

OUR VALUES

Faith/Love of God = BELIEVING

Community/Inclusion = BELONGING

Compassion/Compromise = INVITING

“Our relationship with God and each other strengthens us and helps make the world a better place.”
We welcome and include everyone into our community of faith.

Morning Worship Service @ 10 am



Join Us On YouTube for the Live Stream of Our Worship Service

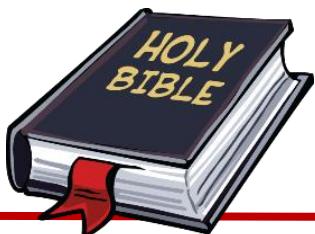
<https://www.youtube.com/@huronshores4193>

Immediately After the Service, Join Us On Our Zoom Chat Link:

<https://us02web.zoom.us/j/83887699257> Meeting ID: 838 8769 9257

Sermon

Let's Get Crazy



Readings

Various New Testament Readings From:
Mark 3:20-35, Mark 1:32-33



Shrove TUESDAY
HURON SHORES
UNITED CHURCH

PANCAKE LUNCH
Pancakes, local maple syrup, sausages and more

TUESDAY, FEBRUARY 17TH, 2026
11:30AM - 1:30PM

25 MAIN STREET, GRAND BEND

Donations Appreciated



Midweek Meditation and Song

Song:

<https://m.youtube.com/watch?v=GOQhGCC4fXI>

THE ROOM IS YOURS by Tauren Wells

Meditation: While God *is* always there, so often we act and think and behave and speak as if we don't believe it - or even consider it. We fight, we argue, we laugh, we play games, watch movies, and do just about everything without even thinking about the implications that *God is in the room*. Even though I pray before my meals, it amazes me how quickly I can slip back into thinking and acting as if the word "amen" is a cursory ending. I've said my obligatory prayer, and now I carry on as if God has passed over us rather than taken up residence among us.

A seventeenth century monk named Brother Lawrence. In the midst of a busy life, re-evaluated his priorities and decided that, more than anything else in the world, he wanted to become more aware of the presence of God. At first, he found it a difficult thing to do—he kept forgetting (like us)—but with practice, he found that God's love made it possible. When he realized it had been awhile since he had thought of God he didn't freak out or obsess over it; he simply acknowledged the lapse, and determine once again to work harder at keeping his focus centered on God's presence in his life. And over time he found that **"the best way of reaching God was by doing ordinary tasks...entirely for the love of God."** In Brother Lawrence's mind, prayer was not quantifiably different than peeling potatoes.

What a great attitude - to take an ordinary, routine moment and make it worshipful: an attitude that could transform doing the dishes, driving to work, sitting through another kid's soccer game....any activity - and use it as moments to remember and adore God.

To remind ourselves, every morning, every noontime, every evening: God is in the room. Tell it to each other, every time we're tempted to yell, or criticize, or ridicule, or even ignore each other: God is in the room.

Tell it to our children and grandchildren, throughout the day: God is in the room. Let's keep telling it to ourselves and to each other until we practice it and live it, until we live and breathe with constant remembrance:

God is in the room.

CALENDAR

KEEP UP TO DATE WITH OUR EVENTS ON OUR WEBSITE

[CALENDAR LINK HERE](#)

| | | | | | | |
|---|--|--|--|--|--|--|
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| <ul style="list-style-type: none"> ● 8am Ageless Vitality Fitness ● 10:15am Prayer Shawls Group ● 2pm Stewardship Meeting | <ul style="list-style-type: none"> ● 9am Polewalking Group ● 10am Coffee Club ● 4pm Rotary Club of Grand Bend M | <ul style="list-style-type: none"> ● 8am Ageless Vitality Fitness ● 9am M&P Meetings ● 1pm Community Bible Study on Zo... ● 3:30pm Huron Shores Singers Reh... | <ul style="list-style-type: none"> ● 8:30am Kitchen Krew ● 2pm Fundraising Meeting | <ul style="list-style-type: none"> ● 8am Ageless Vitality Fitness ● 10am Kitty's Coffee Group | <ul style="list-style-type: none"> ● 9:30am Building Maintenance ● 10am Christian Education Committ... | <ul style="list-style-type: none"> ● 10am WORSHIP |
| 26 | 27 | 28 | 29 | 30 | 31 | Feb 1 |
| <ul style="list-style-type: none"> ● 8am Ageless Vitality Fitness ● 10am 10.00 am Speaker, Susan Bir... ● 3:30pm Stewardship Seminar | <ul style="list-style-type: none"> ● 9am Polewalking Group ● 10am Coffee Club ● 4pm Rotary Board Meeting | <ul style="list-style-type: none"> ● 8am Ageless Vitality Fitness ● 1pm Community Bible Study on Zo... ● 3:30pm Huron Shores Singers Reh... | <ul style="list-style-type: none"> ● 9am Council Meeting | <ul style="list-style-type: none"> ● 8am Ageless Vitality Fitness ● 10am Caring Casseroles and Soup ● 10am Kitty's Coffee Group | <ul style="list-style-type: none"> ● 9:30am Building Maintenance | <ul style="list-style-type: none"> ● 10am WORSHIP |
| MON 26 | TUE 27 | WED 28 | THU 29 | FRI 30 | SAT 31 | SUN Feb 1 |
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GROCERY CARDS

