



FEBRUARY NEWSLETTER 2024 CEDARWOOD



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February is
Heart & Stroke Awareness
Month



Tickle your Funny Bone!

You ever wonder
how to find a date for Valentines Day?
Its easy, just look at the calendar.



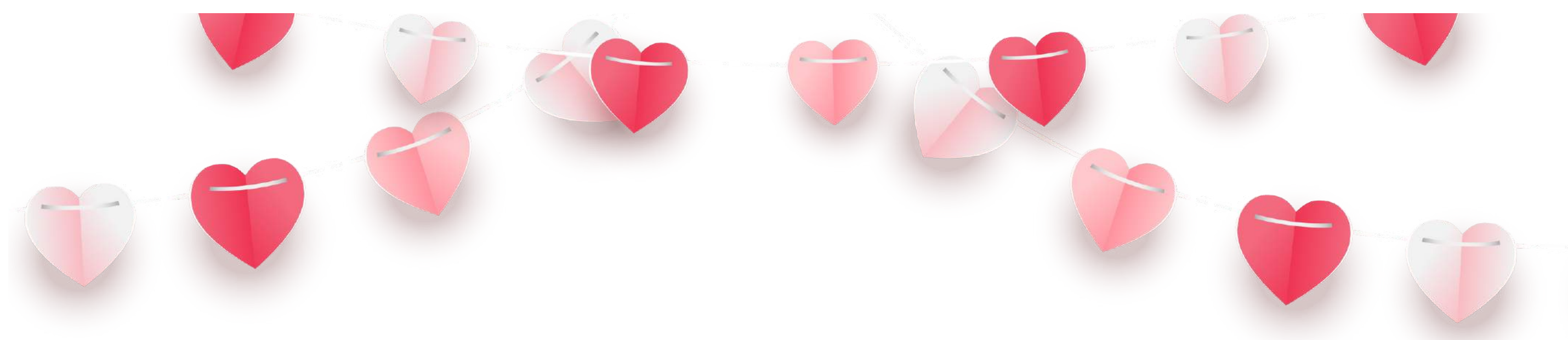
Upcoming Events:

**March 1st - HavenGroup
Foundation
Dessert Evening Fundraiser
Steinbach EMC
7:00 P.M.**

**What do you call two birds in love?
Tweethearts**



**Feb. 2nd - Ground Hog Day
The USA has "Punxsutawney Phil"
but we have "Manitoba Merv".
Will he see his shadow?**



Birthday

**Feb. 12th - Helen Wiebe
Feb. 29th - Christina Putz
Feb. 14th - Agatha Grant
Feb. 25th - Michael Dubchak**

From the Chaplains Desk

When someone tells their story, they share a treasure; when we listen, we give a gift.

Theologian John Swinton shared this thought as part of a spiritual care series, and it made me stop and think—what did he just say?

Conversations we have with people about things like the weather are one thing, but conversations that go deeper and stir up things of the heart are treasures. When we take the time to listen to someone's heart story, we are reaching out to receive a treasure they are holding out for us.

Listening to the stories of others can help people make sense of their world. The telling of a story has power to heal hurts from the past and can help validate struggles and triumphs. This validation takes place when we see that the heart of someone else understands what our heart is trying to say, that someone else “gets it,” and that someone else understands us and supports us.

The Lord is the one who ultimately understands us and the hidden things of the heart. He is the one to whom we can regularly turn. He is the one who also invites us to reach out in support of others.

The Psalmist wrote,

“I love the LORD, for he heard my voice; he heard my cry for mercy.

“Because he turned his ear to me, I will call on him as long as I live.

“Be at rest once more, O my soul, for the Lord has been good to you.”

Psalm 116: 1, 2, 7


Wishing you God's blessing as you rest in him and as you share that rest with others,

Peter Berg, Chaplain



FEBRUARY 2024

CEDARWOOD ACTIVITY

S	M	T	W	T	F	S
				1 BOOKMOBILE LIBRARY 2:00 P.M. BINGO	2 Ground Hog Day	3
4 9:30 A.M. John Hildebrand	5 10:30 A.M. EXERCISE	6	7	8 2:00 P.M. BINGO	9 6:30 P.M. Isaiah 6	10
11 9:30 a.m. EFC 2:00 P.M. Bethaus Youth	12 10:30 A.M. EXERCISE	13 6:30 P.M. Jonathon Penner	14 	15 2:00 P.M. BINGO	16	17 7:00 P.M. FIRST BAPTIST
18 9:30 A.M. KLEEFELD EMC	19 OFFICE CLOSED	20 2:30 P.M. JOE DRAUDE	21	22 2:00 P.M. BINGO	23	24 6:30 P.M. PEACEFUL HARBOUR
25 9:30 A.M. STBH. EMC	26 10:30 A.M. EXERCISE	27	28	29  2:30 PM BIRTHDAY PARTY		

1 Corinthians 13:13
"So now faith, hope, and love abide,
these three; but the greatest of these is LOVE."