



# Spirit of Hope United Church

# THE SPARK

MAY 31, 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!**

Come as you are!  
You're welcome here.

crafts free! food friends WiFi fun sensory friendly games gym

**Monday Hangouts  
for Queer & Allied Youth  
and Young Adults**

Mondays 4-6 pm  
7909 Whyte (82) Ave

youth empowered together

@yctcdmonton yctcdmonton@gmail.com

This is a non-religious community program planned by queer youth and hosted by Spirit of Hope United Church

## LET'S TALK ABOUT ANXIETY

**Saturday, June 6, 2026, at 11:00 a.m. at Steinhauer United Church**

Facilitated by Helena Green, a Master practitioner in clinical counselling, specializing in anxiety, subconscious limiting beliefs and spirituality. She is the author of the bestselling workbook, 'Anxiety Therapy at Home: Dancing with Your Shadow.'

This informal group for adults offers:

- A bit of theory about anxiety and its causes/dynamics
- A casual time and space to share experiences
- Find out how others cope with worry
- Explore ways to find freedom from excessive anxiety and stress

While confidentiality will be a cornerstone of this gathering, it is not meant to be a therapy session.

## SAD NEWS

Jessie-Eloise Janice Hislop, of Calgary, passed away on May 18, 2026.

A celebration of her life will take place in the church on **June 4, 2026, at 1:00 p.m.** Jessie and her family were active at Knox-Metropolitan United Church.

## SPIRIT OF HOPE UNITED CHURCH OFFICE CLOSED

The Spirit of Hope United Church office will be closed on **Friday, June 5<sup>th</sup>, 2026.**



Office hours resume on **Tuesday, June 9<sup>th</sup>, 2026.**

For pastoral emergencies, please call Rev. Blaine Gregg at **(780) 468-1418 (2).**

**IT'S OUR AFFIRMIVERSARY!**

SUNDAY, JUNE 7  
10:30 AM SPECIAL SERVICE  
11:30 AM POTLUCK TEA PARTY

## AFFIRMIVERSARY

On **June 7<sup>th</sup>, 2026**, we will celebrate our 5th Affirmiversary. The Affirm team will lead the service, followed by a potluck tea party. Join us!



If you are able, please bring a cold finger food item to share, such as sandwiches, cheese and crackers, fruit, or vegetables. The Affirm team will provide a cake to mark the occasion.

Show your Pride, wear rainbow colors, and join the celebration!



### **ENJOYING GODSPELL**

About 15 people enjoyed a viewing of *Godspell* on Sunday May 24, 2026.

Six people joined in a discussion by Zoom that evening. The next scheduled movie will be *Paddington in Peru* on Sunday, June 28, 2026.

This will likely be the final movie afternoon before September.

### **YOUTH COUNCIL OF NORTHERN SPIRIT**

Do you know a high school student who's interested in faith, community, and justice?

Applications for the Youth Council of Northern Spirit are now open to youth age 14-17 (or, entering grades 10-12 in September 2026). The Youth Council of Northern Spirit partners with youth from other regions to build community and grow in leadership. Members meet online during the year and in person at Uncharted – the annual senior youth retreat.

Youth Council Members will also attend the Northern Spirit Regional Gathering (November 10 and 12, 2026).

For more information, contact

[KGuentherTrautwein@united-church.ca](mailto:KGuentherTrautwein@united-church.ca) or

visit [firstthirdministry.ca/youth-council](http://firstthirdministry.ca/youth-council)

**APPLY HERE:**

<https://form.jotform.com/242146880537057>

### **HELP NEEDED: CHURCH OFFICE VOLUNTEERS**



We are looking for volunteers to help cover the church office while Catherine, Spirit of Hope United Church Office Administrator, is away from **Tuesday, July 14 to Tuesday, July 21, 2026**

Office hours are Tuesday to Friday, 10:00 a.m. to 2:00 p.m. Duties include responding to urgent emails and phone calls, along with a few light administrative tasks.

If you are available, even for just one day, please contact the church office.

Thank you for your support!

### **THE TRUSTEES – DID YOU KNOW?**

The Trustees of Spirit of Hope United Church are responsible for the care and stewardship of the church's physical and financial assets. We safeguard, maintain, and oversee the church building, land, and contents, and hold legal title to the property in trust for the congregation.

Our work includes ensuring adequate insurance, overseeing endowments and invested funds, and making sure all property-related decisions comply with the United Church's Model Deed, Northern Spirit Regional Council's requirements, and provincial law.

We report regularly to the Leadership Team and the congregation to ensure transparency, accountability, and faithful stewardship of the resources entrusted to Spirit of Hope.

We are Sandra Hawes (Chair), Reverend Blaine Gregg, Katharine Moore, (Secretary), Ted Aistrope, Lucia Dhliwayo, Kevin Gue, Carol-Ann Lewis, Murray Lindberg, Stewart O'Brien, and Phyllis Verhaar.

