



Spirit of Hope United Church

THE SPARK

MARCH 1, 2026



WELCOME TO ALL!

Our Sunday morning worship services are conducted in person, following the protocols listed on page 4. 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!



DAYLIGHT SAVING TIME
Set clocks one hour ahead

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

DOLLARS & DECORATIONS FOR A DIFFERENCE

During the season of Lent, people are invited to help out the Garneau Strathcona Food Security Program (which operates out of Spirit of Hope United on Saturday mornings) by decorating 100 paper bags that will be used for the food hampers to be given out on Easter Weekend.



People are also invited to make financial donations to help fill those bags with good protein items. The goal is to raise \$2000 between now and Palm Sunday (March 29th) - \$20 per bag. Mark your donations (envelope or e-transfer) with "food security."

Youth Empowered Together

Mondays | 4-6pm | 7909 82 Ave NW
Edmonton, AB

Hangouts for Queer and Allied Youth

Free Youth-led Events and Activities

Games, Crafts, Friends, and Food!

Young adults welcome

@yetedmonton yetedmonton@gmail.com



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



NARRATIVE BUDGET DISCUSSION

In preparation for the Annual Meeting, after church on **Sunday, March 8th** (about 11:30 a.m.), there will be an opportunity to understand and discuss the 2025 financial statements and the proposed 2026 budget.

Please bring a bag lunch!

You can also join by Zoom:

<https://us06web.zoom.us/j/86294123712?pwd=HynLluruA4gaiBVBbE8RGIORk8lKgH.1>.



IMAGINE CHILDREN'S RETREAT 2026

Imagine Children's Retreat (ages 8–12) by First Third Ministry offer a fun, welcoming United Church of Canada experience for children and leaders of all backgrounds and family types.

Children explore faith through stories, worship, music, drama, play, and community in a safe, inclusive setting.

Learn more & register:

<https://www.firstthirdministry.ca/imaginechildrensretreat.html>



4B Harm Reduction Society • BGC Bigs • Boyle St. Community Services • City of Edmonton • Coun. Ashley Salvador • CHEW Project • Dreams Gymnastics • Edmonton Women's Support Group • Edmonton Public Library • Edmonton Federation of Community Leagues • Edmonton Police Service • NET • Edmonton Transit Service • George Spady Society • Girl Guides • Kenilworth Youth Group • HERE • Homeward Trust • Impact Martial Arts • The Men's Shed • MLA Marlin Schmidt • Mustard Seed • Nickela Anderson, Ward D trustee • REACH • SAGE • Sahelian YEG (SA Women) • Saadiq Sumar, Ward G trustee • SEESA • SEEC • SECLA • Spirit of Hope United Church • St. David's Welsh Male Voice Choir • Youth Empowered Support Services • Youth Empowered Together • YouCan Youth Services



ANNUAL CONGREGATIONAL MEETING

Everyone interested in the life of Spirit of Hope United Church is invited to attend the Annual Congregational Meeting after church on **Sunday, March 15th** (about 12:00 p.m. (noon)). You can also join by Zoom:

<https://us06web.zoom.us/j/86294123712?pwd=HynLluruA4gaiBVBbE8RGIORk8lKgH.1>.

The 2025 Annual Reports should be available to read and explore by March 1st.



PIE BAKERS NEEDED FOR MARCH 15

On March 15, the Affirm Team would like the congregation to recognize and celebrate PIE Day.

PIE day is officially March 14, and Sunday March 15 is the closest Sunday. PIE stands for Public, Intentional and Explicit. In terms of being an Affirming Ministry it means that we are Public in our support, Intentional about it, and Explicit in our welcoming, acceptance and support for members of the Rainbow Community (LGBTQIAS 2+).

At our Annual Congregational Meeting at coffee time that Sunday, we would like to serve pie in celebration of this day. The Affirm Team will be bringing some pies, but other members of the congregation are invited to bring pie too. If you are a baker we would love to share in your creation, and if you are not but want to help, a store-bought pie will be gratefully accepted too.

