

CLARA'S CORNER

The other day, as I was driving down the Malahat highway, I saw a sign that said construction project to be completed in 2023. My first reaction was: a year? It seems like there is a never-ending construction project somewhere along that highway.

It got me thinking about life and how our faith journey, in many ways, is like the Malahat where you never know what you're going to expect along the way. There are times when the journey is smooth sailing, you can enjoy the view and notice the changing leaves as you drive. There are other times when something unexpected occurs: a washout, a rockslide or an accident that causes a disruption.

You might have to crawl through a construction zone, come to a complete standstill while you wait for something to be cleared away, or you may have to do a complete turnaround or detour taking you on a completely different route.

The challenge of being a part of a church is that we can sometimes think that the church is a static and unchanging place of stability. And when there are disruptions, detours, and changes along the way, we struggle to adjust. It makes us uncomfortable, and we want things to remain the way they are. The truth is, much like the Malahat, our faith journey and our life together as the church are never truly static and are understood as a work in progress. There isn't a clearly defined start and end point that we can rely on. All we know is that God is with us, leading the way through the ongoing transitions as we try to faithfully stay on the path where we find ourselves.

Perhaps one lesson that we take from a drive down the Malahat is to be prepared. When we travel, we make sure that our vehicle is fueled up, we have winter tires when needed, and we have water and snack provisions in the car because we don't know what's going to happen

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along the way. We make every effort to be ready for the unexpected.

So, how can we be prepared for the journey ahead? One way has been the recent focus group discussions. They are an important discernment opportunity to listen deeply to each other and to collectively pay attention as we hear God's hope and desire for us as a parish and for our

CLARA'S CORNER CONT.

community. We prepare ourselves by cultivating and maintaining regular spiritual practices so that we can be grounded in the love of Christ. We try to remain open and flexible to unexpected opportunities and detours that come our way. We practice being nimble and responsive when needed, knowing and trusting that God is with us. We learn to rely on each other and to remember that we need each other in order to do this good work.

What if we were to put up a sign that said, "Under Construction" with the tag line, "A Work in Progress?" In other words, God isn't finished with us yet! What may seem like a detour might be an opportunity for growth and new learnings. Who knows? The pause, the disruption or the change in course might be how we will be led to where God is at work in our world and where we might join God in that work.

A LITTLE LAUGH



"The Lost Supper" (Cartoon by Inherit the Mirth)

UPCOMING SEASON

All Souls Service

Nov 2nd at 11 AM

Each year St. Paul Anglican Church hosts an All Souls service to remember by name all those who have died in the past year.

Advent Retreat

Join us on Saturday, December 3 for an afternoon Advent Retreat.

More information to come.

Regularly Scheduled Worship Services

Morning Prayer:

Monday-Friday 8:30 AM — Zoom *excluding stat holidays

Contemplative Prayer:

Monday nights 7:00 PM — Zoom *excluding stat holidays

11 AM Mid-Week Service—BCP Wednesday — *in person only*

8 AM Holy Communion—BCP Sundays — *in person only*

10:30 AM Holy Eucharist—BAS Sundays — *Livestream & in person*

After-Service Fellowship

Sunday after each service socializing downstairs in the hall

VOCATIONS DAY



What is the role of clergy in the 21st century church?
Who is called to this sacred order?

Join Bishop Anna, along with a panel of speakers each with a unique story to tell about how God called them to ordination and how God has been using them since. Each member of the panel will speak for 12 minutes, with opportunities for questions and comments throughout the day.

When: November 5th 9:30am until 2:30pm.

Where: The UVic Interfaith Centre (Victoria)

REGISTER HERE!

Or call the Synod office at: (250) 386-7781

ONGOING FUNDRAISING

Did you know we have a recycling account with the South End Nanaimo Bottle Depot?

When you bring in any of your empty recyclables to their south end location at 839 Old Victoria Road you can ask for your refund to go directly to St. Paul Anglican Church!

For more information on what items you can bring in, check out the back page of this newsletter!

