

Sunday, February 6—Big Day At Knox!



One Worship Service at 10:00 am

Mark your calendars—**Sunday, February 6, 2011**. There will be only ONE service of worship that morning, shared at 10:00 am in the Sanctuary.

Immediately following the single worship service will be Knox's **Annual Congregational Meeting**. All members are strongly encouraged to be a part of this extremely essential event in the life of Knox!

Schedule for Feb. 6 Events:

- * 10am Worship Service
- * 10am Sunday School (to Gr. 8)
- * 10am Childcare (Infants/Toddlers)
- * No Children/Youth Choirs
- * No Adult Ed or Coffee Hour
- * 11am Congregational Meeting
- * Soup Lunch in the Commons immediately following Annual Congregational Meeting



A simple prayer: "Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat" is inspiring a youth-led movement to help hungry and hurting people around the world. Twenty-two Columbia, SC churches participated that first year, raising and sending all \$5,700 they collected to area non-profits. That was 1990. Since then, ordinary young people have generated an extraordinary \$70 million for soup kitchens, food banks and other charities in communities across the country!



Each year, our Confirmation Class talks about which concerns touch our lives and, through this discussion, select a charity to support. On Feb. 6, our collection will support Greater Cincinnati Chapter of the Juvenile Diabetes Research Foundation. Type 1 diabetes in an autoimmune disease that strikes children and adults suddenly, and can be fatal. The mission of JD RF is to find a cure for diabetes and its complications. You can learn more at www.jdrf.org.



Soup, Sweaters and Sweatshirts!

Dress casually on Sunday, **February 6**, in your favorite sweater or Knox sweatshirt!

Immediately following the Congregational Meeting, join us in the Commons for a delicious bowl of soup, hearty bread, dessert and fellowship!

➔ **Please Note!** We're adding a different twist to our Luncheon this year! Rather than having each family bring a cup of cut-up vegetables for our soups, we would like those with last names:

- ▶ **A - N:** Bring **1 cup** fresh or frozen, cut up veggies.
- ▶ **Q - R:** Bring **1 loaf** of bakery bread (French, Italian, etc. pre-sliced is welcomed!)
- ▶ **S - Z:** Bring **1 dozen** cookies, brownies, bars, or any other "finger" desserts.

(Continued on page 2)

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OUR VISION

"We are a joyful community of Christian faith, a growing reflection of God's love."

Special Points of Interest:

2/2 -Inquirers Series begins, Part I

2/6 -Single 10 am Worship
-Congregational Meeting
-Soup/Sweaters

2/9 - Presbyterian Women's Fellowship

2/21-Church Closed

Knox Name Badge Ministry

*"I no longer call you servants...
Instead, I have called you friends..."*
~ John 15:15

The Knox Name Badge ministry was created as a way to assist the congregation in welcoming one another each Sunday morning, and to make certain we greet each other by name. The Knox name badges are



especially helpful to our newest members in allowing them to associate a name with the many faces they continue to meet each Sunday, but long time members will benefit just the same.

For details on how you can order your very own Knox Name Badge, see inside, page 2!

Soup, Sweaters & Sweatshirts



(continued from page 1)

We are going "green," again this year. We encourage you to bring your own soup bowls, glasses, cups and silverware from home.

Veggies, breads and desserts can all be dropped off at the Knox Kitchen prior to the 10 am worship service. Members of the Growth & Outreach Committee will be on hand to assist you. Questions? Please contact Debra Templeman, debra_templeman@yahoo.com.

Education Opportunities

No Adult Education Classes on February 6!

We have one 10:00 am service followed by a congregational meeting and Soup, Sweaters & Sweatshirts!

Walter Brueggemann's, "Awed to Heaven.."

9:15 am Sunday morning class

Concludes Feb. 27 (No class 2/6)

Led by Holly Toensing

On Feb. 13, we will continue to discuss Walter Brueggemann's book of prayers. Anyone is welcome each Sunday; book purchase not required for participation in discussions! (Book is available for purchase (\$13) in class and during week at church office.)

Holly Toensing attends Knox regularly. She received her PhD in biblical studies from Vanderbilt University and has taught college religion classes for over 20+ yrs.

