

# WHAT'S HAPPENING!

## Is Self-Care a Selfish Idea? p3

**Self-Care**

pray friends  
Jesus health  
Glorify God walk love serve  
listen to music  
meditate Scripture sleep exercise  
1 Corinthians 6:19-20 read  
positive attitude

## What's Inside!



Alpha

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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](mailto: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](http://www.stpaulsbloor.org)

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 stpaulsbloor



## Alpha

**Starts January 18 at 6:30 p.m.**

If you would like to learn more about this person we call Jesus or have questions about life, faith and God join us on Wednesday, January 18 for our next Alpha experience. This is an opportunity to ask questions in a relaxed atmosphere where all questions are valued and received. Come and enjoy a great meal and interesting conversation.

Register online at [stpaulsbloor.org/alpha](http://stpaulsbloor.org/alpha)

## The Money Course



The Money Course is a great place to start learning the skills required to manage your money. It teaches budgeting skills and a simple, cash-based system.

The course is free and designed for everyone - whether unemployed, a student, working, self-employed, retired, newly married or recently divorced.

Join us on Tuesday evenings

**January 31 - February 14 from 7 p.m. to 9 p.m.**

To find out more or to register online, visit [stpaulsbloor.org/money-course](http://stpaulsbloor.org/money-course) or contact Joyce Badley, Executive Pastor, at ext. 229 or [jbadley@stpaulsbloor.org](mailto:jbadley@stpaulsbloor.org).

## Is Self-Care a Selfish Idea?

By Nancy Truscott, Parish Nurse

“He helps little that helps not himself”.

Now that the Christmas season is over, I have started to think about self-care. When looking at self-care, I am not just talking about diet and exercise, as important as those are to your physical health. Self-care is about being well yourself so you can care for others. It's about acknowledging you have needs that need your attention.

Many of us tend to overextend ourselves daily. We often pack our days and find there is no time left for our basic needs. Others take us for granted. They assume we have met our own needs before we turn to serve others. The onus is on us to get this straight.

This leads us to our self practices and our self attitudes. What attitude do you wake up with in the morning? Can you develop a more positive attitude about yourself and the day ahead? Can you turn a negative into a positive?

Were you awake ruminating about a snide remark from a co-worker? Are your enemies multiplying and your friends subtracting? If this is the case, reframe your attitude. You are responsible to do and feel and think as Jesus would have you do. Jesus wants you to love Him as He loves you. This leads to wholesome self-care.

Jesus does not want you to judge your fellow citizen. Matthew says, “Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.” (Matthew 7:1-2)

We need to look at ourselves first before we try to help others: “Why do you see the speck in your neighbour’s eye,

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but do not notice the log in your own eye? Or how can you say to your neighbour, 'Let me take the speck out of your eye,' while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbour's eye." (Matthew 7:3-5)

Taking the log out of our own eyes is part of self-care.

What do you need to correct in your own life to make you ready to serve in the name of Jesus? Ask Him every morning when He awakens you to the next day of your life.

*We have a number of programs and courses deigned to assist you on your journey.  
For more information visit [stpaulsbloor.org/programs-courses](http://stpaulsbloor.org/programs-courses)*



**DivorceCare**  
**Starts January 17 at 7 p.m.**

If you are dealing with the pain of divorce or separation, DivorceCare may help you. This 13-week series takes a biblical approach to divorce to support you through the trials and traumas in the aftermath.

Register online at  
[stpaulsbloor.org/divorcecare](http://stpaulsbloor.org/divorcecare)  
or contact Nancy Truscott, Parish Nurse, at  
[parishnurse@stpaulsbloor.org](mailto:parishnurse@stpaulsbloor.org)  
or ext. 228.



**GriefShare**  
**Starts January 23 at 7 p.m.**

Losing a loved one is a very difficult experience. GriefShare is a series that offers a friendly, caring group of people who will walk alongside you in the grieving process. You don't have to go through it alone.

Register online at  
[stpaulsbloor.org/griefshare](http://stpaulsbloor.org/griefshare)  
or contact Nancy Truscott, Parish Nurse, at  
[parishnurse@stpaulsbloor.org](mailto:parishnurse@stpaulsbloor.org)  
or ext. 228.

