



September 2023

Volume 128

KNOX NEWS

Change is hard, but it happens.

We like to hold on and even cling to what we know and even where we've been. But, what if God is inviting us beyond where we have been and leading us into deeper dimensions of life together?

Throughout the summer, we have been paying attention to the words of Jesus, "Come to me, all you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30).

We have talked about belonging, weariness, heavy burdens, rest, alignment, discipleship, and the gentle and humble love of our Savior.

We're ready to lean into what's next.

Have you sensed God nudging you, inviting you, challenging you?

Have you sensed a change emerging or promise unfolding in the areas of community connection, personal transformation, social transformation, purpose finding, creativity, accountability?

Can you note the times when you've turned toward safety and sameness and took a rain check on a bold adventure, a new beginning?

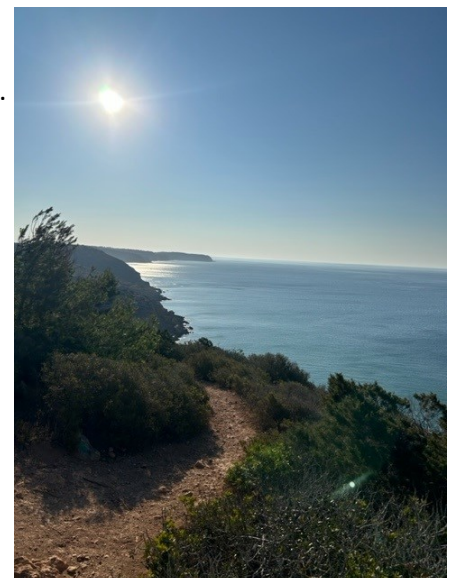
That's why we trust God to lead us and go before us. And we need each other for our shared and separate beginnings.

Be bold, God is with us, move forward.

Tom

Ps. Please look to page 11 for the poem that will inform our worship this fall.

You're not alone.
God cares about you. So do we.



CALENDAR OF EVENTS

SEPTEMBER CALENDAR

September 5

Men's Bible Study Resumes
7am—Trinity Hall

September 6

Wednesday Morning Bible Study Resumes
9:30am—Trinity Hall

September 10

Rally Day
11am

September 11

Session
7pm—Lounge

September 12

Understanding Alzheimer's & Dementia
7pm—108-109

Women's Small Group
7pm—Lounge

September 14

Finding Pathways Through Grief Begins
7pm—Lounge

September 18

Deacons Meeting
7pm—Lounge

September 23

BMX Event
Trinity Hall

September 24

Healing Prayer Meeting
11am—Lounge

September 25

New Member's Class
6pm—Trinity Hall

September 26

Community Meal
5:30—Drive-thru

Stephen Minister's Reiki Class
7pm—Lounge

SEPTEMBER HYBRID WORSHIP

September 3

Communion
Rev. Dr. Tom MacMillan
Matthew 11:28-30 & Psalm 147:1-11
Dependence on God's Strength

September 10

Healing Prayer
Rev. Dr. Tom MacMillan
Romans 13:11-12
Wobbly Beginnings

September 17

Rev. Dr. Kristian Bendoraitis
Exodus 16:1-3 & Hosea 11:4-5
Changing History

September 24

Rev. Dr. Tom MacMillan
Psalm 42
Disquieted

WOMEN'S SMALL GROUP

Women's Small Group will resume Tuesday, September 12, from 7:00-8:00 PM in the Lounge. The group will continue to meet monthly on the second Tuesday. No homework. No sign up. No stress. No pressure.

women of
john knox

YOUNG WOMEN OF JOHN KNOX SOCIAL OUTING

Ladies, please join us for Women's Small Group on Tuesday, September 12, then young women will plan to go out after for drinks and dessert to connect and get to know one another. We will enjoy the spiritual connection at Sally's small group and then continue the fun and connection with an outing after. Questions? Contact Susanne at sbendoraitis@johnknoxpc.org.

SAVE THE DATE

Breathe Women's Spa Event on Friday, October 20, in Trinity Hall. More info to come.

Intergenerational WORSHIP

We at John Knox believe that having children in worship is important to their spiritual formation. Participating with adults in worship helps children develop a sense of belonging to a community and helps them develop their identity in *our* community and their identity as a child of God. Intergenerational worship dates this fall include:

September 3, September 10, October 1, November 5, November 26, December 24, December 31

Having children and youth in worship encourages us to examine how we engage in worship, our faith, and with each other. On these Sundays, the services will be more interactive, will have a children's sermon, and opportunities for us to get to know one another, no matter our age. Being together as an intergenerational body provides us with lots of opportunities to exercise patience, love, and grace.