Common's Café: *Reminder - the Café will not meet again until Spring.* (continued on page 3)

Knox Name Badge Ministry

As a way to assist the congregation in welcoming one another each Sunday morning, the Growth and Outreach Committee will be offering the congregation an opportunity to order Knox Name Badges.

Ordering Details:

► Knox Name Badges have a white background with the Knox logo in purple and green and the person's name in black print. Normal price is \$6 each. **However...**

Please Note!

► **An anonymous gift has allowed for a 50% reduction of the normal purchase price of name badges from \$6.00 to \$3.00! This offer applies to all orders placed through Monday, February 28, 2011. Be sure to take advantage of this generous offer by ordering your Knox Name Badge today!**

Sample:



- Order forms can be found in your bulletins (February 6 insert) and at each Information Station at Knox.
- Orders will be processed weekly and will require ten business days for delivery.
- Badges will be available for pick-up on Sundays during Coffee Hour between services, in the Knox Commons.

Questions? Contact Jeff Kersey, kersey659@yahoo.com.

Inquirers Series

IF YOU'VE BEEN VISITING, are you considering joining Knox? Wondering what it means to be a Presbyterian? Want to connect with others on the journey to finding a faith community to call home? We invite you to the **Winter 2011**

Inquirers Series for Membership. Please contact Jana Reister at 321-2573 x 106 or jreister@knox.org for more information. We look forward to gathering with you!



Winter 2011 Inquirers Series for Membership

Part I: Wednesday, **Feb. 2**, 7:30-8:45 pm, home of Jack and Bette Stith, (3804 Ashworth Dr., Cincinnati, 45208): Introductions and "Why Knox?"

Part II: Sunday, **Feb. 13**, Noon-1:45 pm, Knox Room: Brunch and Q&A regarding Presbyterianism, what makes Knox unique, church membership and other questions you may have. A tour of the church will kick off this event.

Part III: Tuesday, **Feb. 22**, 6 pm-7:30 pm, Knox Commons: Dinner with Session (Board of Elders). Explore getting connected with your church family and God's work in the world as a steward of time, talents and treasure. The Session concludes the evening by receiving Inquirers into membership.

Part IV: Sunday, **Feb. 27**: We welcome new members during worship as they take member vows.

(Childcare is available upon request for all events.)

Monday Morning Bible Class

Please join us each Monday, at 11am, in the Knox Room! Led by Rev. Tom York, the study will focus on the Gospel of Matthew. All are Welcome! *Please Note: No class on February 21. (Church building closed for President's Day)

Seekers Study Group

Join the women of Seekers 10—11:30 am every 2nd & 4th Mondays each month for fun, fellowship & book discussion. Childcare provided. For details, please contact Anne Terlesky, aruterlesky@hotmail.com.

Knox Men's Prayer & Study Group

1st & 3rd Wednesdays, 7:30-8:30 pm, Youth Room
Looking for a community of Christian men sharing, caring, growing and acting on their faith? Please join in! Questions? Please contact Tom Kylo at tomk99@me.com.

Women's Spiritual Nurture Group

2nd & 4th Wednesdays, 7:30 pm-9 pm, Knox Room
Women, join us as we seek to grow in faith in Christ, discover how God is at work in our lives and in the world, and meaningfully connect with one another by engaging scripture with mind and heart and through prayer, meditation and discussion. Questions? Contact Rev. Jana Reister, jreister@knox.org or 513-321-2573 x106. We hope to see you there!



Have You Joined the Treasure Hunt?

As the Treasure Box makes its rounds through Sunday School each week - the kids are truly dazzled in anticipation of their turn to pick a prize! The monthly "Treasure Hunt Bible

Challenge" is primarily intended for the home environment - to help equip families to talk about faith.

(Tip for parents: Consider sending your child with a written note sharing some of your discussion to help your child articulate their Bible Challenge experience. This will help the Sunday School teachers more easily celebrate their accomplishment with them as they pick their prize!)

Bible Challenges for February (pick one or do both):

- 1) Read 1 Corinthians 13: 4-7 and complete the following phrases, "Love is _____" and "Love always _____."
- 2) Mail three "Thinking of You" notes or Valentine's cards to neighbors, friends, or someone that you haven't talked to in awhile.

Remember, God's word is filled with many treasures! Just as God's word is for everyone, this Treasure Hunt is for everyone - an opportunity for all ages!



