



# Spirit of Hope United Church

# THE SPARK

FEBRUARY 8, 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. Norman Russell Macdonald passed away on January 20, 2026. Norm was a much-loved former minister at Knox-Metropolitan United Church.

At this time, no celebration of life is planned.

Please see the link below to view his obituary.

<https://www.remembering.ca/obituary/norman-macdonald-1093472831>



**Shrove Tuesday Pancake Supper**  
Tues, Feb 17  
5:30 - 6:30 pm

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

7 pm - Ash Wednesday Service  
Spirit of Hope United Church  
(7909 82 Ave NW)

## 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.

## 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.



## 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://northernspiritr.ca/community-of-faith-events-calendar/>

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



**COMMUNITY OPEN MIC**  
HOSTED BY MARIE FONTAINE  
Come early to sign up.

Poetry, humour, stories, dance, snacks & more

Sat, Feb 21  
6:30 - 8:30 pm  
(Doors - 6:00)

Spirit of Hope United Church  
7909 Whyte (82) Ave

No charge  
Everyone welcome



STAY UP TO DATE AND SHARE THE NEWS!



Find us at [www.spiritofhope.ca](http://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](mailto:officeadmin.spiritofhope@shaw.ca)

**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.



**PRAYER SERVICES IN LENT**

United Churches are coming together for special prayer services on **Sunday afternoons at 4:00 p.m.** during the season of Lent to pray for the renewal of the church, discernment of congregations for future witness and ministry, the work of the regional council, the plans of the National Church for Vision 2035, strength and equipping of leadership for the present time, current concerns for the community, nation, and world.

- February 22: Pilgrim United (9008 135 Ave NW, Edmonton)
- March 1: Spirit of Hope United (7909 82 Ave NW, Edmonton)
- March 8: First United (5115 51 Ave, Wetaskiwin)
- March 15: Highlands United (11305 64 St NW, Edmonton)
- March 22: St. David's United (4614 48 St, Leduc)
- March 29: Grace United (6215 104 Ave NW, Edmonton)

People can also join in by Zoom:

<https://us02web.zoom.us/j/86475167860?pwd=HKXBqMbin1oADzFCfbapYgKa9bLz0c.1>

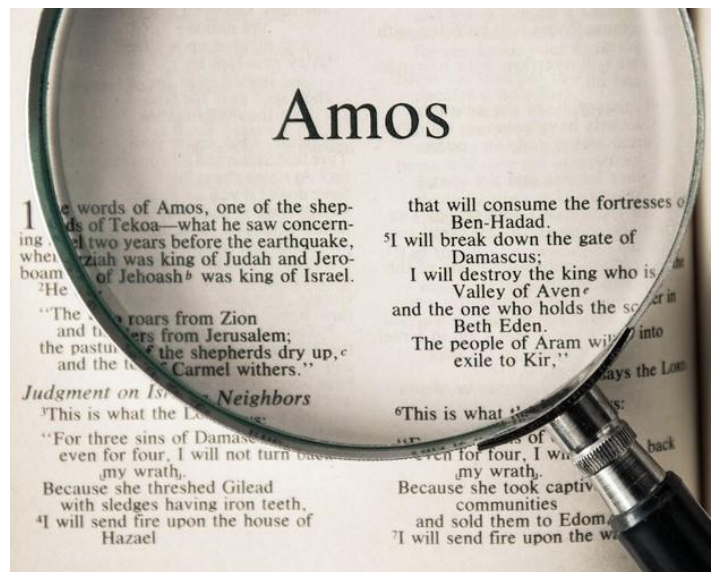
Meeting ID: 864 7516 7860; Passcode: 803578

**IT'S BREAKFAST TIME AGAIN!**

The next BLT! Breakfast will be held at **8:45 a.m. on Saturday, February 28.**

Our guest speaker will be Naomi Gue who will talk about *"Saints, Sinners, and Symbols: A Brief Journey into Gregory of Tours' 10 Books of Histories"*.

Tickets will be on sale in the Lower Hall after the service.



**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.**

Zoom: <https://us06web.zoom.us/j/86048937851?pwd=dppoit3Y0xobhLke1FM4pxpMJzclbp.1>

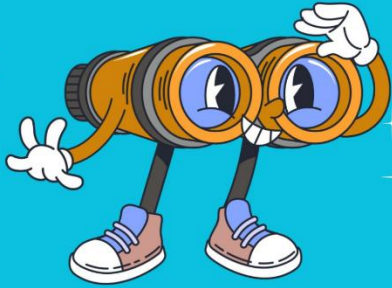
Meeting ID: 860 4893 7851

Passcode: 976154

SPIRIT OF HOPE UNITED CHURCH

# GARAGE SALE

OFFERS YOU CAN'T RESIST, RIGHT IN YOUR NEIGHBORHOOD



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



SAT APRIL 18

10:30 A.M. TO 3:00 P.M.  
7909 82 AVE NW

## 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!

FEBRUARY TO MARCH 2026

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.

Sun. March 1 - Lenten Prayer Service - 4:00 p.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 8<sup>TH</sup> TO FEBRUARY 15<sup>TH</sup>, 2026**

Sun. February 8	10:30 a.m. 1:30 p.m.	<b>Worship Service</b> (Sanctuary and YouTube) <a href="https://youtube.com/@spiritofhopeunitedchurch791">https://youtube.com/@spiritofhopeunitedchurch791</a> <b>Private Booking</b> (Lower Hall and Gym)
Mon. February 9	4:00 p.m. 6:00 p.m. 6:30 p.m.	<b>Youth Empowered Together Monday Hang Outs</b> (Lower Hall, Kitchen, and Gym) <b>ESSC (Dodgeball)</b> (Gym) <b>Chancel Ringers</b> (Sanctuary)
Tue. February 10	9:30 a.m. 6:00 p.m. 7:00 p.m.	<b>Stretch and Flex</b> (Lower Hall) <b>The Edmonton Needlecraft Guild</b> (Lower Hall) <b>ESSC (Dodgeball)</b> (Gym)
Wed. February 11	9:30 a.m. 1:30 p.m. 6:30 p.m.	<b>Ministry and Personnel Meeting</b> (Zoom) <b>Creative Connections</b> (Lobby) <b>Pursuers Toastmasters</b> (Multipurpose Room 2)
Thu. February 12	7:00 p.m. 7:30 p.m.	<b>ESSC (Dodgeball)</b> (Gym) <b>Choir</b> (Sanctuary)
Fri. February 13	9:00 a.m. 6:30 p.m.	<b>Garneau Strathcona Food Security Program Set up</b> (Lobby, Gym, Lower Hall, Kitchen) <b>3-2-1 Fun!</b> (Lower Hall)
Sat. February 14	8:00 a.m.	<b>Garneau Strathcona Food Security Program</b> (Lobby, Gym, Lower Hall, Kitchen)
Sun. February 15	10:30 a.m. 7:00 p.m.	<b>Worship Service</b> (Sanctuary and YouTube) <a href="https://youtube.com/@spiritofhopeunitedchurch791">https://youtube.com/@spiritofhopeunitedchurch791</a> <b>Ecumenical Prayer Services in the style of Taizé</b> (Sanctuary and Lobby)

**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](mailto:officeadmin.spiritofhope@shaw.ca)

Rev. Blaine Gregg: [minister.spiritofhope@shaw.ca](mailto: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