



Spirit of Hope United Church

THE SPARK

FEBRUARY 1, 2026



WELCOME TO ALL!

Our Sunday morning worship services are conducted in person, following the protocols listed on page 3.
We broadcast our services on our YouTube Channel, live-streamed beginning at 10:30 a.m.
and recorded and posted for later viewing.

The recordings of the services can be found on our YouTube page:
<https://youtube.com/@spiritofhopeunitedchurch791>

Our office hours: Tuesday to Friday from 10:00 a.m. to 2:00 p.m.

Spirit of Hope is an Affirming Ministry within The United Church of Canada
striving to be fully inclusive of people of all sexual orientations and gender identities.

GOD BLESS YOU. WE ARE NOT ALONE!

SAD NEWS

The Rev Raymond Olsen passed away in December 2025. Ray was a former minister at Ritchie United Church.

A celebration of Ray's life will be held Saturday, February 7, 2026, at 11:00 a.m. at Riverbend United Church, 14907 45 Avenue NW, Edmonton, AB.



**Shrove Tuesday
Pancake Supper**

Tues, Feb 17
5:30 - 6:30 pm

7 pm - Ash Wednesday
Service

Spirit of Hope United Church
(7909 82 Ave NW)



Tickets: \$5 - adults
\$3 - under 16 yrs
\$15 - family

MARK YOUR CALENDAR FOR FEBRUARY 17!

**Shrove Tuesday pancake
dinner and Ash
Wednesday service**

On **Tuesday, February 17**
we will be having a Shrove
Tuesday Pancake Dinner
followed by an Ash
Wednesday service.

The dinner starts at 5:30 p.m. and is followed at 7:00 p.m. by an Ash Wednesday service, all in the Lower Hall.

The pancake dinner will include pancakes, sausages, and fruit. Gluten free options will be available.

Tickets are \$5 for adults and \$3 for children under 16 years old, and a maximum of \$15 for a family of 2 adults and children.

Tickets will be on sale after the service this morning.

Helpers for setup and cleanup are appreciated. There will be a signup sheet at the ticket sales table.



**STAY UP TO DATE AND
SHARE THE NEWS!**



Find us at www.spiritofhope.ca or like us on Facebook and Instagram – share our posts with your family and friends.
If you have an announcement to place in The Spark, please call Catherine in the office at **780-468-1418** or email to officeadmin.spiritofhope@shaw.ca

THE EXCITEMENT HAS BEGUN!

A big thank you to more than 40 people who stayed for soup and celebration and conversation about “promoting” our community of faith.



This was the kickoff of the 2026 Promotions Project for Spirit of Hope, celebrating the grant we have received to improve how we share the story of who we are as a community of faith and what we do. Judy Meintzer and Susan Bramm laid out the primary goal of this year's marketing efforts - to increase the engagement and participation of youth, young adults, and families with young children at Spirit of Hope.

Everyone had the opportunity to share how they would like to be involved in small and not so small ways. They also provided a great variety of suggestions and responses to these questions:

1. Why do you come to Spirit of Hope? If you're new, how did you hear about Spirit of Hope?
2. What does “promoting” Spirit of Hope mean to you?
3. What do you do to create a sense of welcome, belonging, and community?

All of the information gathered will help the core promotions team to determine next steps; and those who have indicated an interest in being involved will be contacted. Please let Susan Bramm, Cathy Martin or Judy Meintzer know if you would like to be part of the Promotions Team for this one-year project.

You are encouraged to submit your responses to these questions and any comments, questions, or suggestions in the box on the Welcome Desk. You can use the coloured papers on the offering table at the back of the church or at the Welcome Desk - send them to community.spiritofhope@shaw.ca - or talk with us directly.

Stay tuned for more as we journey on this welcome path together.

COMMUNITY OF FAITH AND
UPCOMING EVENTS

The Northern Spirit Regional Council is dedicated to fostering community and faith through various events and activities. To learn more about the upcoming events open to the public, please visit the Community of Faith Events Calendar.

Stay connected and get involved by exploring the diverse offerings across the region. You can find the calendar here:

<https://northernspiritrc.ca/community-of-faith-events-calendar/>

We hope to see you at one of these events soon!



SUNDAY MOVIE AFTERNOON
ZOOTOPIA
FEBRUARY 22, 2026
12:30 P.M.

