

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](http://www.countrywarmthinchrist.com)

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

### January 5<sup>th</sup> 2025 Epiphany of the Lord

Kristen McFarlane

Isaiah 60.1-6

Psalms 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 Reszityk (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.

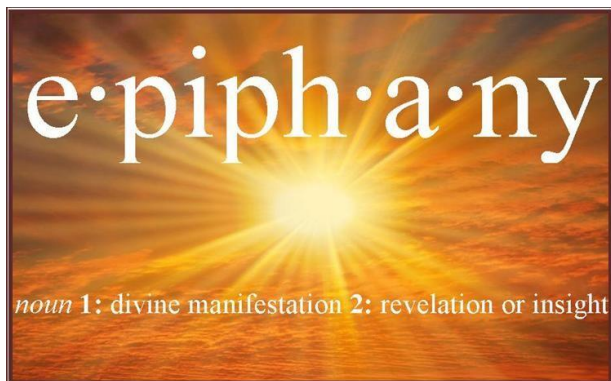
Forms will be available at both churches and you are requested to fill them out, and fold them and place them into the collection plate.

### 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 2<sup>nd</sup> 2025** combined service at St Marks,  
followed by **Parish** Vestry meeting,  
then **St Mark's** vestry meeting  
**February 16<sup>th</sup> 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!

## HAPPY EPIPHANY DAY



"The light of Christ is so clear and strong that it makes  
the language of the cosmos and of the Scriptures  
intelligible, so that all those who, like the Magi, are  
open to the truth can recognize it and join in  
contemplating the Savior of the world."  
- Pope Emeritus Benedict XVI

The Twelfth Day of Christmas:  
Feast of the Epiphany of the Lord

There is neither Jew nor Greek, there is neither slave nor free person,  
there is not male and female; for you are all one in Christ Jesus.

Galatians 3 : 28



JUST  
A LITTLE REMINDER THAT  
YOU DON'T HAVE TO MAKE  
RESOLUTIONS.  
OR HUGE DECISIONS.  
OR BIG PROCLAMATIONS.  
YOU CAN JUST SET SOME  
SWEET INTENTIONS AND  
TAKE EACH DAY AS  
IT COMES.  
~Victoria Erickson

## 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