CHURCH VOLUNTEER OPPORTUNITIES

GOD'S GARDENER'S GET COOL TOOLS!

Another reason to join in on the exciting work of keeping up the church landscape is that you can try out the latest Gardening Tool Kit by Cutco that was gifted to the John Knox "God's Gardeners" as seen in the photo. The other reasons include fellowship with these fun and knowledgeable folks, feeling so good about how nice the church yard looks after you finish, and serving God and the community in a unique way! Our goal is to get together on the first Saturday of each month from 9:00 AM-12:00 Noon to work in the courtyards and outside. Join us Saturday, September 9 (delayed a week due to Labor Day weekend)! Keep in touch via email with Judy: spudlytwo@gmail.com for information on what needs to be done and when they will be working.



COLLEGE CARE PACKAGES

On Sunday, October 1, the Deacons' College Care Package Ministry will begin. You will receive a sign-up sheet through your email for snacks and gift cards. The youth will be making cookies.

Parents and family members of the college students: we need current addresses of our students so that we can determine the quantity of snacks and gift cards necessary for the packages. This information can be sent to Sue Twining at s.twining@yahoo.com, Susanne Bendoraitis or dropped off at the church office. If you have any questions contact Sue Twining. Our young people look forward to these packages from their John Knox Family! Thank you so much for your continuous support!





At the edge of the desert, right before the Israelites enter the land promised to them by God, Moses has something to say to his leader, Joshua, in the presence of all the people. They are about to begin something. They will face challenges but also embrace new life as they depart from where they are.

“Be strong and bold, for you are the one who will go with this people into the land that the Lord has sworn to their ancestors to give them, and you will put them in possession of it. It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.”

As the people of God are about to begin something completely new by moving forward in a step of faith, they are reminded of God’s everlasting presence with them, calling them forward and strengthening their resolve. They are told, because God is with us, **“Be Bold. God is with You. Move Forward.”**

This passage and these words will be at the center of our theme this Fall as we take the next steps in our journey of faith. This summer we responded to Jesus’ invitation to come and rest in Jesus’ teachings and God’s love. Now, we are called to exchange the voices of our fears and doubts with the voice of God calling us forward with boldness and courage.

Join with us this autumn as we explore this theme in our preaching, devotions, and programs. Make sure you don’t miss Sunday, Sept. 10 when we kick off **Be Bold. God is with You. Move Forward.**

Second Hour Experiences

Second Hour Experiences are programs and experiences that will happen after church from September 24-November 19. Each Sunday there will be a different offering that will allow us to dig deeper, get to know each other, or both.

Sept 24 Trick Bike Exhibition Stay after church and check out Chris Young and learn more about the BMX trick bike event that was hosted here this weekend. (kids don't try this at home!)

Oct 1 Poetry with Pastor Tom Join Tom as he leads a session based on the poem that has inspired our fall theme, *New Beginnings* by John O'Donohue (poem is on page 11).

Oct 8 Hiking with the Knowltons Meet at Rocky River Reservation Visitor's Center for a short hike, granola bars, and a short devotion.

Oct 15 Meaningful Meals Family Social Join us for a social hour for families, hang out, have a devotional, and play minute-to-win-it games. Kids will play, adults will talk, and fun will be had. There will be a short devotional on meaningful meals, and all will go home with a deck of mealtime prayer cards. All families with children are invited.

Oct 22 Bridge The Gap See page 9 for more information on this class offered by the Be the Bridge committee.

Oct 29 Super Supper Scramble Brunch Edition Sign up to be matched in random groups with others for brunch. Choose a group that wants to go out or be hosted. This will be fun!

Nov 5 Sermon Discussion Group Glen Ploegstra and Marty Cook will lead a group in digging deeper into our fall theme of, "Be Bold. God Is With You. Move Forward."

Nov 12 Parenting with Mental Health in Mind This program is for parents and caregivers interested in learning more about how to support our children and youth in the world where they find themselves. Childcare will be provided.

Nov 19 End of Life Session Join ER nurses, Katherine and Mike Stolz, as they lead an information session about the end-of-life decisions we need to be prepared for including Living Wills, Power of Attorney, and Do Not Resuscitate.

Wednesday Morning Bible Study

Begins September 6, 9:30-11:00 AM, Trinity Hall

"In the beginning..."