WARDEN'S REPORT

Hello, everyone, and welcome to Autumn. I'm looking out my window at trees that are changing colour day by day, green giving way to red and gold as summer's heat flies south with the geese. This is my favourite season — in part for the colour, in part for the relief from heat, and in large part because I can feel the approach of Advent, hear its hymns in my imagination, picture the Advent wreaths in my home and in the church.

In her summer report, our People's Warden talked about the outdoor service we shared with St. Philip, Cedar. Since then, the wardens from the two congregations have stayed in touch, meeting regularly to explore new opportunities for learning from each other and simply getting to know one another. The folks at St. Philip have invited our congregation to attend their spaghetti dinner next Friday (October 21) at 6:00 p.m. I'm told that this dinner is always delicious, and I hope that many of us will be able to attend. Tickets are available for \$15 per adult, \$7 per child, or \$40 per family. Contact Lynn at 250-924-4665 to order tickets. Thank you to the St. Philip congregation for their kind invitation.

Much has happened since our last report:

Ven. Clara hosted our annual Blessing of the Animals in the garden.

The Food Card Ministry is going well at the new \$15 rate. Last month we gave out over \$600 in food cards.

Foodshare Nanaimo continues to offer lunch every Monday from 12:00-1:00 in our hall, and the 7/10 Club hosted its Thanksgiving Dinner there. They served over 400 people!

Our focus groups have been meeting both in person and on Zoom. This is a great chance to share your ideas for the future of St. Paul. If you haven't yet signed up for the second session, please do so by contacting the People's Warden, Joy Adams Bauer, at 250-740-1162 or by email at jadamsbauer@stpaulsnanaimo.ca

We have a new server. Nine-year old John has served at the altar twice already. He is doing a wonderful job. And John's brother Alek now serves as an efficient and enthusiastic greeter. Thank you to both John and Alek. In case you missed it - Nanaimo Family Life Association is offering a free seniors' ukulele class on Thursdays from 10:00 to 11:00 here at St. Paul. If you are interested in joining, please call Nanaimo Family Life at (250)754-3331 to register.

Respectfully submitted,

Sandra Leigh Rector's Warden

THE GARDEN PARTY!



St. Paul's garden is an oasis in the City. People walk through on their way to and from work, have lunch or a coffee break on a bench, or walk their dogs.

For some months, the garden has been cared for by volunteers Julia, Gwen, and Sarah. We are grateful that Brian Humber looks after the irrigation system and helps with major pruning. He gave us the happy name of "The Garden Party".

If you'd like to join the party, please contact Julia at jmroberts449@gmail.com

Cheers! Julia

LEARN AS YOU LISTEN TO PWRDF PODCASTS



A Just Generation aims to connect listeners to the stories and lives of people who are making a world of difference. Rooted in the power of story to inspire and transform, A Just Generation is a series of short conversations with people who are challenging norms, allies, educators, and folks working to bring about equity and justice.

LISTEN ONLINE HERE: https://www.buzzsprout.com/1758773



THANK YOUS FROM THE COMMUNITY

Oct 1/aa St. Paulis

My folks have been gently nestled in your garden for twelve thirteen years. Rev. A. Privot afficiated both services. The drawing is by Sylvia Sinclair - a good triend of my mother's ... 'they were both artists. It was done may be sixty years ago.

such a nice Pitte church,

Stephen
one of three sons,
... Ron & Barb White
(my colouring)



MORE THANK YOUS FROM THE COMMUNITY



October 1, 2022

To the good people at St. Paul's (especially Clara, Freeman, Charles, Joy and all the kitchen gang, and everyone I have forgotten).

Thank you so much for the incredible Christian hospitality and welcome you showed the Diocese over the We Together weekend. It was a big effort and a wonderful event.

