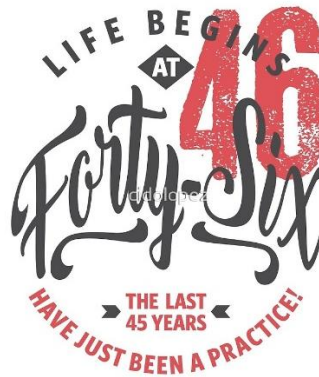


Sharon-Hope This Week –July 17<sup>th</sup>, 2026  
Sharon-Hope United Church  
A vibrant community of faith, hope and love ...  
come and see!

## ***Forty-Six: Living into the Number***

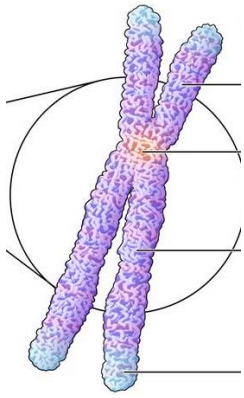


Rev Sadekie

*"God is our refuge and strength, an ever-present help in trouble."* Psalm 46:1

This year I celebrate my **46th birthday**.

Like many birthdays, it has caused me to pause and reflect, not simply on how many years I have lived, but on how I want to live the years ahead. As I considered the number 46, I was surprised to discover that it carries meaning in biology, in numerology, and, most importantly for me, in Scripture.



In **biology**, the number 46 represents the number of chromosomes found in almost every human cell—23 inherited from each parent. Those 46 chromosomes carry the genetic blueprint that makes each of us unique. They tell the story of where we have come from, but they do not determine everything about where we are going. Our DNA may shape us, but it does not limit what Jesus can accomplish through a life surrendered to Him.

Some people find significance in **numerology**, where the number 46 is associated with responsibility, building a meaningful life, serving others, and creating stability through faithful work. While numerology is not the foundation of my faith, I appreciate the reminder that our lives are meant to leave a legacy of purpose, compassion, and service.

#### Psalm 46:1-3

God is our refuge and strength,  
a very present help in trouble.

Therefore we will not fear  
though the earth gives way,  
though the mountains be moved  
into the heart of the sea,  
though its waters roar and foam,  
though the mountains tremble  
at its swelling.

abandoned to Christ.

Yet it is **Psalm 46** that gives this birthday its deepest meaning.

The psalm begins with one of Scripture's greatest assurances: "*God is our refuge and strength, an ever-present help in trouble.*" It does not promise a life free of difficulty. Instead, it promises that whatever comes, God will be present.

The psalm speaks of mountains giving way, waters roaring, and nations in turmoil. It is a picture of life when everything familiar seems to shake. Everything that once seemed stable is suddenly uncertain. Yet in the midst of the chaos, God remains unshaken, in the middle of the chaos comes the quiet invitation: "*Be still, and know that I am God.*"



That is the promise I want to live into at forty-six.

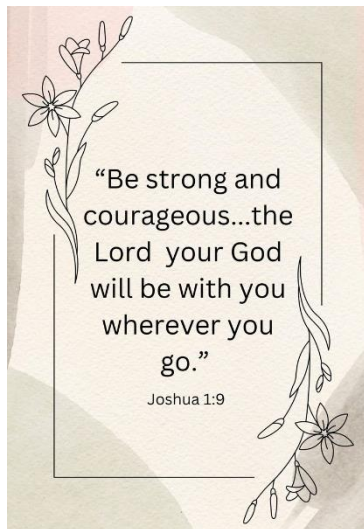
- When obstacles come -through people or in circumstances – I will let God be my guide, leading me around them when there is another path, or giving me the courage to walk through them when there is no way around.
- When my progress feels delayed, resisted, or suppressed, I will trust that God knows the appointed time for release. Closed doors are not the end of the story when God is the One directing the journey. What God intends for my life cannot be permanently hindered by disappointment,

opposition, or delay.

And in all things -whether seasons of celebration or struggle, clarity or uncertainty, God will remain my refuge and my strength. I would like to translate these goals into my life:

- To trust more deeply than I fear.
- To rest more fully than I strive.
- To serve more faithfully than I seek recognition.
- To be still enough to know that God is God.

Every experience has shaped me. Every joy has deepened my gratitude. Every challenge has strengthened my faith. Every setback has reminded me that my security has never rested in my own abilities but in God's faithful presence.



