



## South Bay U.C.W.



U.C.W. met at South Bay United Church hall on Wednesday, February 13 at 1:30 p.m.

Maureen Rudd presided in the absence of President Sandra Emlaw, opening with a reading about icicles.

Our theme hymn, purpose and Lord's Prayer followed.

Maureen's devotional was based on Mathew 5, verses 1 to 13, showing the value of salt. It is valuable for preserving foods, adds zest to food, and stands for purity, healing, mouth wash. It was used for sacred rituals and was valued more than gold. Because we are made in God's image, we are considered more precious than gold. Salt, like good deeds are, is meant to be shared. Devotional closed with prayer.

Twelve members wore red and gave suggestions to keep our hearts healthy. Some suggestions were exercise, limit salt, eat dark chocolate, pet an animal, cut down on fats and fried foods.

Thirty-five sick calls were made.

Secretary Carolyn read the January minutes which were approved. A thank you was received for our donation to the Terry Fox Run.

It was announced there will be a presbytery meeting at Eastminster Church in Belleville on Monday, February 25<sup>th</sup> from 9:00 a.m. to 3:00 p.m. Some of our members will attend.

***Ladies, please note we will have our pot-luck lunch in June instead of May as planned. We are having a hospice speaker in June so Carol and Brenda will do lunch for May.***

South Bay Church will host a yard sale on Saturday, May 18<sup>th</sup>.

World Day of Prayer will be held at Salvation Army Citadel on Friday, March 1 at 2:00 p.m. Several of our members will attend.

South Bay Stewards are hosting a St. Patrick's supper on Saturday, March 16<sup>th</sup> with a bake sale by church members starting at 4:00 p.m.

Our collection this month will be donated to the heart and Stroke Foundation.

Our card secretary, Donna, sent several sympathy and get well cards.

Karen Guernsey's program was a reading about what couples share in life entitled *Grouchily Ever After*.

The ladies were then enticed to enjoy a delicious lunch served by Maureen and Karen, and thanked on behalf of the group by Alice.

### Upcoming Events

**Thursday, March 7** – The first meeting of 2013 for milford friendship Circle will be held at Barb Balsillie's at 1:30 p.m. Barb has Thought for the Day; Roll Call – wear green and bring a St. Patrick verse or limerick and we bring items for the food bank for program.

**Wednesday, March 13** – U.C.W. will meet at South bay United Church hall at 1:30 p.m. Devotional – Skip McCormack; Roll Call – bring a thought about St. Patrick and wear green; Program – Alice; Objective – food bank; and this is the month we have **POT LUCK** at 12:00 noon.

**Saturday, May 18** – South bay United Church is holding The Yard Sale of the year> Many exciting articles – something for everyone. Contact George and Diane Underhill if you have a treasure you would like to donate at 613.476.5940.



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