

# UCW Reflections

*Cambridge St. United Church UCW Newsletter, January 2026*

## *Hello from Sharon*

Happy New Year!

Here we are beginning another new year. We all know the saying that time flies. Did you find that 2025 passed by rather quickly? Sometimes at the end of a day, I wonder what I accomplished – have I added some measure of value, or have I let the blessing of another day on this beautiful earth slip away from me? When I ask myself that question, two different quotes come to mind. The first is from Michael Altshuler, a motivational speaker, who says “The bad news is time flies. The good news is you're the pilot.” I don't agree that it is bad news that time flies – I think it's just part of life. I do like the idea of being the pilot of how I use my time which to me means living life intentionally with the hopes of accomplishing something meaningful even if it is just a small gesture of kindness. The second quote is one that my husband loved “The time you enjoy wasting is not wasted time.” – that saying hangs on my wall at home. There is some question about who said that originally. It is a great reminder that it is ok to ignore my to-do list, relax and enjoy the day. My personal goal is to find a comfortable middle ground—living in a way that makes a positive difference, while also making space for activities that feel indulgent or restful. Whether it is enjoying a movie, working on a puzzle, chatting with friends, pursuing hobbies, or even taking a short nap, I believe these moments are as valuable as the productive ones.

After the hustle and bustle of the holiday season, I hope you can discover the right balance between piloting your time with intention so that you accomplish whatever is meaningful to you as well as enjoying the simple pleasures that make life enjoyable.

You may recall I mentioned in our last newsletter about how we can give hope through charitable gestures. I am very happy to share with you that because of your generosity at our UCW white elephant collection in December, we provided a family of seven with a joyful Christmas. That family was identified by Reverend Sharon and was deeply appreciative of your kindness.

## *Our Annual General Meeting*

Our January UCW meeting will be our AGM. We will be reviewing our financial statements and presenting a proposed budget for 2026 for your approval.

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## *Introducing Regina Melody*

The UCW recently welcomed Regina as a new UCW member. Regina joined Cambridge Street United early in 2025. You may recall her baptism on Father's Day. Regina shared with me that her 18 year old daughter was also baptized on the same day in Bonnyville, Alberta – a happy coincidence.

Regina was born in Ottawa and raised in the Ottawa Valley. She moved to Lindsay in 2024 looking for new opportunities and a fresh start in life. Regina loves Lindsay and finds people here friendly and accepting.

Regina shared with me that she was first drawn to Cambridge St United after seeing our Pride flag. After chatting Pam, she attended CSU the following Sunday. Part of Rev Sharon's message was about acceptance that day which is of great interest to Regina. After visiting other churches in Lindsay, Regina found our church to be a great fit for her, especially after she was welcomed back with a big hug from Rev Sharon. Regina also shared 2 profound spiritual experiences she had as a child and just recently that led her to become more active at church and in her own personal spiritual journey. Regina enjoys attending UCW meetings to meet new friends and learn more about CSU.

Regina's hobbies include going to the gym and watching older movies and TV shows. Back to the Future is a favourite movie and the 1980's TV show ALF is also a favourite. Regina also enjoys spending time with her 2 dogs – 15 year old Mittens, and the daughter of Mittens who is named Priscilla after the 1994 movie The Adventures of Priscilla, Queen of the Desert.



## *Feedback, Questions?*

Sharing my contact information with you – [shnrtracy@gmail.com](mailto:shnrtracy@gmail.com) or 705 928-6818.