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REDDY J PATRICK Form 4										
September 02, 2010								OMB A	PPROVA	L
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287	
Check this box if no longer subject to STAT	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF								Expires: January Estimated average	
abligations	Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section								0.5	
may continue. Section 1 See Instruction 1(b).			•	•	y Act of 1		.101			
(Print or Type Responses)										
1. Name and Address of Reporti REDDY J PATRICK	2. Issuer Name and Ticker or Trading Symbol Spectra Energy Corp. [SE]			5. Relationship of Reporting Person(s) to Issuer						
(Last) (First)	(Middle) 3. Date of Earliest Transaction					(Cr	(Check all applicable)			
5400 WESTHEIMER CO	(Month/Day/Year) 08/31/2010			Director 10% Owner X Officer (give title Other (specify below) below) Chief Financial Officer						
(Street)	4. If Amendment, Date Original Filed(Month/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	y Moi	e man One Ke	porting	
(City) (State)	(Zip)	Tab	le I - Non-l	Derivative	Securities A	Acquired, Disposed	l of, a	or Beneficial	lly Owned	1
1.Title of Security (Instr. 3)2. Transaction Da (Month/Day/Yea)	Date, ifTransactionAcquired (A) or CodeCodeDisposed of (D)ay/Year)(Instr. 8)(Instr. 3, 4 and 5)			(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported	For (D) (I)	1	7. Nature Indirect Beneficia Ownershi (Instr. 4)	ıl	
			Code V	Amount	or (D) Price	Transaction(s) (Instr. 3 and 4)				
Reminder: Report on a separate	line for each c	lass of sec	urities bene	Person inform require	ns who restation cont ed to resp ys a curre	or indirectly. spond to the coll tained in this for ond unless the fo ntly valid OMB c	m ar orm	e not	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)

8 E S

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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 Stock Esp	<u>(1)</u>	08/31/2010		А		42.1991		(3)	(2)	Common Stock	42.1991

Reporting Owners

Reporting Owner Name / Address	Relationships								
	Director	10% Owner	Officer	Other					
REDDY J PATRICK 5400 WESTHEIMER COUR HOUSTON, TX 77056			Chief Financial Officer						
Signatures									
/s/Beverly J. Fite, attorney-in-fa Reddy	act for M	r.	09/02/2010						

Explanation of Responses:

**Signature of Reporting Person

- * 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).

Date

- (1) Converts to Common Stock on a 1-for-1 basis.
- (2) Expiration date not applicable.
- (3) 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.

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.