Now Available on Video...

Did you miss the creative displays in December and January? To help *every single one of God's children* share in this opportunity, we've created videos that will take you on a "virtual" journey to see the monthly displays created by families and friends of Knox Church. Visit "www.knox.org/formation.php" and see for yourself!

Knox Bulletin Board Displays

As Valentine's Day quickly approaches, this is a great time to reflect upon God's perfect love for all creation and especially every single one of us! Journey through Knox and see through the eyes of others what "God's love is...".



2011 Vacation Bible School (VBS)

Knox is partnering with St. Mary's to offer VBS June 20-24. Next Core Committee meeting—**Thurs., Feb. 10**, 9:30 am, in Robisch Hall at St. Mary's (childcare available). All are welcome! For more information, contact Lisa Kaufer (lkaufer@knox.org; 321-2573x111).

"First Friday Family Fun Night!" ...is this Friday, **Feb. 4**, 6-7:30 pm; in the Knox Commons! Young families, please join us at 6 pm for dinner! Afterwards, the kids will attend a mini youth group experience (ages K- 4th grade) with Dave Annett. This Friday's parent topic: "What To Look For In A School," with guest speaker, Doug Alpiger, Principal at St. Vincent Ferrer Elementary School. Cost: \$5 pp, or \$20/family. Childcare is available for kids age 5 and under. RSVP to David Annett, 321-2573, x107 or dannett@knox.org.

LIFE-LONG LEARNING WITH KNOX

All Ed Opportunities each month... At-A-Glance!

February Opportunities

<u>Day/Date</u>	<u>Title</u>	<u>Site</u>
Friday (Feb 4)	First Friday Family Fun Night!	pg 3
Sunday	"Awed to Heaven.." Study (weekly)	pg 2
Sunday	Children/Youth Choirs (weekly)	pg 7
Sunday	Faith & Fitness (weekly)	pg 7
Sun. (Feb 20)	Deacon/Usher Emerg. Response	pg 7
Monday	Monday Bible Study (weekly)	pg 3
Monday	Seekers Study (2nd & 4th)	pg 3
Monday	Susan Pittman, (4th Mondays)	pg 5
Tuesday	La Leche League (3rd Tues.)	pg 7
Tuesday (Jan)	*NAMI Family Support (1st Tues)	pg 5
Tuesday (Jan)	*NAMI Connection (1st Tues)	pg 5
Tuesday	Stephen Ministry Training (weekly)	pg 5
Wednesday	Men's Study (1st & 3rd)	pg 3
Wednesday	Women's Nurture (2nd & 4th)	pg 3
Wednesday	Yoga Classes (1st, 3rd & 4th)	pg 7
Wednesday	Presby. Women's Fell'ship (2nd)	pg 4
Thursday (Jan)	*NAMI "Family 2 Family" (wkly thru 4/3)	pg 5
Thursday	Choirs (Knox/Handbell—weekly)	pg 4
Thursday	Needleworks (2nd Thurs.)	Web
Thursday	Caregiver Support (3rd Thurs)	pg 8
February	Inquirers Series, Part I, II, III, IV	pg 2
February	Treasure Hunt Bible Challenge	pg 3
February	"God's love is..." Displays	pg 3
February	Devotions (Upper Rm/These Days)	Booklets
February	<i>That All May Worship</i> (Re: Health)	pg 8
December	*Knox Dinner Groups	pg 3

* Indicates found in back issues of Knox News (see L side for mo.)

CONNECT + LEARN + GROW

Youth At Knox



► **Feb. 13 - SNOW TUBING** at Perfect North Slopes! For **BOTH** youth groups! We will meet at the church at noon and return by 4 pm. **We will need some parent drivers** for this event, so please contact Dave if you would be available. All youth will need

both a signed Knox permission form and a Perfect North permission form to attend. Both forms on front page of youth website www.knoxyouthgroup.org.

Cost: \$20 per tuber (child or adult) plus \$ for cocoa/snack. Dress warmly. Estimated time of return to Knox is 4-4:30 pm. Questions? Contact Barb Coe, barbaralcoe@me.com or 231-1524, or Dave Annett, dannett@knox.org.



