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WHAT'S HAPPENING!

St. Paul's Bloor Street

227 Bloor Street East
Toronto, ON M4W 1C8

Phone: 416-961-8116

Email: mail@stpaulsbloor.org

Office Hours

Monday to Friday
8:30 a.m. to 5 p.m.

Sanctuary Hours

Sundays: 8 a.m. to 12:30 p.m.

Parking

Parking is free on Sunday mornings at the Manulife building located on the north side of Bloor Street at the top of Ted Rogers Way. To gain access to Manulife's parking, press the intercom button and inform the security attendant you are attending a service at St. Paul's.

Charitable Number
119194942RR0001

www.stpaulsbloor.org

 @stpaulsbloor

 stpaulsbloor



Taste and Sing

If you enjoy singing and music you are most welcome to join the choir on **Thursday, February 23 at 6:30 p.m.** to taste some of our music, community and famous muffins!

Singing is a wonderfully energizing activity with numerous benefits to our physical, intellectual and spiritual health. The choir explores what it means to sing fully and to the best of our abilities within a Christian context. We meet each Thursday evening and Sunday morning.

You don't need to read music, though it would help; all that is essential to join the choir is a healthy appetite for singing, enjoyment of community, and perhaps an appetite for a delicious muffin or two.

For more information contact Tom Bell, Music Director, at music@stpaulsbloor.org or ext. 233 or in person after the 11 a.m. service.



Investing in Marriage



By Mark Regis, Associate Priest

This coming June my wife, Ruthia, and I will be celebrating our ten year wedding anniversary. Certainly this will be a day to be treasured and remembered, a marker of years of God's graces working through our stumbles and joys with two great daughters added along the way. What are our plans to mark this occasion? My family and I will head to a quiet village in beautiful rural England, just a few hours north of London where we will be plummeted into the dizzying maelstrom of a wedding rehearsal. My sister-in-law will be married the day following our anniversary. Ruthia is the maid of honour and I will be assisting during the service.

This means that across the Atlantic I have had a hand in recommending marriage resources and giving advice and direction where I can. Having led marriage preparation courses several times, and assisted many couples at various points in their relationship, I recommended to my sister-in-law and her fiancé what I have recommended to dozens of couples. Ruthia and I also experienced it before we were married here at St. Paul's: Alpha's Marriage Course.

The Marriage Course was developed by Nicky and Sila Lee (authors of The Marriage Book) for couples looking for practical support to strengthen their

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relationship. Over seven sessions, the course will help you to:

- Understand each other's needs
- Communicate more effectively
- Grow closer by learning methods to resolve conflict
- Recover from the ways you may have hurt each other
- Recognize how your upbringing affects your relationship
- Improve relationships with parents and in-laws
- Develop or prepare for greater intimacy
- Discover each other's "love language"

This course is based on Christian principles, but is designed for all couples regardless of where they are on their spiritual journey. Each week, in a relaxed environment with great music you'll enjoy dinner provided by our chef, Omari Alonzo. Think of it as a mid-week date, and a chance to catch up on those missed date nights. There will be a practical talk and time for quiet, confidential conversation between you and your partner – no private information will be shared, this is about you and for you.

In our reality of Toronto life, when I ask the question to almost anyone, "how are you doing?" the answer is almost always, "I'm (too) busy!" In the same way, if we are married or preparing for marriage, we can also find our lifestyles prohibitive of investing in quality time with one another. Yet couples find spending that time incredibly valuable for the long-term health of their relationship.

In light of our busy schedules, consider this principle I continue to learn: Once my own schedule was so hectic I couldn't take the time to step away for a period of rest and reflection. A wise mentor then said to me, "Of course you don't have the time. If you had the time, you wouldn't have to take it. You need to carve time out for what truly matters."



The Marriage Course

The Marriage Course is for any couple who would like to invest in their relationship. It runs on Wednesday evenings starting **February 15 until March 29 from 7 p.m. to 9 p.m.**

For more information contact Mark Regis, Associate Priest, at ext. 230 or mregis@stpaulsbloor.org or register online at stpaulsbloor.org/marriage-course.

Pancake Supper

Join us on **Tuesday, February 28 from 6 p.m. to 7:30 p.m.** as we celebrate Shrove Tuesday. Enjoy chef Omari's amazing pancakes (gluten-free available) with maple syrup, bacon and eggs. Entertainment includes live music and childrens' activities. Tickets can be purchased at the door - \$8 per adult and \$6 per child.

For more information contact Janet Earle, Childrens' Minister, at ext. 241 or children@stpaulsbloor.org.



22nd Annual Black History Service

Sunday, February 26 at 4:30 p.m.

