



Each week as the weekly update is prepared, I become more and more aware how much has changed this past while. If you read on and you will see that this has become our new normal. We are a hybrid church with some things happening in person and other things happening online or on Zoom, so that a variety of people can be included. We continue to be the church, as God walks with us on a different path but still the path of ministry for us. There are several exciting invitations for you to consider when you continue reading. In-person coffee, bowling, opportunities to serve, an eight-week study group, men's breakfast and more!

## Worship



We want to offer our congratulations and best wishes to Luke and Olympia on the birth of their daughter Willow, a new sister for Zelda. This is one of our families here in the congregation and we are so happy for them.

Once again, we find ourselves sharing some sad news with you. Last week, Eleanor Hunter's daughter Karole Ogden unfortunately passed away. Doreen Gunson's brother, Reuben Reckzin, also sadly passed away last Sunday morning. Please keep both families in your thoughts and prayers as they grieve.

**Congregational Life/Visitors:** The Congregational Life committee oversees communication and 'connections' within St. Paul's. We organize Social Hour following church, they are responsible for the take-out dinners and look for opportunities for social events to engage our congregation. Please give this some thought as our church is our family and we all need to take part.

## **Men's Breakfast Gathering**

Our next men's breakfast gathering be **this Saturday January 28h at 9:00 a.m.** at Mom's Restaurant. Gather with the guys for some food, fellowship and interesting conversation. All men are welcome to join.

## **Official Board Meeting**

There will be an official board meeting held on **Tuesday, January 31<sup>st</sup> at 7:00 p.m. by ZOOM.** All members please plan to attend.



## **Volunteers Needed**

As we prepare the Annual Report, it is also a time to reach out to invite you to please consider volunteering here at the church. We have a variety of committees and other volunteer positions available. Without our volunteers, we could not be the church, so please prayerfully ponder if you might be able to help. Some of our committees meet in person, others by Zoom. Please call the church office, Karen or Sue Dorion, our Chair of the Board, and we will be happy to speak to you and explore where you might feel you are able to contribute, even if only for a few hours every now and then.

## **Bowling Night!**

Mark your calendars as once again we invite you and your friends and family to join us for an **all ages bowling night** on Friday, February 3<sup>rd</sup>. The event will be at the Knight Haven Bowling Lanes, at 17 Poyntz Street in Penetanguishene, where we will meet at 6:00 p.m. The church will cover the cost of bowling, but if you want to purchase snacks for yourself please bring cash (no debit or credit cards).

## **In-Person Coffee Hour is Back!**

In-person Coffee Hour, every **first** and **third** Sunday, is back starting on **Sunday February 5<sup>th</sup>**. We are looking forward to gathering together after the worship service once again. Join us and get to know one another and form new connections.

## **St. Paul's ZOOM Coffee Hour**

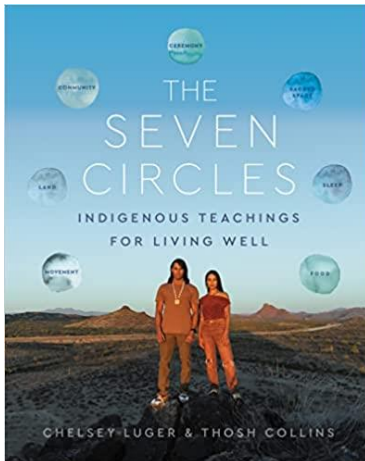
Our next **ZOOM** coffee hour is **Sunday, February 12<sup>th</sup>** at 1:00 p.m. This is a really fun gathering with lots of laughter and sharing. If you haven't tried it or it's been a while, we invite you to join us. It is a way to stay connected, especially for those who are not able to attend church in person and for those in our congregation who do not live locally but join us on online.

You can continue to use the same link as before:  
<https://us02web.zoom.us/j/89969004401>

## **Faith Formation**

During Lent, you are invited to an **eight-week study starting on February 15<sup>th</sup>, 2023 - April 5<sup>th</sup>, 2023 by Zoom on Wednesday afternoons from 1:00-2:00 p.m. We will be studying a book called "The Seven Circles"**: This book encourages us to honour our own path to wholeness including our spirituality while learning more about these ancient teachings.