► **Feb. 20 - LOCK-IN!** Join us at 6 pm for Aladdin rehearsal, to be followed by the Lock-In! This is always one of the most fun events of the year! We will play Sardines, play Wii on the Commons projector, have a midnight Vespers service, and so much more! Here is a schedule for the evening: 6 pm Practice; 7:30 pm Dinner; 8 pm Lock-In starts; 8 am Lock-In concludes (President's Day). Please note, you can come late if you have other things happening, but youth are not permit-

ted to leave early. We don't want sleepy kids driving at night or in the early hours of the morning, so please plan ahead! All youth will need a signed Knox permission form to attend. Friends Welcome!



This year the Knox youth chose for their musical fundraiser, *Aladdin, Jr.* Dates for this year's musical are: Saturday, March 19th (afternoon show) and Sunday, March 20th (evening show). Please mark your calendars now—you won't want to miss!

Older KYG Events (At-A-Glance)

Sunday, **Feb 6**, 5-7pm, Aladdin Reh., w/Dinner & Games

Sunday, **Feb 13**, 12-4pm, Snow Tubing at Perfect North

Sunday, **Feb 20-21**, 6pm-8am, Aladdin Reh., with Lock-In

Sunday, **Feb 27**, 5-7pm, Aladdin Reh., with Dinner & Games



Older KYG, Fountain Square, Dec.5, 2010

Announcements



► **JOIN THE KNOX HANDBELL CHOIR!** If you've ever wanted to try out handbells, now is your chance! We need substitutes and full-time ringers. Rehearsals are each Thursday, 6-7:00 pm, in the Handbell Room (Knox Commons, 2nd floor). The Choir plays for one Sunday worship service each month. If you are interested in playing as an occasional substitute, join full-time, or have any questions, please contact Sean Taylor at seadavtay@gmail.com or 724-316-7221. *No previous handbell experience necessary.*

► KNOX MUSIC SERIES - Good Friday, April 22, 7:30 pm

On this date, the Knox Music Series will present James MacMillan's *Seven Last Words of Christ*, J.S. Bach's *Christ lag in Todesbanden*, BWV 4 (*Christ lay in death's bonds*), and Heinrich Schütz's *Vater unser* (*Our father, who art in heaven*). Featured are the Knox Choir, Knox Soloists and Chamber Orchestra.



► **PRESBYTERIAN WOMEN'S FELLOWSHIP:** January's cancelled meeting has been rescheduled for Wednesday, **Feb. 9**, 10:30am, Knox Commons. Speaker: Knox member, Mim Stefanik, who will share her years of volunteer service with the Salvation Army. Lunch will follow. Please RSVP to Beverly Maisenhalter, 351-2074. All are welcome!

► **BUILDING CLOSED FEB. 21:** The church building will be closed on Monday, February 21, for President's Day.

People We Know

Please keep the following in your prayers:

Military: Matt Anderson, Matt Buchert, Joseph Elkins, Richard Gash, Scott Johnson, Karl Kadon, Kip Kadon, Rob Keller, Ben Lloyd, Blake Lyon, Paul Moody, Christopher Palmer, Thomas Rhame, Timothy Sowder, Andrew Syzek, Katie Turner, David Welker.

Concerns: Tom Pieratt, Hyde Park Care Center; Jamie Buchert's mother, Linda Bradford; Mary Woolford, assisted living MPL; Cathy Rector's mother, Kitty McMannis; Jim Constable; Julie Morgan, surgery 1/27; Alex Murdoch; Art McFadden, St. Teresa, Mariemont, Kathy Johnson recuperating at home.

Deaths: Family & friends of: Karen Bond, who died 11/22/10; Betty Ball, who died 1/12; Jane and Don Hattersley, who died in TX, within a week of each other, in January; Miner Raymond on the death of his wife, Janet, 1/3.

Joys: Congratulations to: Katie McClellan, daughter of Mike and Lynn McClellan, on her debut at Playhouse in the Park's production of *Over the Tavern* and her career in theater.

Birth of Madelyn Claire Prezocki, first grandchild of Kathy and Bill Gottschlich.

Birth of Theodore Joseph Welch, 1/5, son of Josh and Becca Welch, grandson of Patti Hattendorf, nephew of Laura and Van Johnson.

Birth of Hannah Cordelia Scharringhausen, daughter of Ken and Laura Elkin Scharringhausen, granddaughter of Jim and Melanie Elkin.