Everyone is invited to the 22nd Annual Celebration Service of Black History Month. This year's service will focus on the last 150 years and celebrate the past, present and future of the community. Join us for an evening of praise, song and dance.



coldest
*night
OF THE YEAR

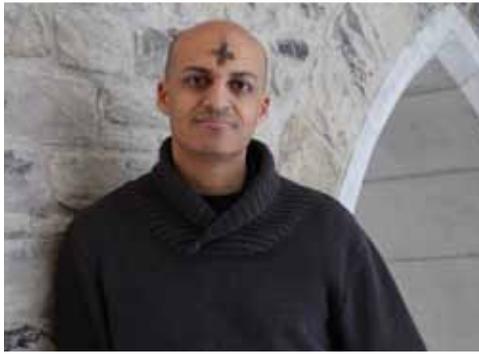
february 25, 2017

Coldest Night Walk

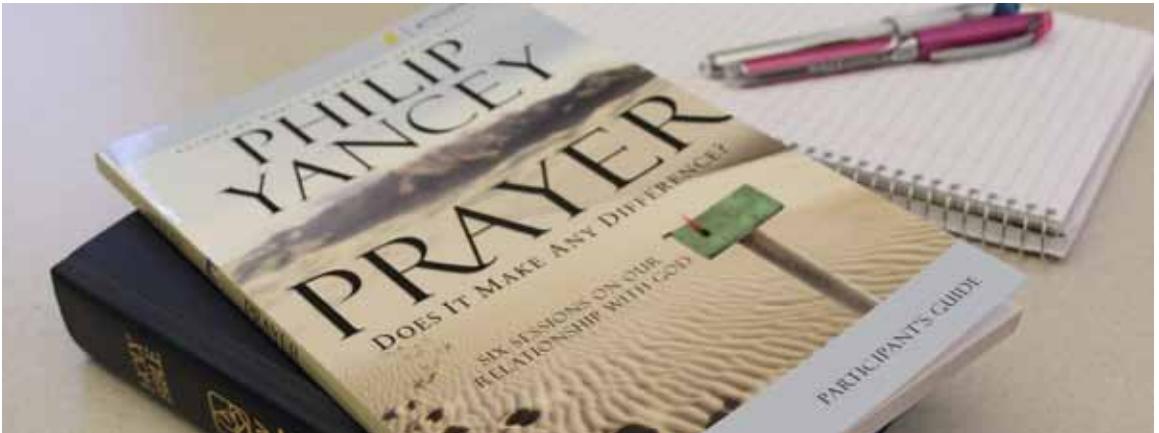
On February 25 members of St. Paul's are walking to bring awareness to the work of the Yonge Street Mission, a local organization we have partnered with that serves the hungry, homeless and hurting in Toronto.

For more information, or to participate,
visit stpaulsbloor.org/coldest-night-walk or contact
Sandra Seaborn, Associate Priest, at ext. 226 or sseaborn@stpaulsbloor.org.

Ash Wednesday



Join us on Ash Wednesday, **March 1** for communion services at 8 a.m., 12:10 p.m. and 7 p.m. This reflective and ancient service begins the 40-day season of Lent. This is a time for personal examination and repentance as we prepare to observe the death and celebrate the resurrection of Jesus at Easter. Ashes are an ancient biblical sign of repentance and will be put on people's foreheads at these services.



Lent at Wednesdays With God

One of our weekly small groups, Wednesdays With God, will be observing the Lenten Season using the DVD series, "Prayer: Does It Make Any Difference?" based on the book by Philip Yancey. Each session includes questions and time for reflection.

Wednesdays starting March 8 to April 12 from 12 p.m. to 1:15 p.m. Lunch is available for \$8. Study guides are available for \$10. Please register in advance to ensure there will be enough study guides and lunch. Everyone is welcome to join!

For more information or to register, contact Shelley Tidy at shelley.tidy@rogers.com or contact the office at 416-961-8116.

What's Happening This Week

Sunday, February 12

Pilgrim: The Commandments - 10:45 a.m. & 12:15 p.m. |
Room 106

Monday, February 13

GriefShare - 5:30 p.m. | *Library*
Prayer Time - 7 p.m. | *Room 7*
ESL Cafe - 7 p.m. | *Sanctuary*

Tuesday, February 14

Winchester Group - 10 a.m. | *Library*
Holy Communion - 12:10 p.m. | *St. Paul's Chapel*
Christian Meditation - 1 p.m. | *Room 206*
The Money Course - 7 p.m. | *Great Hall*
DivorceCare - 7 p.m. | *Library*

Wednesday, February 15

Wednesdays With God - 12:15 p.m. | *Dalton Room*
Alpha Prayer Time - 6 p.m. | *St. Paul's Chapel*
The Marriage Course - 6:30 p.m. | *Cody Hall*
Alpha - 6:30 p.m. | *Great Hall*
Youth Group - 7 p.m. | *Youth Room*

Thursday, February 16

CBS Women's Bible Study - 9:20 a.m. | *Music Room*
Choir Practice - 6:30 p.m. | *Music Room*

Sunday, February 19

Pilgrim: The Commandments - 10:45 a.m. & 12:15 p.m. |
Room 106

Every Sunday

Worship Services

8:15 a.m. | *Chapel of the Good Shepherd*
9:30 a.m. **the bridge** | *Sanctuary*
11 a.m. | *Sanctuary*

Nursery

beginning at 9:15 a.m. | *2nd Floor*

Children's Ministry

9:30 a.m. & 11 a.m. | *2nd Floor*

Youth Group

9:30 a.m. & 11 a.m. | *Youth Room*

Prayer Groups

10:20 a.m. | *Room 7*
10:50 a.m. | *St. Paul's Chapel*

Community Lunch

12:15 p.m. | *Great Hall*

Community Lunch



Hearty Beef Stew
with Garlic Roll - \$8

The Flowers Today

The flowers at the High Table are given to the Glory of God and in loving memory of Charles Kerr given by Susan Kerr.

The flowers in the Chapels are given to the Glory of God and in loving memory of Adele Colthurst.



Next Sunday's Preaching Passage

Numbers 20:1-13

Topic: Moses - Eradicating
Idols