How the book is described in the cover jackets is this:



In *The Seven Circles*, Luger and Collins share intimate stories from their life journeys growing up in tribal communities. Along the way, Luger and Collins invite readers to both adapt these teachings to their lives as well as do so without appropriating and erasing the original context, representing a critical new ethos for the wellness space. Each chapter closes with practical advice on how to engage with the teachings, as well as wisdom for keeping that particular circle in harmony with the others.

With warmth and generosity—and 75 atmospheric photographs by Collins throughout—*The Seven Circles* teaches us how to connect with nature, with our community, and with ourselves, and to integrate ancient Indigenous philosophies of health and wellbeing into our own lives to find healing and balance.

If interested, you would need to order your book right away as it is taking longer to get this book since it is hot off the press. As it is a new book, it is only available in hard cover for \$37 - the same price both at Georgian Bay Books here in Midland, Chapters (online only not yet in stores) or on Amazon. Amazon offers a kindle option which is much cheaper. I am not sure if you can purchase the same locally. There is a copy in the Midland Public Library. Should anyone find this price too steep, please speak to me and we can perhaps provide some assistance confidentially. Please let me know if you are interested in joining us.

Contact Karen if you would like to be part of this 8-week study group. She can be contacted by phone at 705-433-1224 or by email [minspucmidland@gmail.com](mailto:minspucmidland@gmail.com).

## **Photo Directory**

Just to let you know that the Photo Directory has now been proofed by us and sent back to the company. We have been informed that the expected date for it to be ready and sent back to the congregation is about eight weeks. We will provide you with an update on this at the end of March.

## **Office Hours**

The office is open on **Tuesday, Wednesday and Thursday mornings from 9:00 a.m. to 12:00 noon**. Jane is in the office on Tuesday and Thursday mornings. You can reach her by email at [officesecretaryspuc@gmail.com](mailto:officesecretaryspuc@gmail.com) or by phone at 705-526-6077. Louise is in the office on Wednesday mornings. The remainder of the time (between Tuesday and Thursday until 4:00

p.m.). Louise can be reached at [stpaulsunited@rogers.com](mailto:stpaulsunited@rogers.com) or at her home phone number 705-526-1640.

## **This Week's Minute for Mission**

**GOD'S MISSION  
OUR GIFTS**



**"We saw such a change in how people felt about themselves after experiencing this kind of a meal."**

Many of us sit down to good home-cooked meals and can afford to go out for dinner from time to time. We're able to prepare elaborate dinners at Thanksgiving and Christmas. Our daily experience doesn't include standing in line, waiting with a tray in hand for every single meal.

That's why the special dinners like Café Cinq-Zéro-Sept hosts are so important. Centre 507 is an Ottawa-based Mission & Service partner. Several times a year, the adult drop-in centre sets up a small room for a special fine-dining meal with gourmet food, decorations, and candlelight. For just \$2, participants have their choice of meal accompanied by full service and great company.

"We realized that people in our community struggling with poverty had to wait in line a long time for a meal. When they were served, they weren't given any choice and felt pressured to leave so that the next person could be served. That's why we started Café Cinq-Zéro-Sept," says Richard LeBlanc, Centre 507's Executive Director. "We saw a real change in how people felt about themselves after experiencing this kind of a meal. We wanted this dining experience to become the norm rather than the exception."

While COVID-19 has been challenging, it has also helped the drop-in take a step toward achieving their goal. "One of the great things that happened when COVID hit was that we had to start a system where everyone sat down and was served," says LeBlanc.

Centre 507 now serves 25 people at sit-down meals and provides 150 people with meals to go each day. The café has incorporated a training program where participants learn to be servers, too. "We are taking the next step toward achieving our goal. We aren't going back to line-ups after the pandemic," vows LeBlanc.

Thank you for giving generously through Mission & Service. Your support helps create a world where everyone has enough food, served with dignity.

### **Blessings everyone,**

Rev. Karen Ptolemy-Stam, Minister, St. Paul's United Church 705-433-1224  
[minsucmidland@gmail.com](mailto:minsucmidland@gmail.com)

Church Administrator – Louise Therrien, (Tues. Wed. Thurs.) 705-526-1640  
e-mail [stpaulsunited@rogers.com](mailto:stpaulsunited@rogers.com)  
Louise works at the church office from 8:30 a.m. to noon on Wednesdays only.