As I celebrate this birthday, my prayer is simple: May this year be marked by wisdom, courage, compassion, and unwavering trust. May I follow wherever God leads, confident that the One who has carried me through the first forty-six years will faithfully guide every step ahead. For the greatest meaning of forty-six is not found in biology or symbolism alone. It is found in this enduring truth:

**God is my refuge and strength, an ever-present help in trouble. And that is more than enough for every year yet to come.**

Perhaps this reflection is not just about my forty-sixth birthday. Perhaps it is an invitation for each of us to consider what this season of life is calling forth. Whatever your age, every year offers an opportunity to live more intentionally.

You may be facing obstacles that seem immovable, delays that have tested your patience, or uncertainties about what lies ahead. Take heart. The same God who has been faithful in your past will be faithful in your future. Trust God to guide you around the obstacles that would distract you, through the trials that will strengthen you, and into the opportunities prepared for you. When your progress feels stalled, wait expectantly for God's timing, for release often comes when we least expect it. **Whatever this season holds, may you discover anew that God is your refuge, your strength, and your ever-present help in every circumstance.**

## Sunday's Message: "Break Time"







©DESIGNALIKIE

Sharon-Hope United Church is delighted to welcome Bill Stephens as our guest musician for Ministry of Music.

His musical achievements include singing as a stalwart member of St. Andrew's Presbyterian choir, as well as leading the bass section in the Newmarket Seniors Keynotes Choir.

A MOMENT OF  
*Hope*

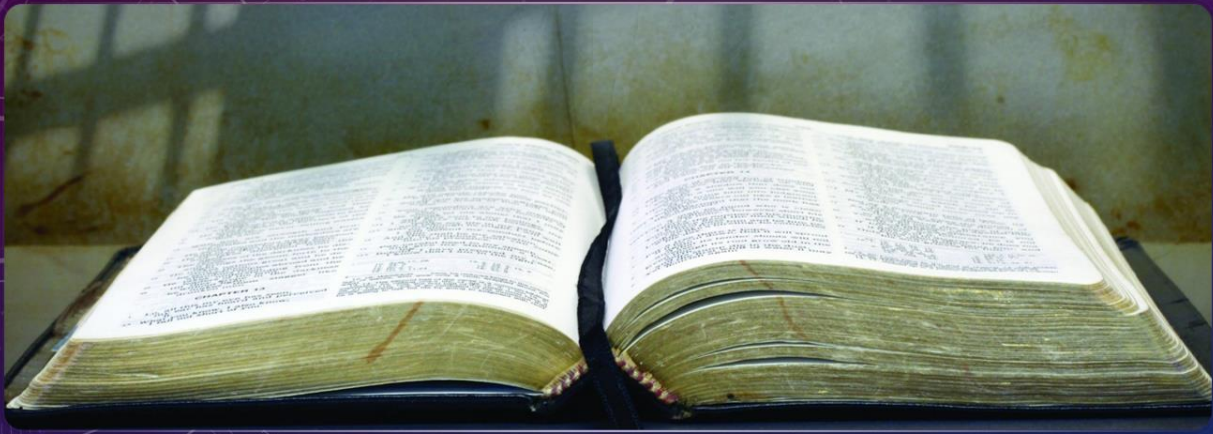
Weekly Online Devotional



**New Videos are Available Every Monday at 6am  
on Facebook & Youtube. Click [Here](#) to see last week's Devotional video**



As WE follow  
after Christ, we  
all can lead one



## LECTIONARY READINGS 2026

ARE YOU INTERESTED IN  
READING THE ONLINE  
VERSION?

WOULD YOU PREFER  
TO PRINT YOUR OWN  
COPY AT HOME?

[Click Here to  
Access the Full  
Series for 2026.](#)

# THANK YOU TO OUR JULY 19<sup>TH</sup> VOLUNTEERS!!

**Greeter**  
Ed

**All**  
Worship Team

**Scripture**  
Worship Team

**Collection**  
ushers

**Coffee Time**  
Audrey & Ginny

**AV team**  
Jim & Tom

Remember to signup outside the kitchen or  
[click here](#)

A red, three-dimensional rectangular sign with the words "ON AIR" in white, bold, sans-serif capital letters. The sign is mounted on a dark, curved base.

**Missed a Service?** Look for it on [Sharon-Hope's YouTube channel](#)  
Watch where you want when you want!



**Did you know ...** You can find the weekly readings for 2026 [here](#)

**Readings July 19<sup>th</sup>...**

Scripture Matthew 13 24-30 36-43



# Lectioary



## LECTIONARY CANCELED

July 16<sup>th</sup>

July 23<sup>rd</sup>

July 30<sup>th</sup>

Will Resume on  
Thursday August 6<sup>th</sup>



## UPCOMING CHANGES

- The Worship Team will lead the services on July 19<sup>th</sup> & July 26<sup>th</sup>..
- No Service on Sunday August 2<sup>nd</sup>  
(*Civic Holiday weekend*)

### **Churches that will be open on August 2<sup>nd</sup>**

- St. James the Apostle (Newmarket)
- Aurora United Church  
(*temporarily located at Trinity Anglican*)





Join us on  
Sunday July 26<sup>th</sup> for a

Coffee House  
Worship Service!!

