offer virtually.

Now it's beginning to feel like the time is right to reach back out into the neighbourhood – in new ways, reflecting our “new normal”. We have a Vision & Mission, which are not on hold. God calls Knox to continue addressing loneliness and connecting our neighbours through the Arts.

To that end, Tracy and Debra have launched a neighbourhood blog on the Knox website. We'd like to stay connected to our neighbours with news, resources, how-to articles, recipes, prayers, activity ideas... we're counting on everyone at Knox to support the blog by creating &/or forwarding content for the blog. Please have a look and let us know if you have something you can contribute.

<https://www.knoxunitedvancouver.org/what-we-do/hello-knox>

This week, Rev. Richard reached out to Beyond the Conversation to learn what they're doing during this time of physical distancing. And shortly we will be reconnecting with Early Music Vancouver, the UBC School of Music, and the Salish Sea concert series organizers to see how we can support one another.

We know there are many virtual and safe ways we could be connecting with one another and with our community. So this week, we'd like to challenge you to think about how we can continue to meet the needs of our neighbourhood in safe and meaningful ways. Please put your thinking caps on and let us know your ideas. You can reach us through the [Message Us](#) button here on the website, and through the office at knox5600@telus.net.

WORSHIP

Rev. Richard will launch a new sermon series this week, titled *The Ultimate Wilderness Survival Guide: How to Thrive in Pandemic Wilderness Journey and Beyond*. We hope you will join us for this timely journey through the Book of Exodus. Have you been keeping up with our homework assignment to re-read or listen to Exodus? You'll find an audio recording here:

<https://www.knoxunitedvancouver.org/events/the-book-of-exodus/2020-04-26>

Please prepare a candle before worship to light when Rev. Richard lights the Christ candle and the Blue candle for global concerns. This is a way to participate actively in

the worship experience.

Join us Sundays @10:30 AM on the Knox website home page:

<https://www.knoxunitedvancouver.org/>

Please maintain your social connections by gathering on Zoom. If you don't have a device, or you're especially nervous about tech stuff, you may:

- Call in from your landline or cell phone. Let us know if you'd like the dial-in number.
- Email Josie at knox5600@telus.net. We'll find you a coach! Patient tech support is always available.

BE SAFE

Physical distancing and self isolation are the most effective ways to limit the transmission of disease in our community. Our governments, first responders, care workers and immunocompromised neighbours need you to stay home except on truly urgent matters. Their safety depends on it.

If you must go out, maintain 6+ feet of space between yourself and others. Wash your hands carefully and frequently, for at least 20 seconds, with warm water and soap. Refrain from touching your face.

Thank you for your patience and conscientiousness in these exceptional times. Be kind and understanding, and make safe choices to protect others as well as yourself. We exist to love God and our neighbours.