### **SUMMER LEARNING AND FUN**

**St. Albert United Church Vacation Bible School, July 27 – 31, 2026 from 9:30 a.m. to 12:00 p.m. (noon)**

Changing the Game: Learning to Live in God's Love, will be a board-game-themed week of FUN with singing, worship, prayer and connection for children from kindergarten to Grade 5. Older students are also invited to join us as volunteers. Registration is now open - cost is \$30 per participant. Check out full details at: [www.stalbertunited.com/vbs](http://www.stalbertunited.com/vbs)

**Family Trip Program, Narrow Lake, AB**

Emberwood is partnering with Edmonton Forest School to offer a family trip program with accommodation for one night (one cabin per family) from August 22-23, 2026. The program is offered on a sliding scale - \$375-\$550, including all meals, programming for children and adults and pre-session playdates (April 19, May 31, June 14, 2026, from 1:30 p.m. - 4:00 p.m.). Transportation to and from Narrow Lake is also available. For full information, email [howdy@emberwood.ca](mailto:howdy@emberwood.ca)

### **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/>

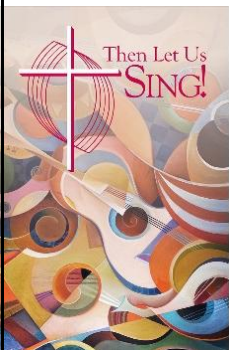
We hope to see you at one of these events soon!

## ALL ABOUT THE SPIRIT OF HOPE COMMUNITY

The Promotions Team needs your assistance. They have developed a short survey to collect information about your perspectives and experiences as part of the Spirit of Hope community.

Thanks to those of you who completed the survey last Sunday. Your responses will help the team in developing messaging to share who we are on the church website and in other promotions.

Copies of the survey are available at the Welcome Desk, or you can complete it at this link:  
<https://forms.gle/MVRcRjvujP5haqBYA>



### THEN LET US SING (TLUS)

Thanks so much to those who donated twenty-seven copies of TLUS to Spirit of Hope. These books will soon be available for people to use during the service. Please let Catherine know if you would like a memorial bookplate place in a book donated by you.

### 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!

### NEW ADDRESS OR PHONE NUMBER?

If you are moving or changing your phone number or e-mail address, please let Catherine in the office know.

Some greeting cards have been returned "moved – no forwarding address" and we would like to stay connected!



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



Find us at [www.spiritofhope.ca](http://www.spiritofhope.ca) or follow 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)

## 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.

### 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.

### **Your generosity makes a difference.**

Scan this QR code to donate to Spirit of Hope United Church through [CanadaHelps.org](http://CanadaHelps.org).



***I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."***  
***- Helen Keller***

# Save These Dates!

Wed. June 3 - Leadership Team Meeting - 7:00 p.m.

Sun. June 7 - Affirmiversary Service - 10:30 a.m.

Sat. June 20

- 3:30 p.m. - Community Pride Fun Fest
- 5:00 p.m. - Community Pride Potluck Supper
- 6:30 p.m. - Community Pride Open Mic

Sun. June 28 - Afternoon Movie - *Paddington in Peru* - 12:30 p.m.

Wed. July 1 - Canada Day

JUNE TO JULY 2026

## THIS WEEK AT A GLANCE: MAY 31<sup>ST</sup> TO JUNE 7<sup>TH</sup>, 2026

Sun. May 31	10:30 a.m.	<b>Worship Service</b> (Sanctuary and YouTube) <a href="https://youtube.com/@spiritofhopeunitedchurch791">https://youtube.com/@spiritofhopeunitedchurch791</a>
Mon. June 1	9:00 a.m. 4:00 p.m. 6:00 p.m. 6:00 p.m.	<b>Private Booking</b> (Sanctuary) <b>YET (Youth Empowered Together)</b> (Lower Hall, Kitchen, and Gym) <b>ESSC (Dodgeball)</b> (Gym) <b>Chancel Ringers End of Year Potluck</b> (Lower Hall and Kitchen)
Tue. June 2	9:30 a.m. 7:00 p.m.	<b>Stretch and Flex</b> (Lower Hall) <b>Tuesday Hymn Sing</b> (Zoom) <a href="https://us06web.zoom.us/j/89719672129?pwd=2cbuy2Rjc9r7rFPC0NID8bd5uKKN0V.1">https://us06web.zoom.us/j/89719672129?pwd=2cbuy2Rjc9r7rFPC0NID8bd5uKKN0V.1</a>
Wed. June 3	9:00 a.m. 1:30 p.m. 6:00 p.m. 6:30 p.m. 7:00 p.m.	<b>Private Booking</b> (Sanctuary) <b>Creative Connections</b> (Lobby) <b>ESSC (Dodgeball)</b> (Gym) <b>Pursuers Toastmasters</b> (Lower Hall) <b>Leadership Team Meeting</b> (Multipurpose Room 2)
Thu. June 4	1:00 p.m. 5:00 p.m.	<b>Memorial Service and Reception – Jessie-Eloise Hislop</b> (Sanctuary, Lower Hall, Kitchen) <b>Youth Empowered Together (YET)</b> (Lower Hall, Kitchen, Gym)
Fri. June 5	9:00 a.m. 9:00 a.m.	<b>SPIRIT OF HOPE UNITED CHURCH OFFICE CLOSED</b> <b>Private Booking</b> (Sanctuary) <b>Garneau Strathcona Food Security Program Set up</b> (Lobby, Gym, Lower Hall, Kitchen)
Sat. June 6	8:00 a.m.	<b>Garneau Strathcona Food Security Program</b> (Lobby, Lower Hall, Kitchen)
Sun. June 7	10:30 a.m. 1:00 p.m.	<b>Worship Service</b> (Sanctuary and YouTube) <a href="https://youtube.com/@spiritofhopeunitedchurch791">https://youtube.com/@spiritofhopeunitedchurch791</a> <b>Private Booking</b> (Sanctuary and 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  
780-468-1418

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

#### CHURCH STAFF

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

Minister Emeritus: Rev. Lloyd Lovatt

Music Director: Warren Mack

Office Administrator: Catherine Evoy

Custodian: Leo Otayde

**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