Romania Mission Trip—“Reflections”

“Reflections” (an excerpt from Victoria Thoman, daughter of Knox member, Henry Thoman. December 15, 2010)

On December 3, a group of 8 Forefront Church members left NYC for SimleuSilvaniei, Romania, where we worked with Remember-The-Children and Hope for Romania to distribute Christmas presents, food, and children's books to families living in Gypsy villages in Transylvania.

In Ghida, the poorest of the villages we visited that week, we were invited to go with the children into their homes where they would open their Christmas presents.

After handing out the Christmas boxes, a little boy and a little girl immediately took my hands and started leading me toward their home. To get there, we had to trudge through 25 yards of ankle-deep mud before arriving at their front door. As soon as we arrived, their mother welcomed me in with open arms and immediately made a space for me on one of their two beds/couches to sit down.



As I looked on, both children opened gifts with huge smiles and eager exclamations. After sorting through the contents of their boxes, the little girl then proceeded to open the small bag of candy she had received. She gave a piece to her mother and brother and then, in an act of profound generosity, turned and insisted that I take a piece of her candy as well. Her cheerful generosity immediately called to mind the passage in Mark 12:41-44 where the poor widow, when giving an offering in the temple, "out of her poverty, put in everything—all she had to live on." This small child's desire to share what little she had

both touched and challenged me to be more generous in my relative abundance. I am so thankful to have met her.

This is just one story of how our team was blessed to see God at work in many different ways during our time in Romania. I know that I, for one, came home with an entirely new perspective on the power of God's love at work in the lives of his children around the world.



On Sat., Jan. 15, the Knox Preschool students & their parents enjoyed...

... *Breakfast With Frosty!*

KNOX WISH LIST

Do you wish to contribute to Knox Church in a unique and wonderful way? The Knox Wish List may be your opportunity. The Wish List is an item or group of items that will enhance the church's missions, facilities or equipment that fall outside the church's regular operating budget.

The Wish List item for February is one CD player for Sunday School. The approximate cost is \$30.00.

If you would like to cover the cost (partially or completely) of this Wish List item, please send a check to the church identifying it as a Wish List contribution. Thank you.

~ John Adams, Church Administrator



Have you met Susan Pittman yet?

She is the Director of

Social Services at Hyde Park Center for Older Adults. Susan is at Knox each 4th Monday, 10am-12noon, in Room 205, to answer questions about Medicare and more!

2011 Knox Stephen Ministry

For those of you who may not be familiar with this program, a short explanation is in order.

Stephen Ministry is dedicated to following Jesus' command that we love one another. The program is named for St. Stephen, who was the first lay person commissioned by the apostles to provide caring ministry to those in need. A Stephen Minister is a trained member of the congregation who listens, encourages, keeps confidences, prays and supports someone in need. Knox is one of more than 9000 congregations involved in this ministry, which can be found in all 50 states, 9 Canadian provinces, and 21 other countries. Lorrie Wuenker brought Stephen Ministry to Knox and continues

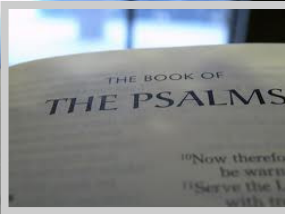


to be our inspiration.

The beginning of the year brings this wonderful group of people together to begin Stephen Ministry training: Anne Davies, Dolly Dolle, Marty George, Kathy Gottschlich, Lisa Kaufer, Catriona Luke, Lynn McClellan, Nancy Palm, Cathy Rector, Sue Richmond, Digi Schueler, Kathy Wilkinson.

The class of 2011 will meet every Tuesday night from now until May. Quite a commitment of time and energy! Knox is very lucky to have these exceptional individuals gathering to learn more about "listening with both ear and heart" to those in need.

~ Jan Annett, Knox Stephen Ministry Director



Wednesdays in Lent—Nourishment for Body, Mind & Spirit

March 16, 23, 30, April 6, 13

Welcome to the 2011 Lenten Series! Join us on the five Wednesdays following Ash Wednesday for dinner prepared by Terri Schmitt and The Knox Kitchen Guild, followed by a program presented in partnership with two of our neighbor churches entitled:

Psalms – The Daring Practice of Dialogue

Featuring The Rev. Dr. Walter Brueggemann
Presented by The Episcopal Church of the Redeemer,
Knox Presbyterian Church, and Our Lord Christ the King
Church. Celebrating our unity in Christ!

