

**PAUSE IN THE PARK** offers the perfect opportunity for a morning of quiet reflection. This all ages event will be held at **the Robin Smith Meditation Garden, Forestry Farm Park on Saturday May 25, 2019 from 9:30 am to 1pm**. There will be opportunities for yoga, walking the labyrinth and just plain being. Bring a picnic item to share. (Plates, utensils and beverage provide).

A camping Sunday will be hosted on **May 26**. Please remember to put aside your **Canadian Tire Money** for Camp Christopher. Also Camp Christopher is looking for donations of **large tea towels** for their summer camp.

**Church office is closed on Victoria Day May 20, 2019.**

Do you love gardening? SPUC is looking for volunteers to take care of our garden (in front of the building). If you have any plans or suggestions, please let church office know.

**The last Community Soup Lunch until fall** is Wednesday **May 29**. Everyone is welcome.

**St Matthew's Anglican** church has 4 new garden plots available for this season of growing, \$25 get you the use of the garden, tools and water. You are responsible for the seeds and the weeds! Contact Gary at 306 978-4383 if you are interested.

**SPUC new library** is almost ready! If you are in the midst of spring cleaning, remember that we welcome donations of gently-used, quality reading material and CD/DVDs. There is particular need for all genres of literature for children and youth, as well as materials relating to Truth and Reconciliation. Please speak to Janet Potter or Gilda Pilon if you have donations, questions or suggestions. Many thanks!

**Silverspring Community and Sutherland Community** are going to have a Garage Sale on Saturday **May 25** from 9am to 4pm.

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

## **Faith Proclaimed Throughout the World.**

**May 19, 2019 @ 10:30 A.M.**

Paul's Letters create the bulk of the New Testament, the good news of God's Easter love for all of creation and all people. Most of the letters serve to act as Paul's presence in the churches that he has help build – he writes often to settle conflicts, to protect, correct, and strengthen some aspect of the gospel in the life of a particular congregation. In the Letter to the Romans, he is writing to folks that he has never met, and who have founded their own church. Though it is the first letter of the collection of Paul's Letters, it is widely regarded to be the last one written.

Romans is an entirely gentile Christian Community – there remains tension in the first years of the church: What Apostles have the most credentials? Do you have to become Jewish in order to become a follower of Christ? Who supports the mission? All of these tensions are personal for Paul – because of his history. For me, the most inspiring verse 11: *I am longing to see you so that I may share with you some spiritual gift to strengthen you, or rather so that we may be mutually encouraged by each other's faith, both yours and mine.* God calls each of us to life, to shared life in faith.

**Core Value:** to grow spiritually

**Scripture:** Romans 1:1-17

**Seed of Learning:** Paul says. "I am not ashamed of the Gospel" How good are we at sharing our love of the gospel? What holds you back from having important faith conversations outside of Church.

Thank you very much for your donations for **Mission Matters 2019!** So far **\$11,370** was donated!

**"Choose a Number!"** We have envelopes available for the next three Sundays, marked with the numbers 1 thru to 150. Choose your favourite number and fill it with that same dollar amount. Make sure your name is on the envelope if your are not using a cheque. This is an exciting and simple way for us to head into the summer months, knowing we have given our very best to fund the mission of the SPUC. I also want to know why that number is meaningful to you. I chose #70 and #99. Lot 70 is the address of our family cottage on Georgian bay, and the name of our family group chat. Number 99 is of course my high school crush!! On behalf of Bob Schmidt, Treasurer and myself, thanks for playing! **Rev Deb.**

**Check the Hall bulletin for the latest version of Regional Ramble. The Living Skies Regional Council is still looking for volunteers.**

**FASD Prevention Free Webinar – Thursday May 23 @1:30-3:00 p.m. (CST).** This webinar will be delivered through a partnership between the University of Regina (Dr. Michelle Stewart) and the FASD Network of Saskatchewan (Andrea Kotlar-Livingston and Tanya Beauchamp).PRE-REGISTRATION IS NOT REQUIRED. Check the webinar out: [meet90195942.adobeconnect.com/fasdwebinar/](https://meet90195942.adobeconnect.com/fasdwebinar/)

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

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