

# HEALTH AND SAFETY NOTICE

## WELCOME TO KNOX - LET'S BE CAREFUL!

Since we have moved into Covid-19 Alert Level 2, there are some containment conventions we need to follow. First, if you are unwell, please go home and do not attend this service. By the time you read this, you will have made any offering you wish to make by putting it in the offering plates at the door, sanitized your hands, signed our contact tracing register (or used the government QR code app) and received physical distancing advice from a member of the door team.

Inside the church, you'll find green ticks and red crosses on all the pews. Feel free to sit in the "green ticked" pews, and please don't sit on the "red crossed" pews. Within the ticked pews, people from within an established bubble may sit close to each other. The distance between established bubbles needs to be two metres, so sitting at the far edges of the pews, rather than in the middle, is required. The ticks and crosses have been placed around the church to allow 100 people to be present with appropriate distancing in place. If it means you can't sit where you normally sit, please be flexible and kind! And please, if people need to squeeze past you to access empty pews, then you're sitting in the wrong place.

Yes! The lesser limit of one metre is quoted as being required for religious meetings, but singing has been identified as a higher-risk activity, and we plan to be singing - hence the adoption of the more conservative two metre convention. Please sing in a quiet, non-explosive way - maybe into your order of service.

For the "sign of peace", please do not move around the church, but from a distance wave or "East Coast wave" to your neighbours.

Also identified as an activity of raised transmission risk is the sharing of food and drink. So we won't be celebrating communion for a while, or having morning tea.

The wearing of face masks is not required, but is recommended, particularly if you plan to sing. We do not have a supply of face masks, so you will need to provide your own.

**AND PLEASE, IF YOU ARE UNWELL, LET US KNOW, AND GO HOME NOW.**





# KNØX CHURCH

love faith outreach community justice

## Order of Service 20 September 2020



## FRESH FROM THE GOODNESS OF GOD

Since Daniel Cooper is out of town this weekend, we are delighted to welcome Richard Oswin back to the piano.

## WELCOME TO KNOX

Knox Church is a congregation within the Presbyterian Church of Aotearoa New Zealand. We aim to create Christian community in which people of all ages, sexual orientations, cultural backgrounds and socio-economic situations are included as equally valued participants in our congregational life. We cherish our diversity, offering a safe place of belonging to any who wish to explore their beliefs in an atmosphere promoting discussion, the development of healthy relationships and spiritual growth. We strive to be open to dialogue and shared experiences with people of other faiths. We enjoy worshipping the God made known in Jesus, endeavouring to do so in ways that are relevant to our daily lives, respect the integrity of creation, and make a positive difference to our wider world.

A loop system for hearing aids operates at Knox.

Toilets are available through the door on the lectern side of the sanctuary.

Please don't leave any items unattended around the church;  
they may cause alarm.

We take care to use inclusive language in our services. References to God in traditional prayers and hymns may sometimes be gender-specific. As we pray and sing together, you're invited to adapt the words we've chosen. When we pray the "Lord's prayer", feel free to pray in your first language.

### The Call to Worship:

We light a candle in the name of Jesus Christ, the Light of the world.

**JESUS, LIVING NOT BY BREAD ALONE;**

**JESUS, SHARING FREELY THE LOVE OF GOD;**

**JESUS, BY WHOSE KINDNESS WE ARE SUSTAINED.**

Kia noho a Ihowa ki a koutou. God be with you.

**MA IHOWA KOE E MANAAKI. GOD BLESS YOU.**

### Hymn:

Laudes Domini

Joseph Barnby (1838-1896)



1. When morning gilds the skies,  
my heart awaking cries  
“may Jesus Christ be praised!”  
Alike at work and prayer  
to Jesus I repair:  
may Jesus Christ be praised!
2. To God, the word on high  
the hosts of angels cry:  
“may Jesus Christ be praised!”  
Let mortals, too, upraise  
their voice in hymns of praise:  
may Jesus Christ be praised!
3. Let earth’s wide circle round  
in joyful notes resound:  
may Jesus Christ be praised!  
Let air, and sea, and sky,  
from depth to height, reply:  
may Jesus Christ be praised!
4. Be this, when day is past,  
of all my thoughts the last:  
“may Jesus Christ be praised!”  
The night becomes as day,  
when from the heart we say  
“may Jesus Christ be praised!”
5. Be this while life is mine,  
my canticle divine,  
“may Jesus Christ be praised!”  
Be this the eternal song  
through all the ages long:  
“may Jesus Christ be praised!”