Those are the words that start the first book of the Hebrew Scriptures—**Genesis**—one of the longest books in the Bible (50 chapters). Oh sure, we've heard comedy routines and jokes about some of its stories (Adam and Eve, Noah, etc.), but these narratives have great foundational meaning as they were passed from generation to generation in an oral tradition, the foundation and history of a new identity—Israelites.

These chapters of Genesis are related to the early history of the Hebrews, with particular focus on Abraham, Isaac, Jacob, and Joseph. Their lives are related in dramatic events, faith, intrigue, jealousy, deceit, forgiveness, and reconciliation. But, surrounding all of those human emotions, God is very present, and God makes an everlasting covenant with this group of humans going forward: to be a light to the nations. Genesis presents the beginning of that history, with the books of Exodus, Leviticus, Numbers, and Deuteronomy following and, taken together, these five books are called the Torah (Pentateuch).

Join us; let's 'dig in' and explore Genesis together, and gain in our understanding of this most 'creative' book. All are welcome; hope to see you there!

Pastor Lou

JOHN KNOX PERFORMANCE SERIES

Sunday, October 1, at 4:00 PM in Trinity Hall with a reception to follow outside Trinity Hall:

An Afternoon of Opera and Broadway – Le Pilgrimage Noir presented by Dwight Fleming, Artistic Director. Come enjoy some familiar opera and Broadway music performed by classically trained artists who have toured the world and presented in many different venues.

Sunday, October 15, at 4:00 PM in the Sanctuary with a reception to follow in the Gallery:

Brand New Hat presented by the popular northern Ohio quartet consisting of Dan McMillan (lead guitar, vocals), Dave Kennard (banjo, harmonica, vocals), John Hansen (bass, harmonica, vocals) and Roland Kausen (mandolin, vocals). They have been playing together for more than 20 years. Their music is a blend, drawing from the roots of bluegrass, traditional, folk and contemporary stylings. This upbeat band brings a fresh style, hot playing, tight vocals and a unique interpretation to familiar songs as well as featuring numerous original compositions.

BRAND NEW HAT



Sunday, December 10 at 4:00 PM in the Sanctuary with reception and cookie decorating to follow in Trinity Hall:

John Knox Christmas Concert - John Knox Chancel and Bell Choirs, REMIX Band, the Flute Ensemble as well as Vocal Ensembles and individual musicians will get us in the Christmas spirit with a variety of seasonal music, both sacred and



STEPHEN MINISTERS

FINDING PATHWAYS THROUGH GRIEF

It is not too late to sign up for the Stephen Ministry led *Finding Pathways Through Grief*, a mutual help support group. Whether it was the death of your life mate, a close friend, or another special relationship, grief is meant to be shared. The first meeting of this group will be on **Thursday, September 14, from 7:00 PM to 8:30 PM in the Lounge** and will run for 5 weeks.

Since everyone's experience with grief is somewhat unique, you won't find us telling you how you ought to grieve. Instead, what you will find here are friends who care and understand what you are going through.

The group is not psychotherapy, but it will help you navigate the difficulties of this new experience. No one has to talk, but everyone is encouraged to. We will discuss the issues and concerns common to bereaved people including:

***What to make of the anger, discouragement, and guilt experienced in grief**

***How to deal with the unfair expectations of other people**

***Where to look for people you can trust to help you**

***How to manage the holidays and other special occasions in grief**

***Who to consider for additional support if you need it**

***How to take care of yourself physically**

Please call Pastor Susanne Bendoraitis, Marilyn Rep, our Stephen Ministry Coordinator, or any of our Stephen Ministers for more information, or e-mail info@johnknoxpc.org if you are interested in attending.



UNDERSTANDING ALZHEIMER'S & DEMENTIA

On Tuesday, September 12th at 7:00 pm, Jim Traxler will be giving a presentation in room 108-109 to the Stephen Ministers on *Understanding Alzheimer's and Dementia*. Jim is a newly certified Community Educator for the Alzheimer's Association and brings his own experience caring for his late wife Karen, along with his training at the Alzheimer's Association, to his new mission of educating the public on this health crisis and how to deal with it. Almost everyone will have contact at some point with dementia, whether personally or with a family member or friend.

Anyone can attend this presentation. Please email or call the office if you plan to attend, so we have an idea how many will be joining us. There will be a follow-up presentation on October 24 on *Effective Communication Strategies*, giving tips on communicating with a person with dementia in the early, middle, and late stages of the disease.