It's a win win for everyone!

We all have to buy groceries and most of us get them at No Frills and Sobeys.

NOW IS A GOOD TIME TO GET IN ON THE HURON SHORES UNITED'S MONTHLY GROCERY CARD PROGRAM

It's a lot easier than you think:

1. Contact Doug Procter dlprocter@hotmail.com for an order form or pick one up from the rack in the hall just outside the sanctuary entrance
2. Choose how much you want to spend on groceries and return it to Doug
3. Pick up your cards and start shopping!

And yes, you still will receive your Scene and Optimum points

This year our church will receive over \$5,500 from this program. The companies give us a rebate for buying the cards in bulk. The rebate percentage amount depends on how many cards we order. This rebate does not affect the value of your grocery cards.

Anyone can join this program so spread the word. Friends, family, neighbours and of course, you!! Contact Doug today dlprocter@hotmail.com.



Connecting, Supporting, Transforming

I'M HERE – LIFE IS JUST DIFFERENT DEMENTIA WORKSHOP

GUEST PRESENTER: JANET KENNEDY

Navigating dementia and Alzheimers can be a challenge ...

With care and a 'listening ear' we can offer a ministry of strength, support, and understanding to our members and their families.

I bring experience in ministry in communities of faith, my involvement for dementia in a hemiplegia lock-down unit, and at the present time, as part of my Ministry in the United Church, I work full time as a chaplain in a retirement village, which includes long-term care.

DATES: (SAME WORKSHOP FOR EACH TIME SLOT)
ARW: FEB 12TH, 2026 TIME: 10AM-11:30AM
HF: FEB 26TH, 2026 TIME: 7-8:30PM
WOW: FEB 19TH, 2026 TIME: 1PM-2:30PM
FREE ZOOM REGISTRATION! (IN LINK BELOW)



WOW Update

As you may know, Peter and Trish Challen have taken on a new role at HSUC as Stewardship and Fundraising Chairs. With this change, Peter has asked to step down from his WOW Representative position and I have agreed to be the new WOW Representative for 2026.

Please join me in thanking Peter for his contributions to and engagement with, the broader United Church as our WOW Representative these past years.

I will try to keep you informed of upcoming events and happenings from the wider region such as the Dementia Workshop listed below. Feel free to ask me if you have questions about WOW Regional Council.

Regards,
Roger Hyatt

To register for this workshop, click on this WOW link and then click on "Dementia Workshop"

[eNewsletter - January 16th, 2026 Western Ontario Waterways Regional Council](#)

FOOD FOR THOUGHT

— No more noise. No more confusion. Just biblical principles and practical wisdom.

- ✓ 1. Eat mostly what God made. **Genesis 9:3** — “Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.” If you can catch it, pick it, grow it, harvest it, or kill it — it’s food. Lean meats, fruits, veggies, grains, nuts. From His hand, not man’s factory. If God made it, it nourishes. If man manufactured it, it destroys.
- ✓ 2. Eat the kind of meat you want to look like. **Proverbs 4:7** — “Wisdom is the principal thing...with all thy getting get understanding.” Want to be lean and strong? Eat lean, strong cuts. Ribeye’s great, but probably not your everyday go-to. Choose with wisdom — not emotion. (And yes, chicken thighs tossed in breadcrumbs are a go-to.)
- ✓ 3. Load up on fruits and veggies. **Genesis 1:29** — “I give you every seed-bearing plant and every tree that has fruit with seed in it. They will be yours for food.” Fruits and veggies are carbs — the good kind. They’re hard to overeat, rich in nutrients, and exactly what your body needs. And this was one of the first things God ever said to man — that’s worth listening to.
- ✓ 4. Keep man-made junk and trigger foods out of the house. **Romans 13:14** — “Make no provision for the flesh, to gratify its desires.” Don’t tempt the flesh. If you struggle with it—don’t keep it. And please don’t say it’s “for the kids.” Why would you feed your children the very things you’re trying to break free from?
- ✓ 5. Move your body daily. **1 Corinthians 6:19–20** — “You are not your own. You were bought at a price. Therefore, honor God with your body.” You don’t need a gym—you just need movement. Walk. Stretch. Lift. Do something that reminds your body it belongs to God. Movement isn’t punishment—it’s praise. Do this 90% of the time and you’ll be: ✓ Honoring His temple ✓ Breaking generational chains ✓ Walking in self-control (Galatians 5:22–23) ✓ Living free of guilt ✓ Fit to serve ✓ Leading your family ✓ Worshiping with every bite. (**1 Corinthians 10:31**)