Located in Harmony Hall

Zoom not available.



CARING CRAFTERS

July 21<sup>st</sup>

Narthex

1-3pm



## SAVE THE DATE!!

Sharon-Hope United Church is excited to welcome "The King Davis Band" an amazing cover band that excels in performing songs from Stevie Wonder, David Bowie, The Beatles, Michael Jackson and many more.

[Check Out their website to watch live performances.](#)

**Friday November 6<sup>th</sup>**  
**7pm**

*Doors open at 6:20pm  
Refreshments will be served during  
intermission.*

**Ticket Sales Coming Soon!!**





Thank you for  
your donations



## CARING CRAFTERS

Check Out Our Library!!

Please remember Only Novels  
can be donated.



## SIGN UP FOR COFFEE TIME!!

Sign Up Sheet  
located outside  
the Kitchen.

The Week at a Glance (See [website calendar](#) for other details)

| Week at a Glance – July 19 <sup>th</sup> to July 25 <sup>th</sup>           |                                    |                                         |                                                |                                                      |                                    |                                                             |
|-----------------------------------------------------------------------------|------------------------------------|-----------------------------------------|------------------------------------------------|------------------------------------------------------|------------------------------------|-------------------------------------------------------------|
| Sunday<br>July 19                                                           | Monday<br>July 20                  | Tuesday<br>July 21                      | Wednesday<br>July 22                           | Thursday<br>July 23                                  | Friday<br>July 24                  | Saturday<br>July 25                                         |
|                                                                             |                                    | Rev Sadekie<br>AWAY                     |                                                | Rev Sadekie<br>AWAY                                  | Rev Sadekie<br>AWAY                | Maple Leaf<br>Men's Choir<br>12:30pm-3:30pm<br>Harmony Hall |
|                                                                             |                                    |                                         |                                                | Lectionary<br>CANCELED                               |                                    |                                                             |
| SHUC Worship<br>10 - 11am<br>Sanctuary or<br><a href="#">Click for ZOOM</a> | KidzCanPlay<br>7am-5pm<br>Building | KidzCanPlay<br>7am-5pm<br>Building      | KidzCanPlay<br>7am-5pm<br>Building             | KidzCanPlay<br>7am-5pm<br>Building                   | KidzCanPlay<br>7am-5pm<br>Building |                                                             |
| Sharon Village<br>Bible Church<br>1 - 5pm<br>Building                       |                                    | Caring Crafters<br>1pm-3pm<br>Narthex   |                                                | SHUC Celebration<br>Choir<br>7pm-9:30pm<br>Sanctuary |                                    |                                                             |
|                                                                             |                                    | York Harmony Chorus<br>6:30pm-10pm Hall | A Cappella York<br>6:30pm-10pm<br>Harmony Hall | Church of Christ<br>7:15pm-9:15pm<br>Hall / Lounge   |                                    | Church of Christ<br>5pm – 9pm<br>Hall / Lounge              |



Pastoral  
CARE

Do you or a friend  
need Pastoral Care?

Do you know how to  
contact Rev Sadekie?



# Do you need to speak with the Minister? Here's how...



1) Leave a confidential voicemail for Rev Sadekie on her private number 905-589-0889.

2) Email/Call the church office, leave your name & phone number and the office will direct the message. 905-478-2231

3) Let your phone tree caller know and they will redirect a message.

You Are Not Alone!

## Community Notices

CHATs, [Community Programs](#)

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United Church of Canada, [Events and Webinars](#) and [e-Newletters](#)

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Shining Waters Regional Council, [Events](#) and [News](#) (including the Current)

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Toronto United Church Council, [Events and Workshops](#)

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### Sharon-Hope United Church

18648 Leslie Street, Sharon, Ontario, L0G 1V0

(905) 478-2231

[sharonhopeuc@gmail.com](mailto:sharonhopeuc@gmail.com)

[www.sharonhopeunitedchurch.ca](http://www.sharonhopeunitedchurch.ca)

Office Hours: Tuesday 10-3pm, Thursday 10-2pm, Friday 10-3pm

Click here to [unsubscribe](#)