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Spectra End Form 4 May 01, 20								
FOR						OMB A	PPROVAL	
	UNITED	STATES SEC	CURITIES A Washington	OMB Number:	3235-0287			
if no lo subject Section Form 4 Form 5 obligat may co	to 16. or Filed pu ions Section 17	MENT OF CH rsuant to Sectio (a) of the Publi 30(h) of th	Expires: Estimated burden hou response	urs per				
(Print or Type	e Responses)							
1. Name and Address of Reporting Person <u>*</u> Dill Julie			bol	d Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer			
			ctra Energy (1 2 3	(Check all applicable)			
(Last) (First) (Middle) 5400 WESTHEIMER COURT			ate of Earliest T nth/Day/Year) 30/2014	ransaction	Director 10% Owner X_ Officer (give title Other (specify below) Chief Communications Officer			
(Street) HOUSTON, TX 77056			Amendment, D d(Month/Day/Yea	-	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)				0 D 011		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, any	3. if Transactio Code	A. Securities A. Securities MAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price	5. Amount of Securities I Beneficially (Owned (f, or Beneficia 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect	
Reminder: Ro	eport on a separate lin	e for each class of	securities bene	information cont required to resp	or indirectly. spond to the collect ained in this form ond unless the for htly valid OMB cor	are not m	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of	
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities	
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)	

number.

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8		Acquired (A Disposed of (Instr. 3, 4, 5)	f (D)				[]
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Shares Esp	<u>(1)</u>	04/30/2014		А		51.9194		(2)	(3)	Common Stock	51.9194

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Dill Julie 5400 WESTHEIMER COURT HOUSTON, TX 77056			Chief Communications Officer				
Signatures							
/s/ Allison McHenry as Attorney Julie Dill	y-in-Fact	for	05/01/2014				
<u>**</u> Signature of Reporting Po	erson		Date				

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

- (1) Converts to Common Stock on a 1-to-1 basis
- (2) Payment upon termination of employment or occurence of other events as specified in the Spectra Energy Corp Executive Savings Plan, subject to holding periods required by law.

(3) Expiration date not applicable

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.