REIKI CLASS

Reiki is Japanese healing technique that uses energy to promote relaxation. Cleveland Clinic and University Hospital both use this holistic treatment option. If you are interested in learning more about reiki, please plan to attend the Stephen Minister's meeting on Tuesday, September 26, at 7:00 PM in the Lounge. Mary Lee Boesewetter will be the speaker.



MISSION

WELCOME HOME GUATEMALA PURE WATER TEAM!

As many as 150 families will now have a source of pure water! Thank you for your prayers and support. The team looks forward to sharing pictures and their stories in an upcoming worship service. They also spent a day with the young women who are in the Scholarship Program we support. As many as 8 girls are in residence and 25 others are out in the communities.

Thankfully, the program is funded through the end of this year.

Thank you again for your prayers and support.



KNOX KNITTERS BACK IN ACTION!

If you enjoy knitting or crocheting, or would like to learn, join us in Rooms 108/109 on the second and fourth Thursdays from 6:00-8:00 PM. For many years, we were known as the “Knox Knitters”, but we welcome folks who do any kind of yarn crafting so we now are known as the “Spiritual Stitchers”! There are members who just started and those who have knitted or crocheted since they were kids. We have a great time making hats, scarves, mittens, etc. for cancer patients and others in need. The beautiful hats seen in the photo are some that Kari S., Patty L., and Connie S. made and are ready to deliver to local hospitals. Hope you can join us soon!



RALLY CLE

If you are looking for an opportunity to be involved with local mission outreach, RallyCLE will be an event happening on Saturday, September 9, that you will want to learn more about! This is an event supported by our congregation with a monetary donation from the Mission Committee to help facilitate the project that we will be working on in the neighborhood.

We will be gathering a team of between 15-20 people to walk alongside a family in the Stockyard/ W25th street neighborhood to complete a project in their home. This day of relationship building is being sponsored by Building Hope in the City.

You will be learning more about this in the coming weeks. If you are interested in learning more, please reach out to Glenn Ploegstra at: gsploegstra@att.net or Chris Hoffa at: ckh649@gmail.com.



BE THE BRIDGE

UPCOMING MATTHEW 25 OFFERINGS

September 9 and 10

Dr. Debbie Plummer's amazingly engaging play, *To My White Friends Who Know Me*, will be at Forest Hill Church (in Cleveland Heights) in September! (The same show that *sold out* at Karamu House last year - so get your tickets early!)

Some of you may know her book *Some of My Friends Are: The Daunting Challenges and Untapped Benefits of Cross-Racial Friendships*. This special presentation encourages audiences to make an effort to cross racial lines in friendship and collectively work toward racial equity. Dr. Plummer herself will be a part of the post-show discussion.

Join us in person Saturday, September 9, at 7:00 PM or Sunday, September 10, at 2:00 PM. Please feel free to share this invitation with a friend - it's a great show to experience with your racial equity buddy, a neighbor, or a colleague.

Use this link to purchase tickets: <https://fhc.breezechms.com/form/78a418>

Sunday, October 22 following worship.

BRIDGE THE GAP



Facilitated by Bill Shaul, leader of the Social Justice Advocacy Ministry at Federated UCC in Chagrin Falls and NE Ohio ambassador for Braver Angels

Join Be the Bridge for a program that will teach ways to have difficult conversations that result in learning another person's story. This is not a course on persuasion, but one of listening, learning, gaining insight, and building relationships.

Sunday, October 22
11:00 AM - 1:00 PM
at John Knox Church
Light Lunch &
Childcare Provided



25200 Lorain Rd, North Olmsted 440-777-3744

Registration is not required but strongly encouraged. We want to make certain enough tables and chairs are set-up and plenty of food is available.

You can register today by clicking this link <https://www.signupgenius.com/go/9040845A4AF2CA7F49-bridge>

HALLOWEEN HAPPENINGS

FRIDAY, OCTOBER 13

6:30 pm – 8:00 pm



John Knox and Congregational Life hopes you are working on your costumes and plans to join us for an evening of “Spooky Fun” and fellowship. All ages are welcome to attend Halloween Happenings on Friday evening, October 13, from 6:30 – 8:00 PM.

The evening will begin with a special magic show featuring Mr. Robert. Then stay for s’mores and meet new friends. Visit the Pumpkin Patch and have Mr. Robert fashion a special balloon creation just for you. Prizes awarded throughout the evening. We promise you will be glad you came.