On the first four Wednesdays, we will dine as a church family in Knox Commons, then head to Redeemer Episcopal just down the street to join our neighbors for Walter Brueggemann’s presentations.

On the last Wednesday, April 13, Knox will host the entire evening, beginning with dinner for the participants of all three congregations in Knox Commons, followed by Walter Brueggemann’s final presentation in Knox’s main sanctuary.

An Overview of the Lenten Series...

► **MARCH 16** – Imagining a Good World

An introduction to the Psalms, with special attention to some of the familiar Psalms we love, what they do and why we love them.

Dinner: Cost: \$7. Knox Commons; buffet beginning at 5:30pm. RSVP deadline - Monday, March 14 via signup sheet at Michigan Avenue Welcome Desk, or online at knox.org.

Program: 7:00pm. Great Hall, Episcopal Church of the Redeemer, 2944 Erie Ave. (Childcare provided if requested. Please contact Kelli Jasper no later than each prior Sunday at 513-321-6700, ext. 212 or kelli@redeemer-cincy.org.)

► **MARCH 23** – Loss and Pain Brought to Speech

The Lament Psalms – what they do and why we avoid them.

Dinner: Cost: \$7. Knox Commons; buffet beginning at 5:30pm. RSVP deadline - Monday, March 21 via signup sheet at Michigan Avenue Welcome Desk, or online at knox.org.

Program: 7:00pm. Great Hall, Episcopal Church of the Redeemer, 2944 Erie Ave. (Childcare provided if requested. Please contact Kelli Jasper no later than each prior Sunday at 513-321-6700, ext. 212 or kelli@redeemer-cincy.org.)

► **MARCH 30** – The Practice of Intimacy

The Psalms of alienation and reconciliation—how Martin Luther found “grace” in the Book of Psalms.

Dinner: Cost: \$7. Knox Commons; buffet beginning at 5:30pm. RSVP deadline - Monday, March 28 via signup sheet at Michigan Avenue Welcome Desk, or online at knox.org.

Program: 7:00pm. Great Hall, Episcopal Church of the Redeemer, 2944 Erie Ave. (Childcare provided if requested. Please contact Kelli Jasper no later than each prior Sunday at 513-321-6700, ext. 212 or kelli@redeemer-cincy.org.)

► **APRIL 6** – Anger Management in Five or Twelve or Many Steps

Anger and thirst for vengeance expressed in the Psalms—pastoral realism before God from whom no secret can be hid.

Dinner: Cost: \$7. Knox Commons; buffet beginning at 5:30pm. RSVP deadline - Monday, April 4 via signup sheet at Michigan Avenue Welcome Desk, or online at knox.org.

Program: 7:00pm. Great Hall, Episcopal Church of the Redeemer, 2944 Erie Ave. (Childcare provided if requested. Please contact Kelli Jasper no later than each prior Sunday at 513-321-6700, ext. 212 or kelli@redeemer-cincy.org.)

► **APRIL 13** – The Celebration of Possibility (at Knox Presbyterian)

Thanks and praise in the Psalms—the world becomes a huge Easter anthem.

Dinner: (note different start time & RSVP deadline) Cost: \$7. Knox Commons; buffet beginning at 6pm. RSVP deadline - Monday, April 4 via signup sheet at Michigan Avenue Welcome Desk, or online at knox.org.

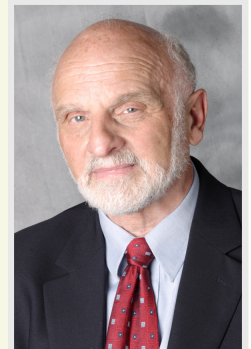
Program: 7pm. Knox, main sanctuary (Childcare provided if requested. Please contact Lisa Kaufer at Knox by Sunday, April 10, at 513-321-2573, ext. 111 or lkaufer@knox.org.)