With every blessing,

+ Anna



St. Paul's Anglican Church

Thank you for your support

Le are so appreciative of our partnership with monday Lunares, facility rentally generous donations to Fastanova Thank you from Staff, volunteers & Board

OUR NEW SERVERS AND GREETERS



Both John and Alek have stepped up to start volunteering with the parish this last month. John has begun work as a server, and Alek is helping Gwen as a Greeter.

This is a great example of what it means to help where we can, and in our own unique way. John and Alek aren't committed to serving or greeting every single Sunday, but by helping out once or twice a month they are still able to make a big impact, meet new faces, connect with their parish family, and continue to grow in their own spiritual formation. — and you can too!

If you would like to follow their example, please contact the parish office to see how you can share your time and talents.



FINANCIAL REPORT TO END OF SEP 2022

Treasurer's September Report

September Summary:

TOTAL	(\$9,359)
Expenses	<u>\$24,270</u>
Income	\$14,911

TOTAL

Year-to-Date Summary:				
Income	\$158,598			
Expenses	\$227,367			
Subtotal	<u>(\$ 68,769)</u>			
'21 Carryover	\$157,393			
TOTAL	\$ 88,624			
YTD Budget Income	\$182,247			
YTD Budget Expenses	\$225,128			
Subtotal	<u>(\$ 42,881)</u>			
'21 Carryover	<u>\$157,393</u>			

September was a difficult month with the monthly loss about \$2,000 higher than how we have been tracking over the course of the year. We have now surpassed the Operating deficit budget that was approved at the end of February by \$21,000.

In September, the overall income was up slightly over August and the expenses were higher as well. The truth is that we are not bringing in nearly enough income to cover the bills.

On a positive note, our Outreach Offerings (PWRDF, Loaves & Fishes, Food Card Ministry and Discretionary Fund) totaled \$1,330 for the month.

Thank you everyone



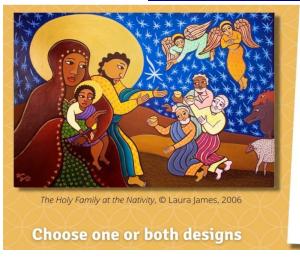
Respectfully submitted, Don Gillett - Treasurer

PWRDF CHRISTMAS CARDS

These beautiful Christmas cards contain the message "Christmas Peace" in Oji-Cree, Inuktituk and the five official languages of the Lambeth Conference of the worldwide Anglican Communion: English, French, Japanese, Spanish and Kiswahili.

Order Cards online: https://pwrdf.org/christmascards2022/

\$118,512





PWRDF REPORT



The Primate's World Relief and Development Fund (PWRDF) is the Anglican Church of Canada's agency for sustainable development and relief. With the support of Anglicans across Canada, PWRDF partners with organizations working to increase healthy pregnancies and births, reduce gender inequality, relieve hunger and break the cycle of poverty in the world's most vulnerable communities. Against a backdrop of climate change, PWRDF strives to address United Nations Sustainable Development Goals for 2030.

WHAT ARE WE DOING?

The St. Paul PWRDF ministry is led by Julie Foster. She has begun a network of people in our parish who are interested in gathering to both pray and act to help support emergency response and PWRDF initiatives.

We will be working to gather donations and do fundraisers to help people learn about the programs and provide emergency response relief. Every one has different interests in emergency response or development. Some interests are climate instability, LGBTQ persecution, food security, and supporting Indigenous peoples, refugees, and immigrants.

I hope with a team we can share PWRDF in the Church and beyond! Youth are welcome! PWRDF has youth programs as well!

WANT MORE INFO? Contact Julie at: fosterdj57@gmail.com

ACW REPORT

The ACW is happy to be meeting again in person in the St Matthew room once a month. Items for the Joy bags were collected and packed at the September meeting. I am happy to report we have over 40 bags to be distributed. This is supposed to be the final year for this activity and the parishes are: in the diocese of Caledonia; Old Massett, Port Edward, Vanderhoof, and combined Fort St. James/Fraser Lake. These items, as well as knitted hats, mittens, sweaters, slippers, blankets and warm sleepers for 12-18 month olds (thanks Lynn and Norma) will go a long way to make many families enjoy the Christmas season. These will be packaged with items from other island ACW groups St. John's Duncan on Tuesday October 25.