*Anon, German, early 19th cent  
trans. Edward Caswall (1814-1878)*

### **Prayer of Approach**

Morning gilds the skies  
and the day begins.

**THE DAY IS A GIFT FROM GOD.**

Food was on the breakfast table  
and tea was in the cup.  
**DAILY BREAD IS A GIFT FROM GOD.**

People sit around us in church,  
neighbours and friends.  
**PEOPLE ARE A GIFT FROM GOD.**

And here stories are told  
of anxiety being met by assurance,  
of people being fed for the journey.  
**FAITH AND CALM ARE GIFTS FROM GOD.**

Surrounded by God's people,  
assured of God's love,  
holding in our hearts and minds  
the wonder of it all,  
**WE OFFER OUR SILENT WORSHIP.**

*Silence*

In the light of God's generous love,  
we consider our ways in the world.

Sometimes we do not share what we have,  
but hoard things for ourselves.  
**LORD HAVE MERCY.**

Sometimes we live without gratitude,  
and encourage meanness in others.  
**CHRIST HAVE MERCY.**

Sometimes we are cynical about others,  
assuming of them only the worst.  
**LORD HAVE MERCY.**

In the quiet, we consider this,  
**AND WAIT UPON THE WORD OF GOD.**

*Silence*

## **Assurance and Response**

. . . In the name of Christ I say to you:  
You are forgiven and you are free.  
**THANKS BE TO GOD.**

## **Prayer of Supplication:**

God of generosity and love,  
day by day you demonstrated your faithfulness,  
by giving the Exodus people manna and quails,  
food in the desert.

Though they grumbled and complained,  
your providing love for them remained.

**GIVE US EYES, O GOD,  
TO SEE THE MANY WAYS  
IN WHICH YOUR GOODNESS COMES TO US,**

that we may live a life  
of celebratory gratitude,  
**WELCOMING ALL PEOPLE  
INTO YOUR HOUSEHOLD OF PEACE AND JOY.**

We pray this in the name and spirit of Jesus,  
using the words he gave us:

**OUR FATHER IN HEAVEN  
HALLOWED BE YOUR NAME,  
YOUR KINGDOM COME,  
YOUR WILL BE DONE,  
ON EARTH AS IN HEAVEN.  
GIVE US TODAY OUR DAILY BREAD.  
FORGIVE US OUR SINS  
AS WE FORGIVE THOSE WHO SIN AGAINST US.  
SAVE US FROM THE TIME OF TRIAL  
AND DELIVER US FROM EVIL.  
FOR THE KINGDOM, THE POWER AND THE GLORY ARE YOURS  
NOW AND FOR EVER. AMEN.**

## **The Passing of the Peace**

Kia tau tonu te rangimarie o te Ariki ki a koutou.  
The peace of Christ be with you all.

**A KI A KOE ANO HOKI;  
AND ALSO WITH YOU.**

*We exchange a sign of peace with one another.*

*Contingent on our being at Alert Level One by then, our next Sunday School day will be Sunday 18 October. During Alert Level 2, sadly the play area is not operating.*

**The First Lesson:** Exodus 16: 2-10

**The Second Lesson:** Exodus 16: 11-20

In this is the Word of God  
**THANKS BE TO GOD.**

**Hymn:**

Lobe Den Herren

Stralsund Gesangbuch, 1665



1. Sing praise to God, who has shaped and sustains all creation!  
Sing praise, my soul, in profound and complete adoration!  
Gladsome rejoice  
organ and trumpet and voice  
joining God's great congregation.
2. Praise God, our guardian, who lovingly offers correction,  
Who, as on eagle's wings, saves us from gloom and dejection.  
Have you observed,  
how we are always preserved  
by God's parental affection?
3. Sing praise to God, with sincere thanks for all your successes.  
Merciful God ever loves to encourage and bless us.  
Only conceive,  
what godly strength can achieve;  
strength that would touch and caress us.

4. Sing praise, my soul, the great name of your high God commending.  
All that have life and breath join you, their notes sweetly blending.  
God is your light!  
Soul, ever keep this in sight;  
amen, amen never ending.

*Joachim Neander 1650-1680, tr. Catherine Winkworth (1827-1878),  
alt. Madeleine Forell Marshall (b. 1946)*

**Sermon:**

While I recognise the quails . . .