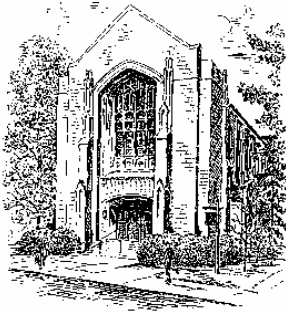
The Rev. Dr. Walter Brueggemann is Professor Emeritus of Old Testament at Columbia Theological Seminary in Decatur, GA, an ordained minister in the United Church of Christ, and a widely acclaimed as a writer, lecturer, and preacher.

Dr. Brueggemann has authored many books, including *An Introduction to the Old Testament: The Canon and Christian Imagination* (voted “Best Academic Book 2004” by the Association of Theological Booksellers). His books on the Psalms include *The Message of the Psalms: A Theological Commentary*, *The Psalms and the Life of Faith*, *Spirituality of the Psalms*, and *Praying the Psalms: Engaging Scripture and the Life of the Spirit*.

Walter was born in Tilden, Nebraska, and now resides in Cincinnati. He’s the proud father of two sons and grandfather of five and is a rabid fan of the St. Louis Cardinals.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Reminder: February 6th Single 10 am Worship! Annual Congregation Mtg Soup, Sweaters & Sweatshirts!</p>	<p>1 6:30 pm - NAMI Family Group 6:30 pm - NAMI Connect 7:00 pm - M & E Committee 7:00 pm - Stephen Ministry</p>	<p>2 7:30 am - Prayer Breakfast 9:30 am - Staff Meeting 7:00 pm - Yoga 7:30 pm - Men's Group 7:30 pm - Inquirers, Part I (at Bette & Jack Stith's)</p>	<p>3 6:00 pm - NAMI Family2Family 6:00 pm - Handbell Choir Reh. 7:00 pm - Knox Choir Reh. 7:30 pm - Knox Choir Reh.</p>	<p>4 6:00 pm - First Friday Family Fun Night!</p>	<p>5</p>	
<p>6 10:00 am - Single Worship, SS to Gr 8 10:00 am - Childcare Infants/Toddlers 11:00 am - Congregational Meeting 11:30 am - Soup, Sweaters and Sweatshirts! 12:00 pm - Older KYG, Play Reh <u>NO</u> Adult Ed/Coffee Hr/Kids Choirs <u>NO</u> Faith & Fitness this day 5:30 pm - Host IHN Guests 6:30 pm - Different Drum</p>	<p>7 11:00 am - Bible Study 5:30 pm - Host IHN Guests 6:45 pm - Session Coordin Mtg 7:30 pm - Various Committees</p>	<p>8 5:30 pm - Host IHN Guests 7:00 pm - Preschool Board 7:00 pm - IHN Board 7:00 pm - HP Neighborhood 7:00 pm - Stephen Ministry</p>	<p>9 7:30 am - Prayer Breakfast 9:00 am - Pre-School Donuts with Dad or Friend 9:30 am - Staff Meeting 10:30 am Women's Fellowship 5:30 pm - Host IHN Guests 7:30 pm - Women's Nurture</p>	<p>10 9:00 am - Pre-School Donuts with Dad or Friend 5:30 pm - Host IHN Guests 6:00 pm - NAMI Family2Family 6:30 pm - Handbell Choir Reh 6:30 pm - Needleworks 7:00 pm - Knox Choir Reh.</p>	<p>11 5:30 pm - Host IHN Guests 5:30 pm - Host IHN Guests 7:00 pm - Cub Scout</p>	<p>12 8:00 am Cub Scout Pinewood Derby Race Day 5:30 pm - Host IHN Guests</p>
<p>13 9:15 am - Fresh Spirit Worship, Adult Ed, & Sunday School 10:15am Coffee/Fellowship/Kids Choirs 11:00 am - Traditional Worship, Adult Ed/SS/Confirm CI 12:00 pm - Both KYG, Snow Tubing 12:00 pm - Inquirers Brunch, Part II 5:00 pm - Faith & Fitness</p>	<p>14  10:00 am - Seekers 11:00 am - Bible Study 6:00 pm Budget & Finance</p>	<p>15 → Knox News Deadline 6:30 pm - La Leche League 7:00 pm - Stephen Ministry</p>	<p>16 7:30 am - Prayer Breakfast 9:30 am - Staff Meeting 6:30 pm - Cub Scout Banquet 7:00 pm - Yoga 7:00 pm - Men's Group</p>	<p>17 6:00 pm - NAMI Family2Family 6:30 pm - Caregiver Support 6:00 pm - Handbell Choir Reh. 7:00 pm - Knox Choir Reh 7:30 pm - Knox Choir Reh.</p>	<p>18</p>	<p>19</p>
<p>20 9:15 am - Fresh Spirit Worship, Adult Ed, & Sunday School 10:15am Coffee/Fellowship/Kids Choirs 10:15 am - Deacon/Usher Emerg Mtg 11:00 am - Traditional Worship, Adult Ed/SS/Confirm CI 5:00 pm - Faith & Fitness 6:00 pm KYG Reh + Lock-In (9pm-8am) 6:30 pm - Different Drum 8:00 pm - Older KYG Lock-in begins</p>	<p>21 President's Day (Church Building Closed) </p>	<p>22 6:00 pm - Session Dinner with Inquirers, Part III 7:00 pm - Session Meeting 7:00 pm - Stephen Ministry 7:30 pm - Fresh Spirit Reh</p>	<p>23 7:30 am - Prayer Breakfast 9:30 am - Staff Meeting 7:00 pm - Yoga Class 7:30 pm - Women's Nurture</p>	<p>24 6:00 pm - NAMI Family2Family 6:00 pm - Handbell Choir Reh 7:00 pm - Knox Choir Reh 7:30 pm - Knox Choir Reh.</p>	<p>25</p>	<p>26</p>
<p>27 8:45 am - Blood Pressure Screening 9:15 am - Fresh Spirit Worship, Adult Ed, & Sunday School 10:15 am Coffee/Fellowship/Kids Choirs 11:00 am - Traditional Worship, Adult Ed/SS/Confirm CI 12:00 pm-Confirmand/Session Lunch 5:00 pm - Older KYG, Play Reh 5:00 pm - Faith & Fitness</p>	<p>28 10:00 am - Seekers 11:00 am - Bible Study 7:00 pm - Deacons Mtg</p>	<p>February 2011</p>		<p><i>"God can speak through our acts of kindness."</i></p>		