PRAYERS OF THE PEOPLE

Please let us know if you would like your name included in “Prayers of the People” for Sunday worship. If you have a prayer request that you wish to share with the congregation on Sundays, or just privately with Rev. Nancy Knowles, please send it to: hsucprayers@gmail.com



If you are ever in need of prayer, would like to chat to someone, or would like a visit, please reach out to any one of your **Congregational Visitors**.

Lynne Desjardine

519-238-5220

Peter Challen

519-238-5508

Joanne Barry

226-456-8134

GET IN TOUCH

OFFICE HOURS: Mon -Thurs 9am-12pm

519-238-2402 * 25 Main Street, PO Box 61, Grand Bend, ON N0M 1T0

Website: www.huronshoresunitedchurch.com

Office Administrator: *Christine Wilde* huronshoresunitedchurch@gmail.com 519-238-2402

Minister: *Rev Nancy Knowles* hsucrevnancy@gmail.com

Nancy's In office hours: *Tuesday & Thursday* – Call anytime 519-788-5819

Council Chair: *Deb Gill* john.deb.gill@gmail.com 519-701-6676

Council Vice Chair: *Roger Hyatt* roger.hyatt.1961@gmail.com 519-897-8315

Finance Administrator: *Rhonda Manore* manore@ezlink.ca 519-238-2432

Music Director: *Janice Sinker* huronshoresmusic@gmail.com 519-238-5436

Shorelines: *Christine Wilde* hsucdesign@gmail.com **Website:** *Janna Oud* jannaoud@gmail.com

IMAGE OF THE WEEK

BRRRR...beautiful!



COMMUNITY EVENTS AT HSUC/GBP

Shrove TUESDAY



PANCAKE LUNCH

Pancakes, local maple syrup, sausages and more

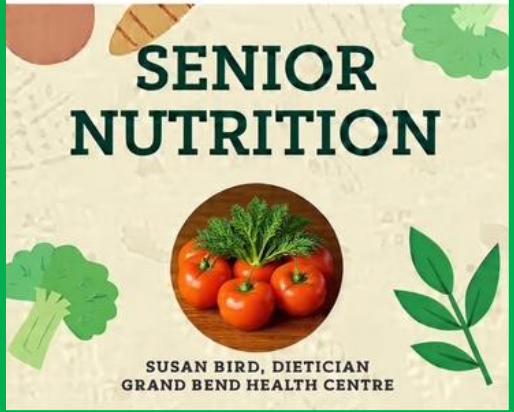
TUESDAY, FEBRUARY 17TH, 2026
11:30AM - 1:30PM
25 MAIN STREET, GRAND BEND
Donations Appreciated

Senior Nutrition by GB Health Unit

Monday, January 26, 2026
10:00 am - 12:00 noon
Huron Shores United Church
25 Main St, Grand Bend

Hosted by Partners In Learning
\$5 donation
Let's eat healthy!

SENIOR NUTRITION



SUSAN BIRD, DIETICIAN
GRAND BEND HEALTH CENTRE

tickets & info
226-213-4811

TICKET WINDOW.ca
events start here



GRAND BEND PLACE
Centre for the Living Arts

TAKE 3 & COMPANY: THE RHYTHMS OF BRASIL
29 MARCH 2026 3pm

FRESH HORSES: GARTH BROOKS TRIBUTE
24 APRIL 2026 7pm

DENISE PELLEY: THE WONDER OF STEVIE
29 MAY 2026 7pm

MAGGIE'S WAKE: CD RELEASE CONCERT
26 JUNE 2026 7pm

SULTANS OF STRING
2 OCTOBER 2026 7pm

THE BEATLES RE-VISITED
13 NOVEMBER 2026 7pm

THE CROONERS & THE BETTYS RETRO CHRISTMAS SPECIAL
6 DECEMBER 2026 3pm



Sunset Cinema presents the film

leonardo dicaprio tom hanks

Goodwill offering gratefully accepted. Thank you!