*Generally, sermons are posted on our website shortly after  
the service at: <http://www.knoxchurch.co.nz/sermons.html>*

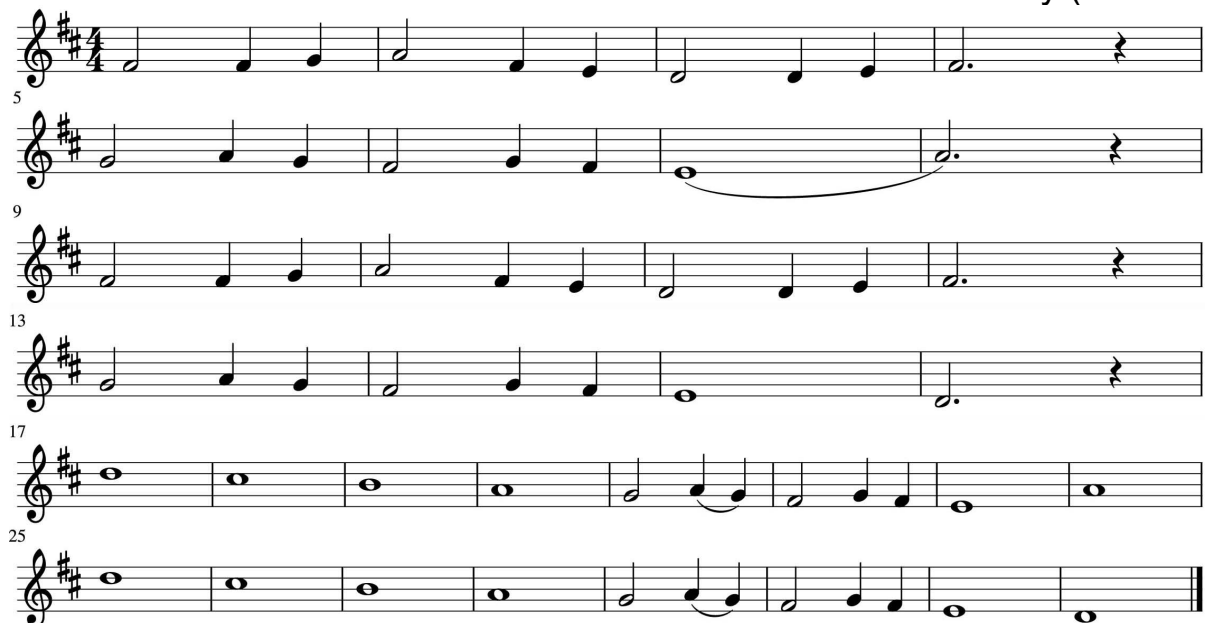
*Hard copies of the sermons are available before and after the  
service – ask the person at the door.*

**Music for Reflection**

**Hymn:**

Seek Ye First

Karen Lafferty (b. 1948)



1. First set your mind on the kingdom of God  
and on its justice and truth,  
then all you need will be given to you,  
Alleluia.
2. No one can live by bread alone;  
sharp is our hunger of soul;  
only the word of the Lord will sustain,  
Alleluia.

3. Ask and it will be given to you,  
seek and you will find,  
knock and the door will be opened to you,  
Alleluia.

*Colin Gibson (b. 1933)*

### **Prayers for Others and Ourselves**

*led by Graeme Downie*

### **The Offering and Dedication**

*We stand for the dedication of the Offering*

In places of wilderness and scarcity  
**GOD PROVIDES FOOD FOR THE PEOPLE.**

In places of anxiety  
**GOD WRAPS THE PEOPLE IN CARE.**

Mysteriously, God's generosity finds us out,  
**PUTTING GOOD THINGS INTO OUR HANDS.**

We dedicate part of what we have received to God,  
**ASKING THAT THIS OFFERING BE BLESSED.**

In the name of Jesus we pray.  
**AMEN.**

### **Notices**

#### **Hymn:**

Cwm Rhondda

John Hughes (1873-1932)



1. Guide me, O thou great Jehovah,  
pilgrim through this barren land;  
I am weak, but thou art mighty;  
hold me with thy powerful hand:  
bread of heaven,  
feed me now and evermore.
2. Open now the crystal fountain  
whence the living waters flow;  
let the fiery, cloudy pillar  
lead me all my journey through:  
strong deliverer,  
be thou still my strength and shield.
3. When I tread the verge of Jordan  
bid my anxious fears subside;  
death of death, and hell's destruction,  
land me safe on Canaan's side:  
songs and praises,  
I will ever give to thee.

