



Spirit of Hope United Church

THE SPARK

JULY 20, 2025



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.

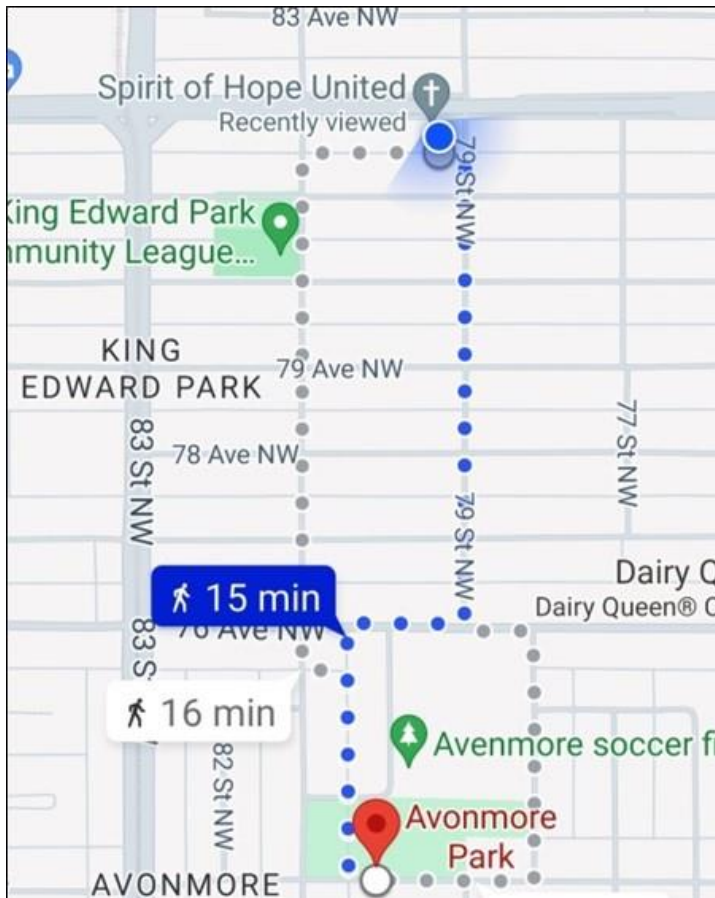
Spirit of Hope is an Affirming Ministry within The United Church of Canada striving to be fully inclusive of people of all sexual orientations and gender identities.

GOD BLESS YOU. WE ARE NOT ALON

OUTDOOR CHURCH SERVICES

July 20, 2025

Today's 10:30 a.m. worship service will be held in Avonmore Park (nine blocks south of the church). Bring a lawn chair if you can.



HEY SPIRIT OF HOPE KIDS, YOUTH & YOUNG ADULTS!

Got something cool to say or show?

A poem? A photo? A short story? A doodle?
A deep thought or funny moment?

We want to share your awesome creations with the whole congregation!

✨ We're saving a special spot just for **YOU** on the front page of The Spark! ✨

So go ahead—get creative and send your masterpiece to officeadmin.spiritofhope@shaw.ca, drop it off at the **church office**, or pop it into the **OFFICE mail slot**.

We can't wait to see what you've got!

ICPM LUNCH

It's summer, and that means Spirit of Hope's turn for providing lunch after a downtown church service led by the Inner-City Pastoral Ministry is just around the corner (Sunday, August 3). We are asked to provide 200 lunches. Last year, we did... and we still had people in line. The cost of a lunch is about \$6. If you would like to make a donation to pay for a lunch, thank you! Please place your donation in an envelope marked "ICPM lunch".

Volunteers will be needed in the afternoon, Saturday, August 2 to put the lunches together (the more the merrier), and then on Sunday, August 3 to take the lunches downtown and then serve them after the service (3-4 people).

MINISTER'S HOLIDAYS

Rev Blaine Gregg will be away from July 24th to August 24th for some church meetings and holidays.

If you need the services of a minister during that time, please call the Spirit of Hope office (780-468-1614 extension 1) for a referral to another United Church minister. The office is open from Tuesdays to Fridays 10:00 a.m. to 2:00 p.m.