## Ministry Fair Today

### Worshipping Together



### Serving the Community



### Learning Together



### Serving Each Other



Walking out of the house in the winter always takes a little longer. Finding and donning the hat, gloves and scarf add time – especially if they were put away wet or somehow “misplaced”. With the longer routine at the door, time at the breakfast table may need adjusting too. January seems to bring inevitable changes to routines.

Small changes and adjustments happen to our church routines as well. If your church rhythm has yet to include serving; if you are new; if you are attending but are not yet engaged in community life – then perhaps the new year is your time to start a new routine.

**Today, January 15**, we are holding a Ministry Fair to help you find where and how you can serve. This is an occasion to explore where you fit and discover how your gifts, talents and passions can serve to strengthen the community as we seek to follow Jesus.

*(continued on page 6)*

Serving opportunities are grouped into four categories: Worshipping Together, Learning Together, Serving Each Other, and Serving the Community. Each area has multiple places and spaces for active participation. Take the opportunity this Sunday to stop by the Ministry Fair tables at the back of the Sanctuary to learn more. Ask others how and why they got involved. Ask what they have learned and when they serve. Perhaps you will find a new way to connect or a new place to belong.

Everyone is uniquely gifted by God. May your gifts shine in the service of His glory.

*"Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality." (Romans 12:10-13)*



## **St. Paul's Organ Recitals**

Join us for our 2017 series of organ recitals. These free one-hour concerts will provide an opportunity to listen to wonderful music and reflect on God.

**January 29 at 3 p.m. - Chris Dawes**

**March 26 at 3 p.m. - Tom Bell**

**April 23 at 3 p.m. - Tom Fitches**

Admission is free and everyone is welcome to attend. For more information contact Tom Bell,

Music Director, at  
**[music@stpaulsbloor.org](mailto:music@stpaulsbloor.org)** or ext. 233.

## Advent Ask: Bikes for Girls

Thank you to everyone who contributed to Advent Ask: Bikes for Girls, whether through prayer or financially. We raised \$27,974! This will be used to provide bikes for 187 girls in Gurgaon, India. Please continue to pray for these girls and their safety as they travel to school on their new bikes.

Here is some of the feedback we received from you:

"What a great idea! I love that St. Paul's looks to help marginalized girls in another part of the world, in addition to serving the needs of people in our community. Thank you for this opportunity."



"I am thrilled that St. Paul's has chosen this program for the Advent Ask. Thank you for supporting young girls."

"Such a great way to support girls' education and other opportunities."

"My Christmas gifts to my three sons and their families."

### The Marriage Course

February 15 - March 29

7 p.m. to 9 p.m.

The Marriage Course is for any couple who wants to invest in their relationship. A strong, loving and lifelong relationship doesn't happen by chance. It takes effort and dedication to keep the fun and romance alive. Everyone can learn how to make even the happiest marriage better.

To learn more or register, visit [stpaulsbloor.org/marriage-course](http://stpaulsbloor.org/marriage-course) or contact Mark Regis, at ext. 230 or [mregis@stpaulsbloor.org](mailto:mregis@stpaulsbloor.org).



## What's Happening This Week

### Sunday, January 15

Ministry Fair - after services | *Back of Sanctuary*  
Pilgrim: The Commandments - 10:45 a.m. & 12:15 p.m. |  
*Room 106*  
Chancel Guild Executive Meeting - 12:30 p.m. |  
*Leadership Lounge*

### Monday, January 16

ESL Cafe - 7 p.m. | *Sanctuary*

### Tuesday, January 17

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

### Wednesday, January 18

Wednesdays With God - 12:15 p.m. | *Dalton Room*  
Alpha - 6:30 p.m. | *Great Hall*  
Youth Group - 7 p.m. | *Youth Room*

### Thursday, January 19

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

### Sunday, January 22

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



Beef Stew - \$5

### Listen Again Online

All Sunday sermons are posted online  
at the beginning of the week.

Visit [stpaulsbloor.org/sermons](http://stpaulsbloor.org/sermons).

## Next Sunday's Preaching Passage

Exodus 14:10-18

Topic: Moses - Standing  
Firm in Trials