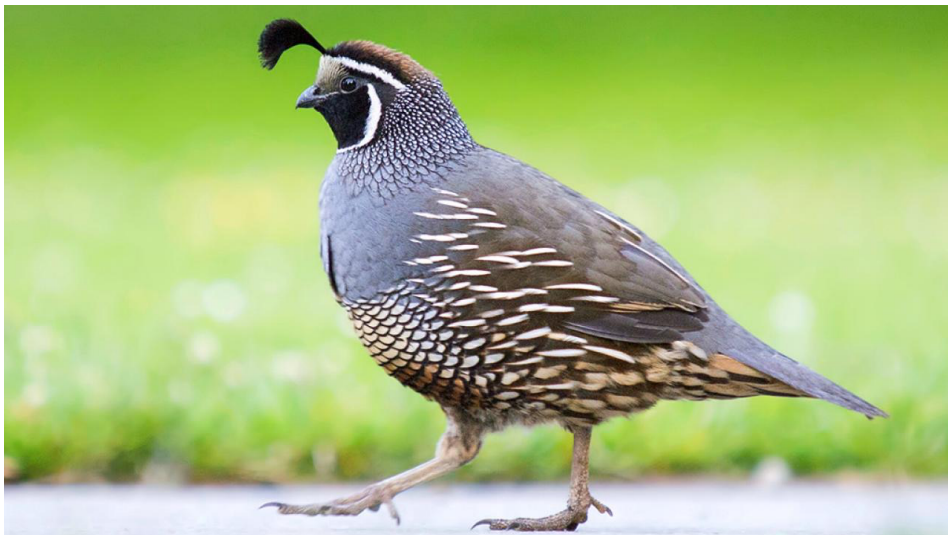
*William Williams (1717-1791)*

*Tr. Peter Williams (1722-1796) and William Williams*

### **Benediction and Sung Amen**

### **Postlude**

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## NOTICES

**Next Week:**                **20 September – 26 September 2020**  
Sunday                    10.00am    Morning Worship

**Next Week:**                **27 September – 3 October 2020**  
Sunday                    10.00am    Morning Worship

**Knox Fireside Group** - The next meeting of the Knox Fireside Group will be on Monday September 21 in the church at 7 30pm. There will be a talk by Diane from "Falls Prevention" - a very important topic as we all get older. All welcome.

**"Unmasking Gloriavale".** *The Gloriavale Leavers Support Trust is holding a public meeting on Saturday 26th September, 7pm at SouthWest Baptist Church, 244 Lyttelton St, Christchurch. This will be a fascinating glimpse into life inside Gloriavale, a secretive religious community, with a chance to hear from ex-members on a Q&A panel. \$15 ticket, with proceeds going to help families resettle.* Tickets can be purchased from our website at: <https://www.gloriavaleleavers.org.nz/events>, call 0272911779 with enquiries, or email [admin@gloriavaleleavers.org.nz](mailto:admin@gloriavaleleavers.org.nz)

**CONGREGATIONAL MEETING ON 27 SEPTEMBER** - The Knox Church Council has asked the Knox Trust to provide further funds to support the current strengthening work in the Knox Centre. The Trust has approved a further \$250,000 but requires this to be registered as an interest free "loan", to be repaid only if the property is ever sold. PCANZ rules require such an arrangement to be approved by the congregation, the Presbytery and the Church Property Trustees. A congregational meeting will be held immediately after the Sunday service on 27 September to ask for congregational approval.

**Sunday 27 September 11.15am in the lounge.** The **Bhagavad Gita** (also known as the Song of God). We will focus on a couple of the 18 Chapters, looking at the parallels between this book and the teaching of Christ and the Vertical / Horizontal aspects of the Cross.

## **CONGREGATIONAL DINNER – Sunday 4<sup>th</sup> October, 12pm in the Lounge.**

You are all invited to a congregational dinner Hosted and Cooked by Barbara and Rochelle Howley.

### **Menu**

Shared dips and bread  
Hot ham vegetables and salads  
Dessert

**Cost:** \$36 per person. Payment in advance by online banking to account: 01-0902-0073153-00, or cash on the day. Lists will be at both doors for you to put your name down. Final numbers must be in by 27<sup>th</sup> September to allow for planning.