If this is an emergency and you need a referral outside of these hours, call the minister's office line (780-468-1614 extension 2) for information of who to contact.

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.



STAY UP TO DATE AND SHARE THE NEWS!

Find us at www.spiritofhope.ca or like us on Facebook – 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

CALLING VEGETABLE AND FRUIT GROWERS!

Did you know that we've started providing fresh veggies from the Spirit of Hope front garden for the weekly Garneau Strathcona Food Security program?



Yes, we started picking radishes and spinach for last week's Food Security program (left photo). Some of the chard (right photo, left side) and lettuce (not shown) were also harvested. A few of our members have started to bring in their surplus leafy greens.

As more vegetables and fruits mature over the growing season, we hope to add to the variety and quantity that can be offered each Saturday morning. That is why we are asking that if you (or someone you know) has any extra produce in your garden, we would be most grateful to receive it for the program! Last year, as the season progressed, we received root vegetables (carrots, potatoes, beets etc.) and tree fruits such as apples and plums. It was fantastic.

The best time to drop off your surplus harvest is on Friday mornings, before 11 a.m. The other option is to drop it off on Thursdays, during office hours (10 a.m. to 2 p.m.) and let Catherine in the office know that you are planning to do so (call 780-468-1418 or email officeadmin.spiritofhope@shaw.ca).

Fresh vegetables and fruit are much appreciated by those picking up food. Most weeks, we receive an allocation of surplus food from the Food Bank to which we add protein items (eggs and tuna), bread/bakery items gleaned from local stores and other items specifically purchased or donated. Fresh produce is not a regular component of what we have to offer.

This is a long-standing and vital community service provided by three United Churches in south Edmonton. We continue to meet the needs of approximately 100 households representing more than 400 people, including many children. Spirit of Hope is responsible for providing two teams of volunteers on the second and fourth weekends of each month. Some people are involved in picking up and assembling the food on Friday mornings, and some are involved in packing and distributing the food early on Saturday mornings.

For more information about donating garden vegetables or to volunteer, please contact the church office. The commitment would be once a month for approximately three hours on a Friday from 9:30 a.m. – 12:30 p.m., or on a Saturday from 7:00 – 10:00 a.m.

Thank you!

OUTDOOR WORSHIP SHINES IN AVONMORE PARK

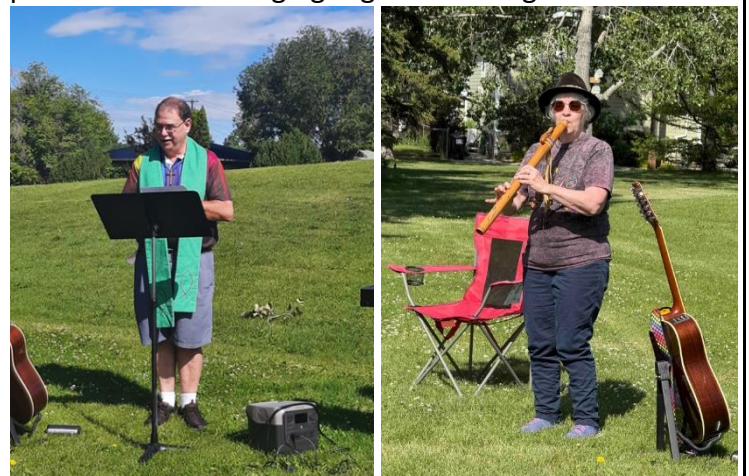
Last Sunday, July 13, was the first of two summer outdoor services to be held by Spirit of Hope in Avonmore Park.



What a picture-perfect day it was, with blue sky and fluffy white clouds, a gentle breeze and just the right temperature!



Thirty-six attended, along with one dog and one cat! Here is a photo of people gathering for the service, with Warren Mack (at the keyboard) and Reverend Blaine (with his guitar) in the foreground. The second picture shows us singing together during the service.



Rev Blaine led the service with Warren Mack on portable keyboard to accompany us singing favourite hymns including "Come, Let Us Sing," "When I needed a Neighbour" and "Deep in Our Hearts." Terry Mack played a beautiful tune "Original Native American Flute Selection" on her resonant wooden flute. Blaine explored the theme of "who is your neighbour" in the context of two foundational commandments in the Old Testament (Leviticus and Deuteronomy) and Jesus' teachings on those.

