



Knox Presbyterian Church

Harvest Preparations Edition, 2026



A Prayer for Cleansing and Pardon

**Have mercy on me, O God,
according to your steadfast love;
According to your abundant mercy
blot out my transgressions.**

**Wash me thoroughly
and cleanse me from my sin.**

**You desire truth in the inward being;
so teach me wisdom in my secret heart.**

**Purge me with hyssop
and I shall be clean.**

Wash me, and I shall be whiter than snow.

**Create in me a clean heart, O God,
and put a new and right spirit within me.
Do not cast me away from your presence.**

**Do not take your holy spirit from me
but sustain in me a willing spirit.**

**Then restore to me
the joy of your salvation
Amen.**

(See Psalm 51)

Knox Knocks! Who's there?
Welcome in for Fall Activities

- ✓ The Breakfast Club meets on Saturday, October 3rd from 9 a.m. for fun, food, and fellowship with the neighbours. \$2 per person or \$5 per family. Team One (Smith) will be there to serve you
- ✓ Worldwide Communion is celebrated on Sunday, October 4th at 10:30. *Theme: The Bread of Life*
- ✓ Foodgrains Sunday is October 18th. This year's guest speaker is Nora Martin, Ambassador for Canada Foodgrains Bank. Lunch will be served and freewill offerings will be donated to CFB—a 17-year tradition at Knox.
- ✓ The Pastoral Care Committee invites you to a Fall Excursion to Parks Blueberries and Country Store. Meet in Knox parking lot, Monday October 19th at 1:15 to car-pool. Please call Pat Palmer (519-614-6305) or Randy Mills (519-633-5927) by Friday Oct 16th to confirm
- ✓ Come celebrate your August, September or October Birthday with Knox friends. Dinner at Boston Pizza, Wednesday Oct 21st at 5:30 p.m. Please pre-register by Oct 14th, emailing Diane Pease at peasesf@gmail.com
- ✓ We're praying for Mavis's son-in-law, Scott, as he recovers from illness. You are invited to a fundraising hockey tournament, Friday Oct 23 (7-10 pm) and Saturday Oct 24th (8 am-10 pm) at the Palmerston Arena. A fall fundraiser-concert is also being planned at Knox. Please keep the family in your prayers.
- ✓ Pumpkin Carving and Dress-up! Rodney Hall, Oct 28, 6 pm
- ✓ Forget the spooking for a few hours! KPW is hosting a clothing sale, Sat Oct 31 from 9 am. Donations will be accepted Thurs, Oct 29 (1-4 pm) and Fri, Oct 30 (9-12)



Faith Comes to Knox

by Rev Donna

We've always known that faith is strong at Knox. But *Faith* arrived recently! And through the Sacrament of Baptism on Sept 13th, she has become a full member here.

Faith Destiny Margo Brinn is the great grand-daughter of Margo Graham. Beginning shortly after Easter, this young woman began meeting with me for a course of study and self-discovery.

She asked for a full-immersion baptism. So, with her Mother, Kristi, and Grandmother, Tracey, we waded out into Lake Erie off Little Beach. And Faith emerged a newly baptized Christian.

Elder Jean MacPherson, Margo and other family members waited on the beach, to join in final prayers and congratulations.



Faith is a busy woman, working as a PSW at Royal Oaks while she studies nursing at Fanshaw / St. Thomas. In her "spare time" she likes to hang out with friends and watch *The Rookie*.

Let's all welcome Faith at our Communion service, October 4th, when she'll receive a baptismal certificate and candle, and our congratulations, too.

Protecting Ourselves and Others

Thanks to the Pastoral Committee for asking Constable Tammy Voth to speak on Sept. 17th about promoting safety by preventing fraud.

Tammy told the 30 participants that seniors are vulnerable, because they tend to travel outside the country, where they may share personal information or have credit cards compromised. But all of us can use tips on phone safety to prevent loss and embarrassment.

Say "hello" *once*. If silence follows, *hang up*. Don't encourage a scam.

If someone calls from the bank, *hang up*. Banks rarely make such calls and won't be mad at you.

Urgent pleas that play on your emotions are dangerous. If a stranger calls saying someone in your family is in trouble, *hang up* and call the family to check.

Beware of unsolicited calls asking for your name, birthdate, address, SIN, credit or banking information.

Check your credit card? Call the number on the back of the card.

Fraudsters are good at their jobs, and many have AI-help to simulate a voice. If a call urges you to quick action, it's dangerous. Don't make a fraudster's day! Just *hang up*.

If you have been a victim of fraud, contact the Canadian Anti-Fraud Centre toll free at 1-888-495-8501.

Also tell friends and family. *Love your neighbour as yourself*— help others avoid becoming victims of fraud.

Healing, Reconciliation and Gratitude

by Joy Wendling

When Europeans first came here, they didn't find the land or the climate friendly. But Indigenous peoples helped them adapt, teaching them how to grow food, make weather-proof clothing and shelter, and find fish and game.

A favorite dish was Three Sisters Soup (or stew, when meat was available.) The soup had three main ingredients – corn (for (carbohydrates and amino acids) beans (for protein), and squash (for vitamins and minerals.) Together they formed a complete nutritional package, stored in the fall for the harsh winter ahead.

Indigenous people also taught how to plant the Three Sisters together. *Corn* stabilizes the stalks and supports bean vines to grow upward. *Beans* add nitrogen to fertilize the soil. And *squash* hugs the ground, providing shade and retaining moisture, while discouraging pests. Indigenous farmers were ingenious in using nature for productivity and sustainability.

To show gratitude to Indigenous people for helping our ancestors, try making a Three Sisters soup. There is no single authentic recipe, as various tribes have their own way of adapting modern ingredients and processes. Here is one version (and you can find others online.)

Ingredients

2 Tbsp olive oil
1 medium yellow onion, peeled and diced

2 cloves garlic
1 tsp cumin
1 lb red (or sweet) potatoes, unpeeled
1 tsp chipotle powder (adds smoky heat)
2 bay leaves
32 oz chicken or vegetable broth
28 oz canned diced fire-roasted tomatoes
salt and freshly cracked black pepper
1 jalapeño pepper, minced (omit for less heat)
1 zucchini, diced (do not peel)
1 unpeeled summer squash, diced (or 1 winter squash, peeled and diced)
3 fresh ears corn, kernels removed (frozen is good too)
2 cups canned black-eyed peas (If using winter squash use pinto or kidney beans)

Heat the oil in a large pot or Dutch oven. Sauté diced onion for 5 minutes, stirring often.

Add garlic and cumin and cook 1-2 minutes until fragrant.

Add the potatoes, chipotle, bay leaves (and winter squash if using.) Cook a couple of minutes, stirring almost constantly.

Add broth, tomatoes and jalapeños (if using) and bring to a boil.

Lower heat and simmer until potatoes are just tender, about 8-12 minutes.

Add the zucchini, summer squash, corn and beans, and bring the soup back to a bubble.

Season with salt, pepper, more chipotle or cumin to taste. Cover and simmer til veggies are just tender. Add water if soup seems too thick. Enjoy!