Come along and enjoy fellowship and community – profits to go to The Strengthening

**Knox church values the support of all who are involved in our community's life. Knox Church is a charity. All charitable donations are eligible for a tax rebate of 33%. Bank account 03 1705 0029641 00. Put your name in the reference field and email your contact details to the office or donations secretary. For further information or options contact: [office@knoxchurch.co.nz](mailto:office@knoxchurch.co.nz) Ph 3792456 or Janet Wilson, Donations Secretary [janmwil507@gmail.com](mailto:janmwil507@gmail.com) Ph 338 7203.**

## **What was manna?**

In the biblical account, the name manna is said to derive from the question *man hu*, seemingly meaning "What is it?";<sup>[19]</sup> this is perhaps an [Aramaic](#) etymology, not a [Hebrew](#) one.<sup>[16]</sup> *Man* is possibly cognate with the [Arabic](#) term *man*, meaning [plant lice](#), with *man hu* thus meaning "this is plant lice",<sup>[16]</sup> which fits one widespread modern identification of manna, the crystallized [honeydew](#) of certain [scale insects](#).<sup>[16][20]</sup> In the environment of a desert, such honeydew rapidly dries due to [evaporation](#) of its water content, becoming a sticky solid, and later turning whitish, yellowish, or brownish;<sup>[16]</sup> honeydew of this form is considered a delicacy in the [Middle East](#) and is a good source of carbohydrates.<sup>[20]</sup> In particular, there is a scale insect that feeds on tamarisk, the Tamarisk manna scale ([Trabutina mannipara](#)), which is often considered to be the prime candidate for biblical manna.<sup>[21][22]</sup>

# Modern, local manna

While on their journey through the wilderness, the people of Israel gathered food they found along the way - food that they had not cultivated but still were able to eat. This became, for them, a sign of God providing for their needs.

Did you know that we, here in Christchurch, have trees in public places which are available for foraging?

## Food foraging and edible parks

Growing and collecting food from public places is fun and a great way to enjoy affordable food.

### Food foraging

Food foraging is thriving across our edible garden city. Find and collect fruit, nuts, vegetables and medicinal herbs from public places near you.

Please enjoy nature's bounty, leave some for others, take care of yourself and the trees when harvesting.

Urban Food Foraging [Map\(external link\)](#) of Christchurch

Food foraging map of the Avon River [residential red zone\(external link\)](#)

Otautahi [Urban Food Foragers\(external link\)](#)



### Edible parks

An Edible Park is Council land, where edible plants are grown, cared for and enjoyed by the community in a way that complements the other uses of the park. Often fruit or nut trees are dotted around the park, along borders, pathways or in clusters to add diversity and amenity for park users. Plants can be harvested by anyone, but the plants must be cared for over time by the surrounding community. This is different to a community garden because the land is not formally occupied by a particular community group. It is simply a park that incorporates edible plants in its landscape.

Many parks in Christchurch can become Edible Parks. If you would like to grow and care for edible trees on a Council park near you, contact your local Council community advisor.

## Community gardens

People grow and share fresh, healthy food at community gardens throughout Christchurch. Community gardens are great places to meet people, learn new skills and enjoy food.

Community gardens need many helpers and resources to support their activities and enable them to provide ongoing benefits to communities. If you would like to support, volunteer or donate contact a community garden near you.



### **Find a community garden near you**

[This map\(external link\)](#) provides the locations and contact details for community gardens in Canterbury.

### **Create a new community garden**

The Council has developed a guide for [creating a new community garden \[PDF, 192 KB\]](#)

Key steps to consider:

1. Talk with an existing community garden about their journey and operations
2. Grow support in your community
3. Create a leadership group who can take the project forward
4. Establish your vision, purpose and the operating guidelines for the garden
5. Choose a suitable location in consultation with the land owner or Council
6. Identify resources needed, budgets and funding options
7. Identify resources and skills in your community who can help deliver on your shared vision
8. Create a suitable not-for-profit legal entity to manage the garden and activities
9. Prepare a written proposal to the Council (if using Council land)
10. Negotiate and sign a licence to occupy or lease to use the land
11. Organise community working days to set-up and start growing



**The Bible readings for next week's service, which will be conducted by Rev. Hugh Perry, will be:**

- posted on the website during the week

## Knox Directory

28 Bealey Ave, Christchurch 8013  
Secretary: Jane Ellis,  
ph. (03) 379 2456,  
office@knoxchurch.co.nz  
Office hours: Mon-Fri 9.00am-noon

Minister: Rev. Dr Matthew Jack  
minister@knoxchurch.co.nz  
for emergencies, (03) 3570 111

Church Council Clerk: Janet Wilson,  
ph. (03) 338 7203

Director of Music: Daniel Cooper,  
organist@knoxchurch.co.nz

Pastoral Assistant: Jan Harland  
ph. 0273560215

Visit our website  
[www.knoxchurch.co.nz](http://www.knoxchurch.co.nz)



website



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## Keeping in Touch

Please help us get acquainted with you by filling in this form  
and putting it in the offering bag.

Name:

Contact details