We would like to thank all the generous parishioners who have donated money, knitted goods and toiletry items for this worthy cause.

Our elections will take place at our December meeting. Many thanks to the faithful members who have participated in our group so far this vear. Special thanks our Vice-President Amy Fleming, Adams Secretary Joy Bauer. Treasurer, Sue Gueulette, Sunshine card coordinator, Mary Jackson, Devotional leader, Patricia Sheen, Zoom Hostess, Andrea Biener and Prayer leader, Mary Jane McLaughlin for their strong commitment to ACW. Many thanks to Elaine Collison-Baker, Amy Fleming, Yvonne Oliver, Donna-Lee Criss and Carol Shaw and anv other

volunteers for the beautiful knitted items they have donated. Thanks also to Rev. Clara for ordering the church calendars. They will be available for purchase at church and at the Marketplace. Please check the church bulletin for the details.

On Sunday November 21 (the last Sunday before the first day of Advent) we wear white ribbons in honour of the 16 Days of Activism Against Gender-based Violence. Ribbons are worn from Nov. 25-Dec. 10th. Those who wear ribbons pledge never to commit, condone, or remain silent about violence against women and girls. There is a busy month ahead.

Most members of the ACW are busy planning and preparing for the in-person Marketplace this November. Mark your calendar for Saturday November 26th! You won't want to miss the baking, Christmas decor, luncheon and silent auction. Please help spread the word about this significant fundraiser to help St. Paul's.

The ACW always welcomes new members. Please contact Joy Adams Bauer or Marilyn Browning if you would like to participate.

Blessings this Thanksgiving,

Marilyn ACW President



When Autumn Leaves Begin to Fall

By Kathleen Higham

When autumn leaves begin to fall I think of Him most of all Colors bursting with the sun Rays shine down on everyone.

There is a leafy autumn smell I walk on softness where they fell Floating gently to the ground Touching down without a sound.

Animals are scurrying to and fro Instinctively the creatures know The leaves scattered everywhere Beautifies a place once bare.

Rising up to the bluest sky
A tree looks down, creaks a sigh
Nestled in her hollowed place
Life will wait through winter's race.

When the trees at last have shed Sturdy branches though not dead Beneath the earth roots hold tight Tall and stately through the night.

When autumn leaves begin to fall The Father orchestrates it all Blooms in waiting seem to say He is coming back someday.

Again dressed in a formal gown Branches filled and hanging down See the miracle of God once more Birds leap from her branch to soar.

Here I stand in wonder of this A soft wind blows to me a kiss My spirit tells my mind to hush Peace abounds in Christ for us.

The seasons change, come and go But this is what I truly know When autumn leaves begin to fall I think of Him most of all.

(By Kathleen Higham)

WE TOGETHER CONFERENCE

Did you know we live in a special ecological region called Cascadia? The We Together Conference shared fascinating information about what it means to live as disciples in one of the most secular regions in North America. We about the historical learned hijacking of the Anglican faith for the political and cultural (and terribly misguided) Anglo-Saxon priorities, and learned about how we can bond with our secular brothers and sisters in our community over a profound connection to God's creation. This unique predilection to finding spirituality in nature is part of what makes our Cascadia region special!

Didn't make it to the Conference?

The Diocese has publicly posted the keynote speakers here:

Jillian Harris, a knowledge holder, Elder and former Chief of the Penelakut Tribe:

https://vimeo.com/758520653

Rachel Brown. Rachel is the program coordinator at the Centre for Studies in Religion and Society at the University of Victoria:

https://vimeo.com/759174211



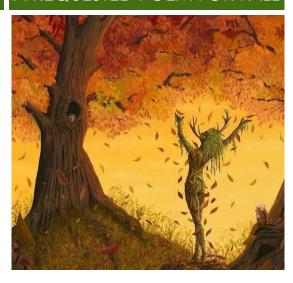
Closing sermon:

John Thatamanil, our diocesan theologian. John is a comparative theologian and professor of theology at Union Theological Seminary.

https://vimeo.com/759245961



A REQUESTED POEM FOR FALL



HELLO SEPTEMBER

And so begins the season of letting go, when Mother Nature shows us all, how it's done.

