



Feb. 4, 2026

The Strength of Gentleness

Blessed are the meek, for they shall inherit the earth. — Matthew 5:5 (ESV)

Gentleness is not weakness but a sign of strength under control. Today, practice gentleness in your interactions. Show the strength of God's love through your meekness. Your calm and gentle spirit can be a profound witness to others.

Heavenly Father, may my gentleness be a beacon of Your grace, drawing those around me closer to Your love.

GENTLENESS IS STRENGTH UNDER CONTROL

Author unknown

The third "be attitude" in the Bible is found in Matthew 5:6. "Blessed are the meek, for they will inherit the earth." Another translation says, "God blesses those who are GENTLE. The whole earth will belong to them" [emphasis added]. Very important to give both of these translations because often we relate the word "meek" with "weak," but "meek" is actually a synonym for the word "gentle." "The only two people in the Bible who were described as "gentle" were Jesus and Moses. Even though Moses was gentle, we all know that Moses early on had an "anger management" problem. We see God do amazing work in Moses while in the desert Jesus describes Himself as gentle in Matthew 11:29, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and LEARN from me. For I AM GENTLE, and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" [emphasis added]. All throughout Scripture we visibly see "LIVED out LOUD," by Jesus, His gentleness.

Gentleness is a fruit of the Spirit. Galatians 5:22, "But the fruit of the SPIRIT is love, joy, peace, forbearance, kindness, goodness, faithfulness, GENTLENESS, and self-control" [emphasis added]. So what do we learn from what we have read so far? "GENTLENESS IS AN INSIDE JOB!"

Look at the definition of gentleness...strength under control...bottled for God's use. A simple illustration: a wild horse and a tame horse both have the same STRENGTH. The wild one can't be used effectively--no control. But the TAME, gentle horse can be used VERY EFFECTIVELY by its trainer. The Holy Spirit trains us in gentleness. We have to seek God. Listen to Him. Filter everything through Him....and DO WHAT GOD says, not our flesh.

Here are eight benefits from allowing the Holy Spirit to manifest the fruit of the Spirit of gentleness in your life.

1. Gentleness defuses conflict. Proverbs 15:1, "A gentle answer turns away wrath, but a harsh word stirs up anger." So if your boss, or your child, or your parent, or your preacher, yells at you, look at Ecclesiastes 10:4, "If your boss is angry with you don't quit. A quiet GENTLE spirit can overcome even great mistakes" [emphasis added].

Don't own someone else's anger...don't do it!

2. Gentleness disarms critics! Do nothing, say nothing and be nothing and you will never be criticized. The more you do...and be...the more criticism you will incur. So if you want to be and do and live Ephesians 2:10 by being busy fulfilling God's created purpose, then you must live 1 Corinthians 4:13, "We respond GENTLY when evil things are said about us" [emphasis added].

I have also been told if someone hurts you, they are below you. If you get even, you are only even with them. If you respond "GENTLY," it puts you above them in being pleasing to God.

3. Gentleness is persuasive! Proverbs 25:15b, "...GENTLE speech breaks down rigid defenses." Or another translation says, "Patience and GENTLE talk can convince a ruler and overcome ANY problem" [emphasis added on both]. I love this Scripture in Proverbs 16:21, "A wise, mature person is known for understanding. The more pleasant his words, the more PERSUASIVE he is" [emphasis added]. Wow, just wow!! One to tweet: "I am never persuasive when I am abrasive."

4. Gentleness is attractive! Just read the love story of Boaz and Ruth in the Bible and the "gentleness of Boaz". Read 1 Timothy 6:11, "...As a man of God pursue what God approves of Godliness, faith, love, endurance and GENTLENESS" [emphasis added]. And in 1 Peter 3:4 it encourages women to "have a GENTLE AND quiet spirit."

5. Gentleness communicates love. Colossians 3:19, "Husbands love your wives, do not be harsh with them." The opposite of harsh is gentle. In Ephesians 6:4 it teaches to not exasperate your children. In other words, be GENTLE.

6. Gentleness earns respect. Proverbs 11:6, "A woman of GENTLE grace will be respected" [emphasis added]. A good example, Mother Teresa. She was gentle. She could command the world, not with money nor status...nor with appearance...but with GENTLENESS.

7. Gentleness is a witness to unbelievers. To lead others to Christ and fulfill the Great Commission is to "live out loud" in front of others. If people LIKE what they SEE, then they are likely to LISTEN to what you say! Not vice versa!!! Therefore it is very easy for me to be around others who do not believe what I believe biblically, socially, politically or morally. It is my GREATEST OPPORTUNITY for CHRIST to overflow in and out of me...to love, respect, while NOT COMPROMISING what I believe.

The best way I can lead others to Christ is by “loving people where they are while not compromising my actions but allowing my actions to be the light of Christ!” GENTLENESS can only be achieved...as the Holy Spirit flows in these situations.

