



Sunday, July 16th

Join us for in-person worship on **Sunday, July 16th** at 10:30 a.m. at St. Paul's United Church (11526 — 76 avenue NW) or [click here](#) to join the live-streamed service on the St. Paul's You Tube channel.

This week's message

July 14, 2023

Dear Friends,

We have a lot of gardeners in this congregation. Whether you have houseplants or a massive vegetable or flower garden, you know the importance of soil quality. It needs to be loose, tilled, soft, and full of nutrients. When we spend the nutrients, we have to replace them. Then such soil makes all good things grow. Well, all good things and perhaps a few dandelions ...

Isn't it the same in our own lives? If the soil of our hearts is loose, tilled, soft, and nourished, we are a landing ground for God's goodness to be received and turned into fruit. And when we are spent, we must find ways to re-charge.

Jesus gives a parable about good soil in [this week's reading](#) from the Gospel according to Matthew. He spells out: that the quality of soil *really* matters to all seeds.

Do you have ways of keeping your soil loose and nourished? Do you have a spiritual practice that focuses on gratitude, on forgiveness, on taking sabbath and being renewed? I'd love to hear about it!

See you Sunday at St. Paul's UC where we'll sing and pray together, and explore what Jesus means by "good soil."

Peace,

Valerie

ANNOUNCEMENTS

- Please [click here](#) for this week's Order of Service
- Click [here](#) for this week's Announcements
- Click [here](#) for the summer edition of our newsletter, The Front Pew.