

Parish Weekly Newsletter

January 5th 2025

Parish of West Thunder Bay
Country Warmth in Christ

We are on Facebook! We invite you to "like" us! <http://www.facebook.com/ParishOfWestThunderBay>

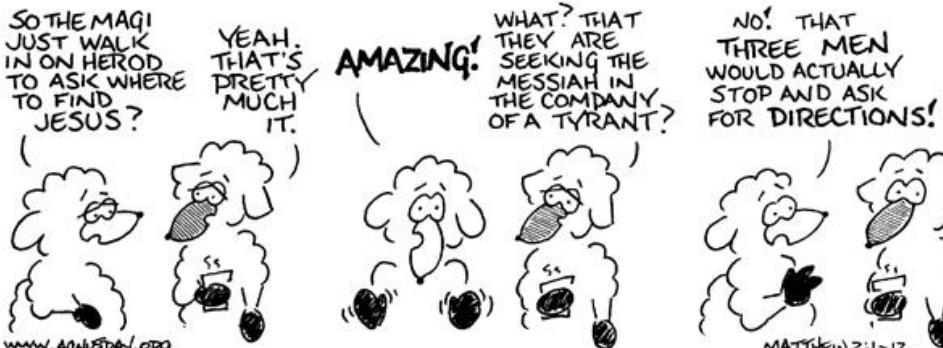
Our Parish Events Calendar is now available on our webpage! www.countrywarmthinchrist.com

I am the servant of the Lord; let it be to me according to his word. Luke 1.38

January 5th 2025

Epiphany of the Lord

Kristen McFarlane
Isaiah 60.1-6
Psalm 72. 1-7, 10-14
Ephesians 3.1-12
Matthew 2.1-12



WE OFFER SPECIAL PRAYERS

Anglican Cycle of Prayer: The Church in Wales

Diocesan Cycle of Prayer: Let us give thanks for all we hold dear: our health, our family and our friends. Let us release our grudges, our anger and our pains, for these are nothing but binding chains. Let us live each day in the most loving ways, the God-conscious way.

Parish Prayer Requests: Andrea & family; Anthony; Artie; Bonnie; Brent; Charles; David; Donna & Keith; Evelyn; Gabe; Gordon & Louise; Jerry & family; Jim & Marilyn; Jo-Anne; John; Karl & Evie; Kathy; Marlene; Marlene & Blair; Natalie; Paul; Ron; Sandy & Dean; Scott, Sharron, Val & Gary

Parish Cycle of Prayer: Bonnie, Ian Perrier, Victoria Williamson; Dennis Perrier; Ken & Patty Perrier; David & Wendy, Alec, Anna Ratz; Doug & Robin Ratz; Karl & Evelyn Ratz; Carolyn Rea & Peter Wassenaar; Kevin & Sabrina, Keyanna, Juliana, Lucia Ree; Charlene Reed; Greg & Rachel, Drake, Kolby Reed

Birthday Blessings To:

Lisa Stephenson (December 27) June Reszitnyk (December 28)

Avery Puksa (December 29) Sandra Allen (December 31) Kristen McFarlane (January 2)

Request forms for a home or hospital visit from Rector Jonathan.

Forms will be available at both churches and you are requested to fill them out, and fold them and place them into the collection plate.

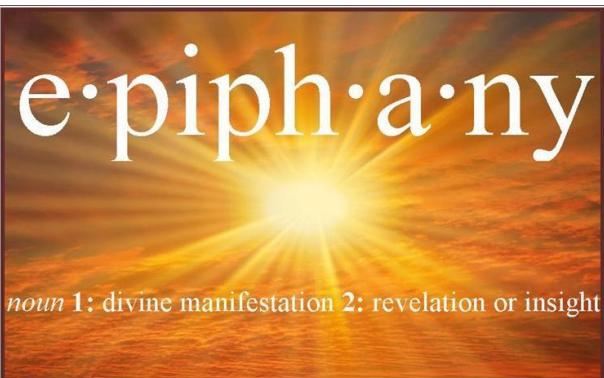
Pews News

A New Year is always time to make resolutions to change or improve.