8. Gentleness makes me like Jesus. As noted above...Jesus said... “I am gentle”.

Ask God this week to help you in three areas:

1. When someone serves me, be understanding, not demanding.
2. When someone disagrees with me, be TENDER without SURRENDER.
3. When someone disappoints you, be GENTLE, not judgmental.

Three great steps...of action...to live out loud and allow the HOLY SPIRIT to manifest Gentleness in your life! Blessings to you and pray for to be more gentle...thus more like Jesus. We are all a work in progress.



Worship Calendar

Feb. 8	TBA	TBA	Pastor Won Hwang
Feb. 15	TBA	TBA	Pastor Tim Connor
Feb. 22	TBA	TBA	Rev. Jan Hieminga
Mar. 1	Seeing Without Hating	Ecclesiastes 7:16-22 Titus 3:1-7	Rev. Eric Lee



NEWS AND ANNOUNCEMENTS

Pancake Supper

Tuesday, Feb. 17th @ 6:00 PM

Free Will Offering gratefully accepted

A sign-up sheet will be on the bulletin board

Everyone is welcome to join us for our famous Down East Pancakes, homemade by our in-house chefs.

Fellowship hour to follow with a Sing-Along led by Susan Chopp

This will be a wonderful opportunity to socialize with you friends as we prepare for the Lenten season.

World Day of Prayer

You are invited to attend the World Day of Prayer meeting at Fellowship Reformed Christian Church on Friday, March 6, at 1:30 PM. The theme is, "I Will Give You Rest" and the host country for whom we will be praying is Nigeria.

Laptops and Tablets Needed

After researching and consulting with the elders of the First Presbyterian Church of Antigua, which Rachael and Pastor Eric visited last March, the mission committee has decided to purchase a laptop and 6-8 months of Wi-Fi for the students of the church, where it will be kept and shared so students can become familiar with this technology.

If you have a laptop or tablet that is in good condition that you'd like to donate, please contact Rachael before mid-March.

The Presbytery of West Toronto team will be bringing the laptop to the church during March break.

Lenten Candle Liturgy Readers

Feb. 22 – Nancy G. & Norma H

Mar. 1 - Georgena E. & Rachael C.

Mar. 8 - Lynne & Al

Mar. 15 – Iris L. & Carol H.

Mar. 22 - Kathy & Bob

Mar. 29 – Harry & Pat

Thank you to the above volunteers. If you have a scheduling conflict. Please let Susan know as soon as possible.

Textile Exhibition

If you need some artistic inspiration, you can visit the Neilsen Park Creative Centre's textile exhibition at the Etobicoke City Centre at the corner of Burnhamthorpe and West Mall. The show is open from 9-4 in the old city hall. The show runs for most of February. Janice Telfer has an item that may give you a chuckle.



Coffee Sign-Up

It is that time of year again when we are looking for volunteers to serve coffee and tea after worship. The sign up sheet is on the bulletin board in the Adamson Lounge.

Feb. 8 – Vi & Rachael

Feb. 15 – Paul & Nancy

Feb. 22 – Harry & Pat

Mar. 15 – Carol & Iris

April – Outreach Team

Thank you to all of you who have given so willingly of your time and efforts. We appreciate you!!



PRAYER REQUESTS AND PASTORAL CARE

- * Pray for the people of war-torn countries who are living in fear and uncertainty. Pray for those close to home who need your special love and guidance during trying times. Pray for our country, Canada.
- * **Jean Ross'** husband **Martin's** aunt (**Ruth Ann Ross**) is in Oakville Trafalgar Hospital with an unknown diagnosis. Jean mentions that she has been praying for her since Sunday but realizes that she cannot do this alone. The power of prayer works. Let us all pray for Ruth Ann.
- * **Shirley Pollock's** daughter **Nancy** who has just had a mastectomy has to have the lymph nodes removed from under her arm followed by possibly chemo and/or radiation. The operation is scheduled for next week.
- * **Joan Kohar Update:** Peter called to say that Joan had been sent home from the hospital on Wednesday evening - so she did not stay overnight. They had not found anything wrong with her that needed hospital intervention. Joan says she feels weak and unsteady, but she is getting regular physiotherapy and hopes that will help.
- * **Also, please keep these people in your prayers:**
Godfrey Miringu's mother-in-law, Paul Mgobo's family, Bob Woolley, Joan and Peter Kohar, Giulietta Ponzini, Ryan Jory, John Thomas, Harold Hussey, Teresia Njoki, Roman and Adrian P., Ed Latimer, Ethel Waite, Debbie Homebrooke and family, Margaret Munene's brother Simon, Lenore Carty, Shelia Thomas' grandson, Carter, the Jarvis family, Olive S.

