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Spectra Energ Form 4										
February 25, FORM	Л									PPROVAL
	SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMB Number:	3235-0287		
Check this if no long subject to Section 10 Form 4 or Form 5		SECURI	TIES		NERSHIP OF e Act of 1934,	Estimated average burden hours per response				
obligation may conti <i>See</i> Instru 1(b).	Is Section 1'	7(a) of the	Public Ut		ing Com	pany	Act of	f 1935 or Sectio	n	
(Print or Type R	lesponses)									
1. Name and Address of Reporting Person <u>*</u> REDDY J PATRICK			2. Issuer Name and Ticker or Trading Symbol Spectra Energy Corp. [SE]				2	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Check a					k all applicable	e)	
5400 WESTHEIMER COURT			(Month/Day/Year) 02/24/2014					Director 10% Owner X Officer (give title Other (specify below) Chief Financial Officer		
				nendment, Date Original Ionth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 		
HOUSTON,	TX 77056							Person	fore than One Re	eporting
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	ecurit	ies Acq	uired, Disposed of	, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	any		on Date, if Transaction Code		4. Securities Acquired n(A) or Disposed of (D) (Instr. 3, 4 and 5)			SecuritiesIBeneficially0OwnedI	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
				Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	02/24/2014			М	15,200	А	<u>(1)</u>	80,177	D	
Common Stock	02/24/2014			D	15,200	D	\$ 0 (1)	64,977	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	TransactionDerivative Code Securities Acquired		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and A Underlying S (Instr. 3 and 4
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title
LTIP Phantom Stock Grant Feb 2011	(2)	02/24/2014		М		15,200	02/22/2014 <u>(3)</u>	02/22/2014 <u>(4)</u>	Common Stock
Phantom Stock Esp	<u>(5)</u>	02/24/2014		А	15,200		<u>(6)</u>	<u>(7)</u>	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
REDDY J PATRICK 5400 WESTHEIMER COURT HOUSTON, TX 77056			Chief Financial Officer				
Signatures							
/s/Allison McHenry, Attorney-in Reddy	02/25/2014						

**Signature of Reporting Person

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).
- Upon vesting of the Phantom Award shares granted to the reporting person, the reporting person deferred receipt of the shares of common(1) stock into his executive savings plan account. As a result, the reporting person is reporting the disposition of shares of common stock into his executive savings plan.

Date

- (2) Converts to Common Stock on a 1-for-1 basis.
- (3) Grant cliff vests 3 years from date of Grant.
- (4) Expiration date not applicable.
- (5) Converts to Common Stock on a 1-for-1 basis.

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- (6) Payable 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.
- (7) 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.