

“A cheerful heart is good medicine.”

Proverbs 17:22

A little smile: Rev. Martha was preparing pancakes for her young sons when the boys began arguing over who would get the first pancake. Their mother saw the opportunity for a moral lesson. “If Jesus were sitting here,” she told them, “he would say: Let my brother have the first pancake. I can wait.”
The younger boy turned to his brother and said, “You be Jesus.”

Lenten Practices & Help for M&S

During the month of Lent we will provide a daily prayer calendar, Mission Awareness Readings and Special Collection for Mission & Service. Details available at the church.



Secret Pals

Secret Pals may want to send their pal a card on special days, such as New Year’s, Lent, Valentine’s Day, St Patrick’s Day, etc.

Reaching out

Please let Sharon Rowsome know any time someone might appreciate a card; and let Cheryl Mound know if a prayer shawl might be given to anyone in church or community for either celebration or support.

Getting Together

Wool Gatherings Mondays from 10 to 12. Come to an ecumenical fellowship group that visits and works on our own projects. Some sharing of skills and practice yarn available.

All welcome to **UCW Meetings**. Share in worship, learning, fellowship and decisions. Often the first Monday afternoon of the month. See 2025 Calendar with meeting topics in the church hall.

Happy to Have ~ Any Time

The UCW is happy to receive **jars & baskets; yarn** for shawls; **stamps, popcan tabs & eye glasses** for charities.
See the tote at the back of the sanctuary.

Quilt Raffle for Quin-Mo-Lac



Hearts in Log Cabins – Queen-size Quilt is being raffled for Camp. Draw at the June Benefit Tea. You can help by taking a book of tickets to sell or staffing a table in the community. See Cheryl Mound 613 395 0914 cdmound@gmail.com

“Quilts for Camp” Available to view or buy in the Sunday School Room. Thanks to Alfreda Rupert for donating these quilts. Proceeds to Camp Quin-Mo-Lac.
SEE POSTER IN CHURCH HALL.

Used Book & Craft Supplies Sale
Fri Jan 31 – Sat Feb 1 from 10 to 1
Donations Welcome up to January 26.

Used books, puzzles, jewelry, yarn, fabric, sewing ribbon or notions, scrapbooking, card making, baking, pottery, woodworking, kids crafts or other craft supplies of any kind.
Sorry, no magazines, Reader’s Digest, or CDs/DVDs.

Shepherd’s Pies & Chicken Pot pies

make a handy winter supper or gift for a shut in. Made regularly with potato topping and about a half pound of meat in each. 2025 price is \$7 each.

**SOLVE
THESE
PUZZLES?**

**Answers on
Info Centre.**

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