Come join in the celebration as we recognize PIE Day and participate in our Annual Congregational Meeting.

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!

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.

NOMINATIONS

SPIRIT OF HOPE LEADERSHIP TEAM

OFFICERS

- Chair (two year term, non-renewable)
- Vice Chair (one year term, non-renewable) or
- Past Chair (one year term, non-renewable)
- Secretary (one year term, renewable)
- Treasurer (one year, renewable)
- Minister (ex officio)

FAITH IN ACTION TEAM LEADS (alternating two year terms, renewable)

- Just & Caring Community (2 positions)
- Learning & Growth (2 positions)
- Worship (2 positions)

CHAIRS & REPRESENTATIVES (appointed by committee annually)

- Board of Trustees
- Communications Committee
- Ministry & Personnel Committee
- Property, Finance & Stewardship Committee
- Northern Spirit Regional Rep

Six positions will need to be filled on the Leadership Team (church board) at the **Annual Congregational Meeting on March 15th, 2026.**

- Vice Chair
- Secretary
- Treasurer
- One Just and Caring Community FIAT Co-lead
- One Learning and Growth FIAT Co-lead
- One Worship FIAT Co-lead

Except for the Vice Chair, current position holders are eligible to be re-nominated.

The Nominations Committee has found people willing to take on each of these positions, but additional nominations are welcome. To express interest or for more information, please contact the church office.

YET'S QUEER TALENT SHOWCASE
And Resource Fair!
 Apply To Perform!
 QR Code
 March 21
 2-5pm
 7909 82 Ave NW



JAZZ & REFLECTIONS

A Sunday afternoon of jazz and spiritual reflection

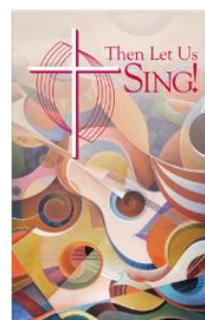
- MAR 29 - PJ PERRY QUARTET
- APR 12 - ALLEN JACOBSON TRIO
- APR 19 - SHELLEY JONES TRIO
- APR 26 - DOUG BERNER TRIO
- MAY 3 - JACOB DO TRIO

Sundays from 3:30 to 5 pm

Admission by donation at the door.
 Refreshments will be served.

Spirit of Hope United Church 7909 82 Ave NW

Then Let Us Sing (TLUS) is a new music resource developed by The United Church of Canada. It includes new hymns that bring us fresh language for God as well as accessible musical styles.



The songs are intended to lift up and prioritize racialized, Indigenous, francophone, and 2SLGBTQIA+ voices, people with disabilities, and people of diverse linguistic communities. Spirit of Hope has begun to include some of the TLUS hymns in worship services.

The words are projected and some copies of the hymns with full music are included in the bulletin. In the near future, a limited number of books will be available at the Sanctuary entrance for use during the service.

An order will be place for additional copies of TLUS on April 10, 2026. If you are interested in purchasing a copy for personal use, or to be donated to Spirit of Hope, please sign up during coffee time by April 9, 2026, or contact Catherine at officeadmin.spiritofhope@shaw.ca to arrange payment of \$30.00 per copy.

THIS IS WHAT WE SAY ABOUT SPIRIT OF HOPE



In January more than 40 of us stayed after church for a great discussion about why we attend Spirit of Hope, what we do to “promote” our community of faith and how we create a sense of welcome. This is part of our 2026 Promotions Grant Project where we will be refining and expanding our efforts to tell our story.