A big thank you to Roslyn Thomson who was host, and reader for Scripture and Minute for Mission. Roslyn and others brought treats and food to share afterwards. It was a beautiful time together! If you missed the service, you can view it on our YouTube Channel at:

<https://youtube.com/@spiritofhopeunitedchurch791>

We have our second outdoor service coming up right away, on July 20 – with Communion being served. All are welcome!

The location is not hard to find. Avonmore Park is located at 73 Avenue and 79 Street (nine blocks south along 79 Street from Spirit of Hope church).

You can park on either side of 73 Avenue between 81 Street and 79 Street. Then walk towards the open park area and you will find Blaine and Warren set up and ready for you!

We hope to see you there!

PROMOTING EVENTS

There are many simple ways that you can support Spirit of Hope by promoting the many community events and fundraisers.

Even if you aren't able to attend an event you can:



- Share upcoming events with friends and family.
- Take posters or handbills to neighbourhood businesses. Many stores and coffee shops have bulletin boards.
- Follow the Spirit of Hope Facebook page. 'Like' and share upcoming events on your page.
- Request electronic versions of posters from Catherine to share by email.

Posters and handbills for most events are available on the Welcome Desk.

HYMN SELECTIONS

The last Sunday of every month is Celebration Sunday at Spirit of Hope. What would you like to sing during the hymn sing that day, or during an upcoming worship service?



Please put your suggestions in the Favourite Hymn box on the Welcome Desk.

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!

BEING KIND AND CARING FOR OURSELVES AND OTHERS!

Since Covid-19, Respiratory Syncytial Virus (RSV), Influenza and other infectious conditions will always be with us, those who are feeling ill, have recently been exposed to an infection or have significant health issues are encouraged to attend online services and meetings. When food is served in the church, groups are encouraged to use servers or set out food in individual portions.

Masks are available at the Welcome Desk and hand sanitizer is in the Lobby and the 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 practice on Sunday is:

- Bread and juice for communion will be served in individual portions.

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

JULY - SEPTEMBER 2025

Save These Dates!

Sun. July 20 - Outdoor Sunday Worship (Avonmore Park)

Sun. August 3 - Inner City Pastoral Ministry Lunch - 12:00 p.m.

Mon. August 4 - Heritage Day

Mon. September 1 - Labour Day

Sun. September 14 - Jazz and Reflections - 3:30 p.m.

Sat. September 20 - BLT! Breakfast - 8:45 a.m.

Sun. September 21 - Community BBQ and Showcase

Sun. September 28 - Jazz and Reflections - 3:30 p.m.

Tue. September 30 - National Day for Truth and Reconciliation

THIS WEEK AT A GLANCE:
JULY 20TH TO JULY 27TH, 2025

Sun. July 20	10:30 a.m. 2:00 p.m.	Outdoor Worship Service (Avonmore Park - 7920 73 Avenue NW) Private Booking (Gym)
Mon. July 21	7:00 a.m. 6:30 p.m.	Adaptabilities Summer Camp (Lower Hall) ESSC (Dodgeball) (Gym)
Tue. July 22	7:00 a.m. 9:30 a.m.	Adaptabilities Summer Camp (Lower Hall) Stretch and Flex (Sanctuary)
Wed. July 23	7:00 a.m. 1:30 p.m.	Adaptabilities Summer Camp (Lower Hall) Creative Connections (Lobby)
Thu. July 24	7:00 a.m. 7:00 p.m.	Adaptabilities Summer Camp (Lower Hall) Private Booking (Gym)
Fri. July 25	7:00 a.m. 9:00 a.m. 6:00 p.m.	Adaptabilities Summer Camp (Lower Hall) Garneau Strathcona Food Security Program Set Up (Lobby, Gym and Kitchen) pflag (Lower Hall)
Sat. July 26	8:00 a.m.	Garneau Strathcona Food Security Program (Lobby, Gym, and Kitchen)
Sun. July 27	10:30 a.m.	Worship Service (Sanctuary and YouTube) https://youtube.com/@spiritofhopeunitedchurch791

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