As a church family, continuing our actions from 2024 is a great way to start! Our ongoing mission is caring for others and we also need to focus on our church members. A phone call, an email, a visit, a text/card/note is a simple way of putting our thoughts into action. Say hi, you are missed, thank you, we all care about you.

There are endless feelings that we can share.

Staying connected with others is beneficial for our hearts. Therefore in 2025, let's all wear our hearts on our sleeves.



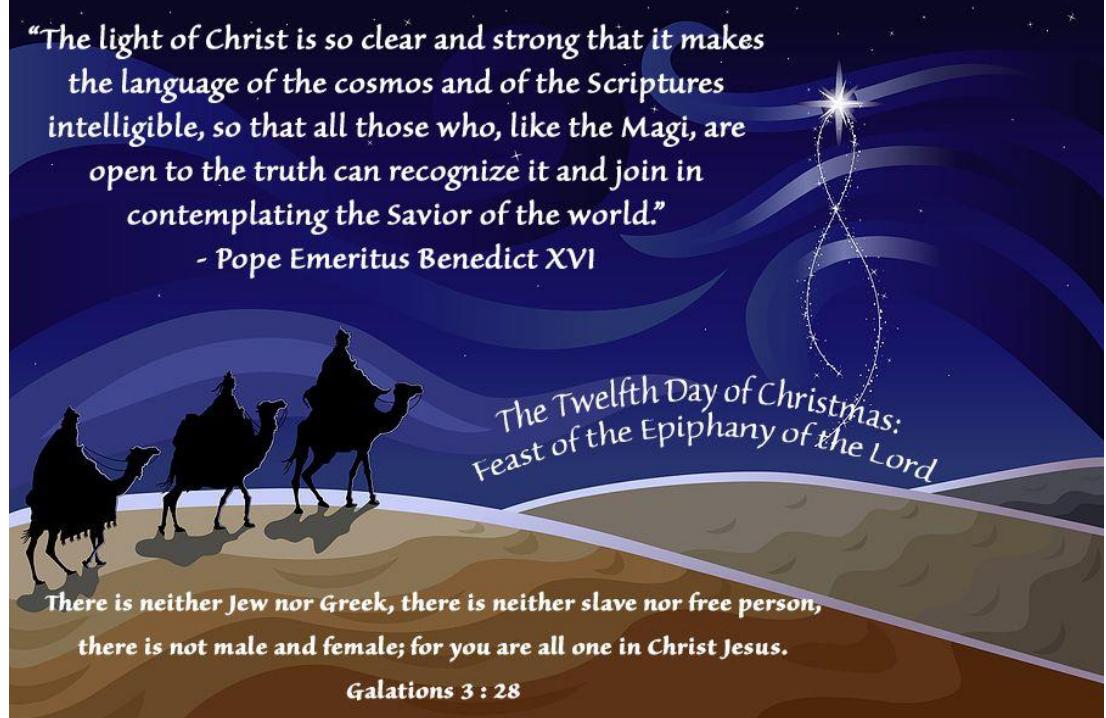
Upcoming Vestry Meetings...

February 2nd 2025 combined service at St Marks,
followed by **Parish** Vestry meeting,
then **St Mark's** vestry meeting
February 16th 2025 (after usual 2 church services)
then **St James** Vestry meeting.

Please send in your committee reports to the office.

parish.secretary@tbaytel.net

Mark your
calendar!



ENERGY TAKERS

Focusing on the past
Inconsistent sleep
Mess and clutter
Sedentary time
Social media
Overworking
Dehydration
Resentment
Screen time
Negativity
Junk food
The news
Alcohol
Stress
Fear



ENERGY GIVERS

Music
Nature
Resting
Sunlight
Positivity
Gratitude
Hydration
Movement
Meditation
Breathwork
Community
Decluttering
Consistent sleep
Eating whole foods
Learning something new