Join us for a Sunday movie afternoon featuring **Zootopia** on February 22, 2026. The movie will begin at 12:30 p.m. in the Lower Hall.



Zootopia is an animated adventure that follows a determined rabbit police officer and a sly fox as they work together to solve a mysterious case in a city where predators and prey live side by side.

After enjoying the film, you are invited to join a Zoom discussion later that evening at 7:00 p.m.

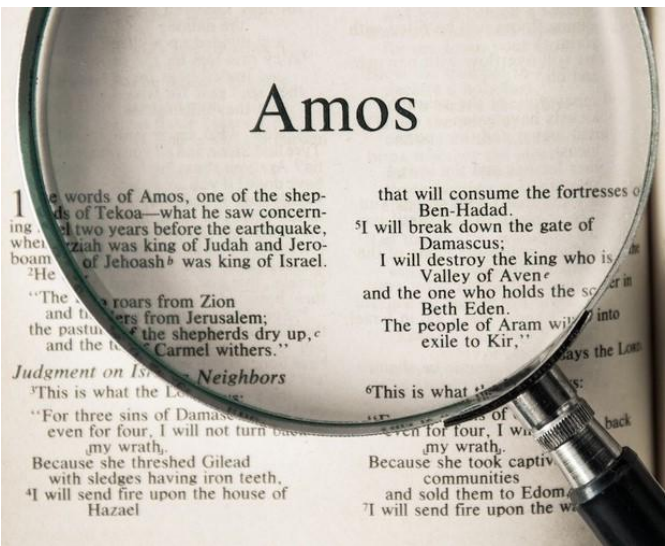
Zoom Meeting:

<https://us06web.zoom.us/j/91937034300?pwd=rZ18hVJhjaqbzyMBtkAHgZlW4kaMbB.1>

Meeting ID: 919 3703 4300

Passcode: 623451

Everyone is welcome to come, watch, and share their thoughts.



ONLINE BIBLE STUDY
AMOS – A PROPHET OF RESISTANCE

Gather to discuss the Book of Amos over four **Wednesday evenings: April 8, 15, 22, 29** beginning at 6:30 p.m.

<https://us06web.zoom.us/j/86048937851?pwd=dppoit3Y0xobhLke1FM4pxpMJzcLbp.1>

Meeting ID: 860 4893 7851

Passcode: 976154



jewelry • housewares • gardening • puzzles • tools • sports equipment • tools • toys • small furniture • home decor, etc.



HOW CAN YOU HELP?

Check out the great volunteer opportunities during coffeetime today.

Your assistance helps your Spirit of Hope family in working towards its vision.

If you, or anyone you know needs volunteer hours for school or your resume we can provide documentation.



TAKING CARE OF OURSELVES AND OTHERS

Infectious conditions such as the common cold, influenza, Covid-19, and Respiratory Syncytial Virus (RSV) are affecting some of us. If you are feeling ill, have recently been exposed to an infection or have significant health issues, you are encouraged to stay home and attend online services and meetings. When food is served in the church, groups are encouraged to take precautions to prevent or slow down the spread of germs by, for example, having servers or setting out food in individual portions.

Spirit of Hope has masks available at the Welcome Desk and hand sanitizer as you enter the Lobby, Sanctuary and Lower Hall. Portable HEPA filters are in the Sanctuary, Church School Room, and Youth Room. They can be moved to other spaces as needed.

The current communion practice on bi-monthly first Sundays is to have individual portions of bread and juice available.

The Leadership Team will continue to review church practices in response to changing circumstances.

Save These Dates!

FE
B
R
U
A
R
Y
T
O
M
A
R
C
H
2
0
2
6

- Mon. February 2 - YET Hangout For Youth and Young Adults - 4:00 p.m.**
- Mon. February 9 - YET Hangout For Youth and Young Adults - 4:00 p.m.**
- Mon. February 16 - Family Day**
- Sun. February 15 - Ecumenical Prayer Services in Style of Taizé - 7:00 p.m.**
- Tue. February 17 - Shrove Tuesday Pancake Supper and Services of Ashes - 5:30 p.m.**
- Sat. February 21 - Family Open Mic - 7:00 p.m.**
- Sun. February 22 - Movie Afternoon *Zootopia* - 12:30 p.m.**
- Mon. February 23 - YET Hangout For Youth and Young Adults - 4:00 p.m.**
- Sat. February 28 - BLT! Breakfast - 8:45 a.m.**
-
- Mon. March 2 - YET Hangout For Youth and Young Adults - 4:00 p.m.**
- Sun. March 8 - Spirit of Hope United Church Narrative Budget - 11:30 a.m.**
- Mon. March 9 - YET Hangout For Youth and Young Adults - 4:00 p.m.**
- Sun. March 15 - Spirit of Hope United Church Annual Congregational Meeting - 12:30 p.m.**
- Mon. March 16 - YET Hangout For Youth and Young Adults - 4:00 p.m.**
- Sat. March 21 - YET Family Party - 2:00 p.m.**