Frank Abagnale Jr. impersonates a doctor, lawyer, and pilot, and successfully evades law enforcement while relentlessly pursued by FBI agent Carl Hanratty. A witty and thrilling true story. Rated PG-13

Thursday, February 5th, at 7:00 pm
Free Admission Free Popcorn

Grand Bend Place
Centre for the Living Arts
25 Main Street E
Grand Bend



Winter Wellness and Adventures

a 5-part Series



Jan. 12/26: Emergency Preparedness, Jay vanKlinken from Lambton County will talk about information sources during an emergency, and how to be prepared in your home or if you have to shelter elsewhere.

Jan. 26/26: Senior Nutrition, Susan Bird, Dietitian, from the Grand Bend Health Centre will inform us on practical tips you can start using right away to support muscle strength, bone density and cognitive function.

Feb. 9/26: Curling for Your Life, Mike Ash, a 62-year curler, will tell you about curling clubs and why it is Canada's only sport that you can play and enjoy from age 5 to 95 to get physical activity and social engagement.

Feb. 23/26: Churchill MB Polar Bear Expedition Travel Experience & International Polar Bear Day, Our own Fredi Hunter will regale you with everything about Canada's largest land mammal.

Mar. 7/26: Fort Rose Maple Company, A Field Trip.
Saturday
Meet at Fort Rose, 27382 Coldstream Road, Parkhill (about 30 minutes from Grand Bend) at 10:00 am for a delicious brunch and a tour. Cost is \$20 pp and you can car pool at your discretion. See our website for a flyer with detailed directions.

Grand Bend Place
25 Main Street, Grand Bend ON
Mondays 10:00am – 12 noon
\$5 per session
Note exceptions for March 7th.

We'll be waiting for you!
For more information visit:
partnersinlearning.ca
or call: 519-237-3418



UPCOMING EVENTS

Winter/Spring 2026



FEB 26

10-11:30 a.m. Climate Cafe- What We Can Do About Climate Change (Project Drawdown video and conversation). Grand Bend Place

**MARCH
7**

11 a.m. to 1 p.m. Going Solar with John Watson of Bluewater Energy. Port Franks Community Centre, in partnership with Port Franks Garden Club

**APRIL
29**

10-11:30 a.m. Climate Cafe- Sara Mai Chitty on Indigenous Approaches to Climate Action and conversation, Grand Bend Place

MAY 2

9-11:30 a.m. Spring Tree and Plant Sale, Lambton Heritage Museum

For more details and updates about these events, please visit our website
<http://lakeshoreconetwork.ca>

COMMUNITY EVENTS AROUND TOWN


GRAND WOMEN & GRAND MEN PRESENT

Red Cup Games Social

Join us for an exciting evening of fun!



Grand Bend Legion
Wednesday, February 11, 2026
7:00 p.m. to 9:00 p.m.

Some Games You Will Be Playing:

| | |
|------------------|-----------------|
| • Cup Tug of War | • Chin Cup Race |
| • Flip Cup Race | • Stack-a-Cup |
| • Beer Pong | |

Admission at the door is simply a nominal cash donation for our two local Food Pantries at GBACHC & Grand Bend Place, so their pantry volunteer shoppers can make the best use of funds for what is needed most.

Please register:
Lisa@SunsetCommunityFoundation.ca or 519-280-0944



SPECIAL EVENT HOURS:
FEBRUARY 13/14: 10 AM - 4 PM
FEBRUARY 15: 12 PM - 4 PM
FEBRUARY 20/21: 10 AM - 4 PM

SQUARE FOOT SHOW



Join us for an exhibition showcasing original 12" x 12" artworks created by our talented local artists, all available at a single price

63 River Road, Grand Bend, ON



LAMBTON SHORES JOB FAIR



Wednesday February 18th, 2026
2:00pm- 6:00pm
Legacy Recreation Centre, Thomas Hall
16 Allen St, Thedford ON
Free Admission

Learn about local job opportunities and meet directly with employers who are currently hiring for full-time, part-time or seasonal positions.

EMPLOYERS:
Register a table here for no charge:
Questions? Contact:
Natalie Core
ncore@lambtonshores.ca



 THE MUNICIPALITY OF LAMBTON SHORES



SUMMER STAFF APPLICATIONS

Now Accepted For Camp Bimini

First Round ends **SATURDAY FEB 7, 2026 at 12 noon**

<https://campbimini.ca/staff/join-our-team/>

- Paid positions (Counsellor and Program Staff - Age 16+)
- Volunteer Positions (Counsellor-In-Training- Age 15)

Make a difference **Create lifelong friends** **Learn valuable skills** **Fun in the Sun!**