Knox Presbyterian Church

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Cincinnati, OH 45208

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To Our Knox Members & Friends:

That All May Worship...

Families have always taken care of their chronically ill or disabled loved ones and it has always been challenging. However family caregiving has changed drastically over the years and caregivers are working harder than ever!

In the past:

- ▶ Families did not live in such a highly mobile society as we do now.
- ▶ Families did not care for loved ones when so many women were employed and waited until their thirties or even early forties to have children.
- ▶ Families did not provide care at a time when healthcare costs and the question of who should pay for them were so complicated.
- ▶ Families did not provide care at a time when medical science had unlocked secrets about how to save and extend lives in ways that were previously unimaginable.
- ▶ Families did not care for loved ones at a time when the average age of the population was on the rise and baby boomers would soon be entering their senior years.
- ▶ Families did not provide care for as many years as we do now.
- ▶ Families did not care for loved ones who are as ill, aged, or disabled.

The stress of being a family caregiver is greater than ever and is exacerbated by the fact that our healthcare system has not



Pam Ward R.N., Faith Community Nurse

addressed the difficulties they face. Patients are discharged from the hospital with the responsibility of a high level of care often placed on families while providing minimum support. Today's caregivers share common experiences that may include:

A longing for the miracle of normalcy; changing family dynamics; feeling isolated; disappointment when others demonstrate a lack of understanding; feeling overwhelmed by the increased and enormous responsibilities; depression over all the losses sustained; finding the strength and power to go on and make a difference; resourcefulness in our problem solving abilities; Strength in the knowledge we can survive.

As a caring congregation, we have the opportunity to acknowledge and lift up the family caregivers among us with a kind word, a hug, an offer of respite or care. The good news is there are many services available in our community to help. For information and helpful tools, please visit these websites: www.icaregiver.org or www.thefamilycaregiver.org.

In addition, all are welcome to attend our Knox monthly Caregiver Support group, 6—7 pm. Topic on Thurs., 2/17: "Caregiver Bill of Rights." Please contact Pam Ward RN, Knox Faith Community Nurse for further discussion and resources, 513- 321-2573 x 108 or pward@knox.org.

Office hours: Mon. Tues. Wed. 9—5 pm; Thurs. 5—9 pm.