

## KINMOUNT UNITED CHURCH- FEBRUARY 2022 NEWSLETTER

[www.kinmountunitedchurch.com](http://www.kinmountunitedchurch.com)



**NOTE: THERE ARE NO CHURCH SERVICES SCHEDULED AT KUC THIS FEBRUARY.**

### FEBRUARY IS:

- Heart Month
- Black History Month

### IT'S BEEN SAID:

Turn your face to the sun and the shadows fall behind you. - Maori Proverb

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind - Henry James

Though you cannot visit sister Guides in France or Finland, in Austria or Australia, in Italy or Iceland, Canada or Chile, Ghana or Guatemala, USA, or U.A.R., you can reach out to them there in your MIND. And in this unseen, spiritual way you can give them your uplifting sympathy and friendship. Thus do we Guides, of all kinds and of all ages and of all nations, go with the highest and the best towards the spreading of true peace and goodwill on earth - *Window on my Heart, The Autobiography of Olave, Lady Baden-Powell (1973)*

### DID YOU KNOW?

Red roses are for romance and yellow roses are for friendship. White roses are meant to signify peace. Orange roses stand for enthusiasm or passion and pink roses express gratitude.

Pulses with the most protein per 1/2 cup are:

1) Great Northern Beans - 9.7 grams, 2) Lentils - 9 grams, 3) Split Peas - 8.2 grams, 4) Black Beans - 7.6 grams

According to the UN, there are about 44,000 radio stations operating around the globe.

Spending for 2022's Valentine's Day is expected to be \$21.8 billion, according to the National Retail Federation.

The theme for Thinking Day in 2022 will be *Our World, Our Equal Future*.

According to the Canadian Institutes of Health Research, about 1 in 3 students in Canada have reported being bullied.

The 2022 Black History Month Theme is **Black Health and Wellness**

Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

## COMING EVENTS:

Wednesday, February 2<sup>nd</sup>: Groundhog Day

Friday, February 4<sup>th</sup>: World Cancer Day

Sunday, February 6<sup>th</sup>: International Day of Zero Tolerance to Female Genital Mutilation

Monday, February 7<sup>th</sup>: Rose Day

Thursday, February 10<sup>th</sup>: World Pulses Day

Friday, February 11<sup>th</sup>: International Day of Women and Girls in Science

Sunday, February 13<sup>th</sup>: World Radio Day

Sunday, February 13<sup>th</sup>: Super Bowl LVI

Monday, February 14<sup>th</sup>: Valentine's Day

Tuesday, February 15<sup>th</sup>: National Flag Day

Thursday, February 17<sup>th</sup>: Random Acts of Kindness Day

Sunday, February 20<sup>th</sup>: World Day of Social Justice

Monday, February 21<sup>st</sup>: Family Day

Monday, February 21<sup>st</sup>: International Mother Language Day History

Tuesday, February 22<sup>nd</sup>: World Thinking Day

Wednesday, February 23<sup>rd</sup>: Pink Shirt Day

Monday, February 28<sup>th</sup>: Rare Disease Day