Put on your favorite Halloween costume, bring your friends, and enjoy all that is offered.

Want to help but not available the night of the event? Donations of wrapped candy and small trinkets for treat bags are always welcome. You can drop-off your donations in the church office. Remember to indicate they are for Halloween Happenings and please provide your name so we can thank you.

Please contact Connie Smith connie928smith@gmail.com or 440-376-8736 if you can help or if you have any questions.

FOR A NEW BEGINNING

by John O'Donohue

*In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.*

*For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.*

*It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.*

*Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.*

*Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.*

*Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.*

From John O'Donohue's book
To Bless the Space Between Us



John Knox Church

CHILDREN & YOUTH MINISTRY

Check out all of the things kicking off for kids, youth and families! We are praying for our families as we are getting back into school and back into the swing of things!

Thanks to all who attended our Bikes and Trikes event! Fun was had by all as the kids ages 2-11 were able to wash their bikes at the bike wash, decorate their bikes, and ride them through two courses going over a teeter ramp, throwing newspapers, and riding through bubbles!

Mark your calendars for Rally Day on September 10! Help us celebrate the beginning of the program year following worship with a Carnival! There will be many games and prizes for kids and adults including corn hole and ladder ball plus a photo booth, snow cones, and popcorn! In Trinity Hall, we will be serving hot dogs, hamburgers, a veggie option, sides, beverages, and dessert! Bring your families and join us for this special event!

Children's and Youth Sunday School will be beginning on September 17. We look forward to beginning this year in the classroom! **There will be 2 classrooms for Children's Sunday School this year.** Students in Pre-K- 1st grade will be in the Rainbow Rug Room. Students in grades 2-5 will be in Room 135 in Handprint Hallway. We will continue with the popular "Grow" curriculum which shares both the Old and New Testament stories and lessons with the children. See you at Sunday School!

Youth Sunday School for those in 6th grade and above at 10:00 AM in the Youth Room. We will be walking through the Bible this year using Collaborate: Bible Study which will guide students through a process of discovery. With intriguing questions, in-depth infographics, and punchy graphics, each week will pull students into the content to drive engagement with each other, the Bible, and God.

Questions? Contact Susanne at sbendoraitis@johnknoxpc.org.

We look forward to seeing you!

Susanne and Laura

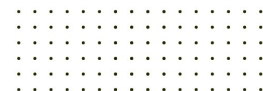


WE ARE HIRING!

6-12 Grade & Their Families
Youth Group
Co-ordinating Sunday School Volunteers
Plan Fun Mission & Social Events

APPLY NOW

John Knox Presbyterian Church
25200 Lorain Rd North Olmsted, OH 44070
440-777-3744



Children & Youth Calendar

Children (through grade 5):

Sept 10 Rally Day

Sept 17 First Day of Sunday School

September 24 Welcome to the Table: Communion Prep. Susanne will lead our communion orientation in the Sanctuary after worship. Afterward, 2ndgraders and those that have not yet had their orientation will join Laura for a craft and snack. Please RSVP to Laura at lmirecki@johnknoxpc.org.

October 1 World Communion Sunday Intergenerational Service, First Communion and Bible Presentations

October 13. Halloween Happenings

October 15 Family Social

November 12 Parenting Seminar after church

November 26 Hanging of the Greens Intergenerational Service

November 29 Pancakes and Pajamas

December 17 Night in Bethlehem

December 24 6 pm Family Christmas Eve Service



Youth (grade 6 & above):

September

10th- Rally Day, Youth are invited to volunteer to lead games

17th- Youth Group 6-8pm, Youth Room

October

1st- After church Lunch and Fall Frolic Field Trip

15th – Pumpkin Carving Party 6-8 Fellowship Hall and the Youth Room





JOHN KNOX
PRESBYTERIAN CHURCH

September 2023
Volume 128

KNOX NEWS

JOHN KNOX PRESBYTERIAN CHURCH

RALLY DAY ALL CHURCH PICNIC

SUNDAY, SEPT 10, 11 AM

Celebrate the new program year!

Picnic Food | Snow Cones | Popcorn
Photo Booth | Ladder Ball | Cornhole

Adults, Kids, & Families Invited!
25200 Lorain Rd, North Olmsted

JOHN KNOX
PRESBYTERIAN CHURCH

25200 Lorain Road
North Olmsted, OH 44070

Phone: 440-777-3744
E-mail: info@johnknoxpc.org

Website: johnknoxpc.org



PLEASE
PLACE
STAMP
HERE