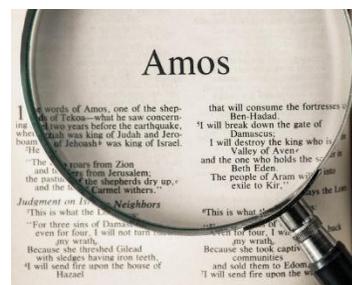
We gathered a wonderful variety of responses! Judy Meintzer has created three colourful summaries. These are posted on a poster that will be at the Welcome Desk and downstairs after worship for you to peruse. Thanks to those who have submitted their ideas on the orange feedback sheets located on the donation table at the back of the Sanctuary and the Welcome Desk. We will be updating these summaries with your input.

Our next steps are to use these responses — as well as input from a community engagement event in April — to craft our messages and information materials about Spirit of Hope.

If you are interested in being involved in this project, please talk with Susan Bramm, Judy Meintzer, or Cathy Martin.

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.**



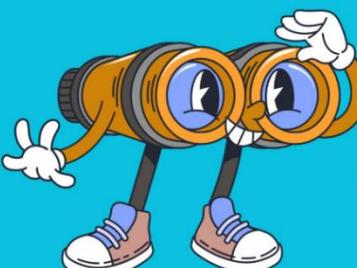
Zoom: <https://us06web.zoom.us/j/86048937851?pwd=dppoit3Y0xobhLke1FM4pxpMjZclLbp.1>

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

PRE-AUTHORIZED REMITTANCES (PAR)

One option for financial givings to the church is to sign up for PAR. This is an automatic monthly payment system, and your offering can be set up to be split between local givings, Mission and Service, and givings to others.

Choosing this option provides valuable stability to the church and helps us all to plan for the future.

It's also very easy! 34 households currently use PAR, and our goal is to spread the word and increase this number every year.

If you'd like to sign up for PAR, please ask for the simple application form at the Welcome Desk in the foyer, or contact Catherine in the Church Office.

For consideration when signing up - the church budgets for 10% of all offerings on average to be designated to Mission and Service, with the remainder covering our local expenses.

Thank you for considering PAR and its benefits!

BROADVIEW MAGAZINE

Spirit of Hope maintains a subscription to *Broadview* for every household in our faith community. This award-winning magazine was founded in 1829 and is an important way to stay connected with the national church, and to explore how faith relates to the issues of the day in our nation and for our world. *Broadview* also produces high-quality digital content and engagement.

If you are able, please consider a special donation to the church of \$30 to cover the cost of your annual subscription.

Indicate "*Broadview*" in a note on the donation.

If you do not currently receive the *Broadview* in the mail but would like to, contact Catherine in the office to ensure your contact info is up to date and ask to be added to the subscription list.

Happy Reading!

A Night with the Knygts!



Join us on May 30th for a night with the Knygts! Step back in time to England in the 14th century. See what daily life was like from how cloth was made, to the arms and armour. Before eating like royalty with a dinner from the Master Cooks of King Richard II. Then see how a knight should be armed, listen to the Canterbury tales and watch two knights dual for glory.

Doors at 4pm with interactive displays
 Dinner at 5:30pm with entertainment to follow

Tickets \$30 / Youth \$20
Tickets on sale April 1st



Spirit of Hope United Church
 7909 Whyte Ave NW
 Phone (780) 468-1418

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.

DID YOU KNOW?

We've been deep greening our building over the past five years. We've experienced great results as we've replaced lightbulbs and installed motion sensor light switches, changed out the windows in the older wing, reinsulated the roof, replaced and weather-stripped doors, and installed water-saving fixtures and water bottle filling stations, new thermostats, a modernized building controls system for the Sanctuary and Lower Hall, a new high-efficiency hot water tank, 4 new high-efficiency furnaces, and a solar array up there on the roof. We have benefited from having wonderful partners in this work - both the United Church of Canada's Faithful Footprints program and the City of Edmonton's Clean Energy Improvement Program.

Taking these actions is aligned with our church creed that calls us to live with respect in creation – reducing our GHG emissions and other environmental impacts. It has also improved comfort and air quality in the building...and saves us money!

This allows our precious resources to be redirected toward the valuable programming and services that we all hold dear.

Congratulations, Spirit of Hope!