Please keep these folks, and indeed, everyone in our church family and people around the world, in your prayers.

Note from your editor...could you please advise me from time to time on the status of your loved ones so that updates can be recorded and shared to prove that the power of prayer does work miracles.



UPCOMING EVENTS

- * Tuesdays @ 11:00 AM – Walking Group – All are welcome
- * Thursdays @ 2:00 PM – Worship service at Centennial Park Place
- * Thursday, Feb. 5 @ 9:30 AM – Sing! Etobicoke @ NPCC
- * Sunday, Feb. 15 @ 11:45 AM – Bell Ringers rehearsal
- * Tuesday, Feb. 17 @ 6:00 PM – Pancake Supper
- * Sunday, Mar. 1 @ 10:30 AM – Sacrament of Holy Communion
- * Friday, Mar. 6 @ 1:30 PM – World Day of Prayer at Fellowship Christian Reformed Church
- * Sunday, Mar. 8 @ 11:30 AM – Annual General Meeting
- * Tuesday, Mar. 24 @ 12:00 noon – Lenten Lunch followed by a Lenten Prayer Hour
- * Thursday, Apr. 2 @ 2:00 – 4:00 PM – Stations of the Cross in the sanctuary
- * Friday, Apr. 3 @ 9:30 AM – Hot Cross Buns served before Good Friday service.

Prayer/Reader/Announcements for 2026

	<u>Prayer Roster</u>	<u>Lay Readers</u>	<u>Welcome and Announcements</u>
Feb. 8	Kathy Twynam	Jean Fox	Bob Twynam
Feb. 15	Margaret Munene	Maureen Screen	Kathy Twynam
Feb. 22	Rachael Chen	Margaret Munene	Nancy McPherson
Mar. 1	Pastor Eric	Georgena Engineer	Nancy McPherson
Mar. 8	Halyna Parypa	Bob Twynam	Susan Chopp
Mar. 15	Nancy McPherson	Susan Chopp	Bob Twynam
Mar. 22	Chris Parr	Nancy McPherson	Iris Lee
Mar. 29	Chuka Ikele	Al Bishop	Kathy Twynam



Sing! Etobicoke

To register, please visit: <https://www.neilsonparkcreativecentre.com/event/sing-etobicoke/>
For information, please email: alex@neilsonparkcreativecentre.com or call 416-622-5294.

Sing! Etobicoke, Encore, 2026 Winter Schedule

2026-02-05	9:30 AM	NPCC	Guest Day (with Men Aloud)	W26ASE5
2026-02-12	9:30 AM	GV	Love Me Tender	W26ASE6

2026-02-19	9:30 AM	GV	Singin' in the Rain	W26ASE7
2026-02-26	9:30 AM	GV	Catch a Falling Star	W26ASE8
2026-03-05	9:30 AM	NPCC	Do I ever Cross Your Mind?	W26ASE9
2026-03-12	9:30 AM	NPCC	Here Comes the Sun (Songs of Spring)	W26ASE10

WEEKLY GIGGLE

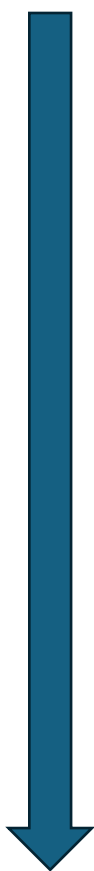


Where to Find Us

Contact Person	Email Address	Phone Number	Role/Note
Susan Chopp	choppertini@hotmail.com	416-953-7582	Weekly News
Pastor Eric	pastor@graceview.ca	416-621-0888 (press #1)	Church related issues
Church Office (Halyna)	office@graceview.ca		Church Secretary

Dr. Glen DeLine	delineglen@gmail.com	905-849-0388	Music Director
Graceview Website	https://graceview.ca/calendar-events		
Facebook Page	Graceview Presbyterian Church		
Instagram Page	https://www.instagram.com/graceview.presbyterian?igsh=MnlpeXE5YTYyN2ly		

February Calendar



february 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Outreach Team Meeting 7:00 PM	3 Walking Group 11:00	4	5 Sing! Etobicoke 9:30 - NPCC Service @ CPP 2:00	6	7
8 Pastor Wan Hwang	9	10 Walking Group 11:00 Craft Club 11:00	11	12 Sing! Etobicoke 9:30 - GV Service @ CPP 2:00	13	14 
15 Pastor Tim Connor Bell Ringers rehearsal	16	17 Walking Group 11:00 Pancake Supper 6:00 PM	18 Ash Wednesday	19 Sing! Etobicoke 9:30 - GV Service @ CPP 2:00	20	21
22 Rev. Jan Hieminga 1 st Sunday in Lent	23	24 Walking Group 11:00	25	26 Sing! Etobicoke 9:30 - GV Service @ CPP 2:00	27	28