

The 201. Income Tax Receipt has been sent to everyone who contributed to SPUC in 2018 by email or by mail. If you didn't receive it, please feel free to let church office admin know. Thanks to all of your financial support!

Evelyn Bowman is in need of mid-weight wool for knitting baby blankets. Thank you in advance!

Thanks to Bruce Karras for donating a Snow Blower! We are still looking for winter shovel with a metal wear strip on the bottom. It will be gratefully received!

Join Rev. Deb Walker on **Wednesday afternoons** after soup lunch for a video series, **"Violence Divine, overcoming the Bible's Betrayal of its Non-Violent God"** Featuring John Dominic Crossan. This is an eight-week study that will take us right to Lent. Also stay tuned for the news about the book Small Spiritual Groups SSG has picked for a winter book club.

The second edition of the Regional Rambler for Region 4 is posted on Hall bulletin. Also if you are interested, please find **"Region 4 of The UCCan"** on Facebook, there will be interesting information posted there as the new governance structure continues to unfold.

Big thanks to **Roger Pilon and Jim Ferrie** for have been working on updating the light fixtures in the Hall, bathrooms and the hallway connecting the Kitchen to the Healing Room. Please have a tour at church to see the difference.

Next Management Team meeting – February 19 @Front Lounge

Next Visionary Board meeting – February 28 @Front Lounge

Stay connected by visiting our website (spuonline.com) and "like" us on Facebook at facebook/stpaulsuc. It's a great way to keep current on events throughout the week!

Have you included ***Seven Fallen Feathers*** on their winter reading list? Journalist Tanya Telaga tells stories of Indigenous youth in Northern Ontario, that are difficult to hear. Check with the office to borrow a copy. The SGG Team has planned discussion/debrief sessions for **Wednesday, February 20 at 7 pm and Wednesday, March 6 at 1:30 pm. in the Front Lounge.** Please consider attending one or both sessions even if you have not read the book. These are necessary conversations on the path to harmonious living with our Indigenous brothers and sisters.

Queen's House is currently seeking an individual interested in the position of an **Events and Engagement Coordinator.** This position is intended to assist Queen's House with our fund raising planning, event organization, community development and all related activities, campaigns and initiatives. Please refer to their website, www.queenshouse.org for complete details and additional information.

Join us with your friends and family for the **Free Community Soup Lunch Wednesdays @ noon**, in the Hall.

SPUC Wi-Fi password: 123456789A

Prayer for Today: God of wisdom and groundedness, you have encouraged us to live our lives grounded in faith, patience, and love. Help us to love others without judgment, but with a solid foundation of acceptance, in Love's name we pray. Amen.

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Office Hours: Monday – Friday 9:00 – 3:00pm

We inhabit the land of TREATY 6. May we live in respect.

The Golden Rule

February 10, 2019 @ 10:30 A.M.

The Good News is one beggar telling another beggar where to get a loaf of bread.

Worry, Complaining & Judgment

It is so easy this time of year to feel like hiding for a few months; to emotionally and mentally give up seems down right reasonable this time of year! And then the word of God comes to us in the cold of winter and says: "Don't be so cranky!" In the scripture for today, Jesus is still in the teaching mode, guiding and encouraging his followers to see and to act differently. Jesus tells us all that we worry too much (true- why borrow worry from tomorrow?) Then he tells us that we are too judgmental (true— and it's almost always about our own resentments.) Compassion is not just for us to have and express for others, it's for us too! We are in tremendous need of self-compassion. Give yourself a break. We tend to worry and express negativity when we are feeling insecure. Self love and self compassion will teach us that we are truly truly loved, and when we are relieved from the pressure of believing it is all up us alone, the abundance and aliveness of God's love will flow. Let go. Let God. It may actually be that simple. The Golden rule only holds measure if we love ourselves first.

Scripture of today: Matt 7:1-14, 24-29

This Sunday service's Core Value: To show compassion to all

Seed of Learning: A Complaint Free World