Upgrade	Electricity Energy Savings (kWh/yr)	Natural Gas Energy savings (GJ/yr)	Total Energy Savings (ekWh/yr)	Cost Saving (\$/yr)	GHG Reduction (TCO ₂ e/yr)	Measure Lifetime	Lifetime Energy Savings (ekWh)	Lifetime GHG Reduction (TCO ₂ e)
Furnace	1,000	63	18,500	\$500	4	17 yrs	314,600	64
Solar	58,400	-	58,400	\$11,600	28	25 yrs	1,460,000	692
SubTotal	59,400	63	76,900	12,100	32	-	1,774,600	756
Non-CEIP	15,800	142	55,300	\$16,000	15			
Total	75,200	205	132,200	28,100	47			

Save These Dates!

MARCH TO APRIL 2026

- 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.
 - Sat. March 14 - SE Edmonton Community Resource Fair - 1:00 p.m.
 - Sun. March 15 - Spirit of Hope Annual Congregational Meeting and PIE Day - 11:45 a.m.
 - Mon. March 16 - YET Hangout For Youth and Young Adults - 4:00 p.m.
 - Sat. March 21 - YET Queer Talent Showcase and Resource Fair - 2:00 p.m.
 - Mon. March 23 - YET Hangout For Youth and Young Adults - 4:00 p.m.
 - Sun. March 29 - Palm Sunday
 - Sun. March 29 - Jazz and Reflections - 3:30 p.m.
 - Mon. March 30 - YET Hangout For Youth and Young Adults - 4:00 p.m.
-
- Thu. April 2 - Maundy Thursday Potluck Service and Communion - 5:30 p.m.
 - Fri. April 3 - Good Friday Choral Service - 10:30 a.m.
 - Sun. April 5 - Easter Sunrise Service (Emily Murphy Park) - 7:00 a.m.
 - Sun. April 5 - Easter Sunday Worship and Communion 10:30 a.m.

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

Sun. March 1	10:30 a.m.	Worship Service (Sanctuary and YouTube) https://youtube.com/@spiritofhopeunitedchurch791
	4:00 p.m.	Lenten Prayer Service (Sanctuary)
Mon. March 2	4:00 p.m.	YET (Youth Empowered Together) Monday Hangout (Lower Hall, Kitchen, and Gym)
	6:00 p.m.	ESSC (Dodgeball) (Gym)
	6:30 p.m.	Chancel Ringers (Sanctuary)
Tue. March 3	9:30 a.m.	Stretch and Flex (Lower Hall)
	7:00 p.m.	ESSC (Dodgeball) (Gym)
	7:00 p.m.	Tuesday Hymn Sing (Zoom) https://us06web.zoom.us/j/89719672129?pwd=2cbuy2Rjc9r7rFPC0NID8bd5uKKN0V.1
Wed. March 4	1:30 p.m.	Creative Connections (Lobby)
	6:00 p.m.	ESSC (Dodgeball) (Gym)
	6:30 p.m.	Pursuers Toastmasters (Multipurpose Room 2)
	7:00 p.m.	Leadership Team Meeting (Zoom)
Thu. March 5	7:00 p.m.	ESSC (Dodgeball) (Gym)
	7:30 p.m.	Choir (Sanctuary)
Fri. March 6	9:00 a.m.	Garneau Strathcona Food Security Program Set up (Lobby, Gym, Lower Hall, Kitchen)
	6:30 p.m.	pflag (Lower Hall)
Sat. March 7	8:00 a.m.	Garneau Strathcona Food Security Program (Lobby, Gym, Lower Hall, Kitchen)
	11:00 a.m.	Private Event (Lower Hall)
	2:00 p.m.	Jane Austen Society (Sanctuary)
Sun. March 8	10:30 a.m.	Worship Service (Sanctuary and YouTube) https://youtube.com/@spiritofhopeunitedchurch791
	11:30 a.m.	Narrative Budget (Lower Hall))

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