THIS WEEK AT A GLANCE:
FEBRUARY 1ST TO FEBRUARY 8TH, 2026

| | | |
|-----------------|---|--|
| Sun. February 1 | 10:30 a.m. | Worship Service (Sanctuary and YouTube) https://youtube.com/@spiritofhopeunitedchurch791 |
| Mon. February 2 | 4:00 p.m. 6:00 p.m. 6:30 p.m. | Youth Empowered Together Monday Hang Outs (Lower Hall, Kitchen, and Gym) ESSC (Dodgeball) (Gym) Chancel Ringers (Sanctuary) |
| Tue. February 3 | 9:30 a.m. 12:00 p.m. 7:00 p.m. 7:00 p.m. | Stretch and Flex (Lower Hall) Private Booking (Arts and Crafts Room) ESSC (Dodgeball) (Gym) Tuesday Hymn Sing (Zoom) https://us06web.zoom.us/j/89719672129?pwd=2cbuy2Rjc9r7rFPC0NID8bd5uKKN0V.1 |
| Wed. February 4 | 1:30 p.m. 6:00 p.m. 6:30 p.m. 7:00 p.m. | Creative Connections (Lobby) ESSC (Dodgeball) (Gym) Pursuers Toastmasters (Multipurpose Room 2) Leadership Team Meeting (Zoom) |
| Thu. February 5 | 7:00 p.m. 7:30 p.m. | ESSC (Dodgeball) (Gym) Choir (Sanctuary) |
| Fri. February 6 | 9:00 a.m. 9:00 a.m. 6:30 p.m. | Garneau Strathcona Food Security Program Set up (Lobby, Gym, Lower Hall, Kitchen) South East Edmonton Community Collaborative Meeting (Lower Hall) pflag (Lower Hall) |
| Sat. February 7 | 8:00 a.m. | Garneau Strathcona Food Security Program (Lobby, Gym, Lower Hall, Kitchen) |
| Sun. February 8 | 10:30 a.m. 1:30 p.m. | Worship Service (Sanctuary and YouTube) https://youtube.com/@spiritofhopeunitedchurch791 Private Booking (Lower Hall and Gym) |

NOTES

- Anne's Kinder Kastle Daycare has use of the kitchen as needed during the day on Mondays to Fridays (for breakfast and lunch preparation and cleanup). They also have access to the gym for a one-hour period on some days. The gym is not available for active or noisy games from 11:30 a.m. to 3:00 p.m. Please contact our administrator, Catherine, so arrangements for use of these spaces can be coordinated with the Daycare.
- With others interested in renting space in our newly renovated building, it is important to ensure that the room or space needed for Spirit of Hope group activities and special events has been booked through our office. These are posted on our Google calendar posted on our website and in THIS WEEK AT A GLANCE. **Please contact our office administrator Catherine to find out what space is available and to book the space you need.**
- There is a simple form on our "Contact Us" page at: <https://www.spiritofhope.ca/contact> you are welcome to use.

SPIRIT OF HOPE UNITED CHURCH
7909-82 Avenue NW, Edmonton, Alberta, T6C 0Y1
Telephone: 780-468-1418
Email: officeadmin.spiritofhope@shaw.ca
Rev. Blaine Gregg: minister.spiritofhope@shaw.ca
Catherine Evoy, Office Administrator
Leo, Custodian

Sunday Service: 10:30 a.m.
Our office hours are Tuesday to Friday from 10:00 a.m. to 2:00 p.m.
Spirit of Hope is an Affirming Ministry within The United Church of Canada
striving to be fully inclusive of people of all sexual orientations and gender identities.

WIFI ACCESS WHILE AT CHURCH
Network: Spirit of Hope Guest
Password: SOHGuest