Let go, free yourself, shake it off, drop it,

give way for the new.

Create space for new thoughts, new ideas,

new adventures and new connections, by shedding the dead weight you've been carrying around,

for so long.

And whilst you are there, being reborn and renewed,

let go of old anxieties too.

Let go of any doubts, fears or beliefs which no longer serve you well.

Release bitterness or past hurts which feast on your beauty.

Be brave,

Don't fear the nakedness as your leaves slip away.

Mother Nature doesn't, watch and learn.

Poem by Donna Ashworth Art by Martin Eager Runique

THE CHURCH IN THANKSGIVING

Thank you to everyone who donated towards decorating the Church for Thanksgiving, and thank you to our Altar Guild giving their time and talent in decorating. It is beautiful!







CHOIR CALL OUT!

The St. Paul Choir has officially restarted for fall!

All are welcome! Whether you can read music or not, have sung before or are just exploring your voice for the first time —we welcome you to join us.

The Choir meets every Saturday from 10 AM—12noon in the Church in preparation for the following Sunday service.

For more information contact our Music Director Chuck at: charlesharman555@hotmail.com



BLESSING OF THE ANIMALS

Thank you to everyone who brought their beloved pets for the 2022 Blessing of the Animals.

It was a wonderful service filled with many welcomed pats and fuzzy snuggles.

Thank you to Ann and Terry Watkins for taking some snapshots! You can see photos of the service in the bottom right hand corner on the next page!

We look forward to seeing you again next year!

COMMUNITY BUILDING

In September our parish was invited to attend a local non-profit expo hosted by the city, wherein we would have a booth with our parish information in order to showcase our facilities, and network with other non-profits.

Unfortunately we were unable to secure parish volunteers to staff the booth and had to decline. However, since then our parish administrator Alicia has been working behind the scenes to foster community relationships with our downtown neighbours. Last month the newly revitalized Downtown **Business** Association hosted a public Safety Summit in our hall.

During the booking process Alicia had the opportunity to share our ministry vision with the coordinators, who are excited about dedication to fostering our relationships with our downtown neighbours. Alicia happens to have recently completed some research at VIU on the current climate of non-profit collaboration in Nanaimo, and so she represented our parish at the Summit, offering a keynote presentation on the broader themes of partnership in Nanaimo, and how our parish is here to support our neighbours as a hub of collaboration in the downtown core.



This relationship has blossomed, with our parish now sitting on the Chamber of Commerce's Non-Profit Task Force as a faith voice. Alicia has been attending these monthly meetings as a volunteer, working to build new outfacing connections with other non-profit organisations and community leaders.



She also represented our parish at the Chamber of Commerce's Reverse Town Hall meeting, where a number large of non-profit invited organisations were network with each other, and share with the potential electoral candidates what their concerns, hopes, and 'asks' were for the future of our community. From this meeting we have been able to raise our profile in the community, which has led to our parish presence at other important dialogues on the future of Nanaimo's downtown.

This work has brought us to now being invited to join both the Nanaimo Downtown Business Association, as well as the Chamber of Commerce. These relationships tie together not only our vision for walking in service to community, but also concretely how we can utilize our building to meet With community needs. new relationships, initiatives, and collaborations come new bookings,

and a heightened awareness of exactly what our space can offer. By profile raising our in the community, we are able to share how we can best serve, help, and collaborate with other people who share our vision. We call it being disciples—the hands of Christ in the world. They call it 'social service' for those in need. Either way, we are both learning that we are stronger together, as we join hands to raise up our community.

PHOTOS OF THE BLESSING OF THE ANIMALS





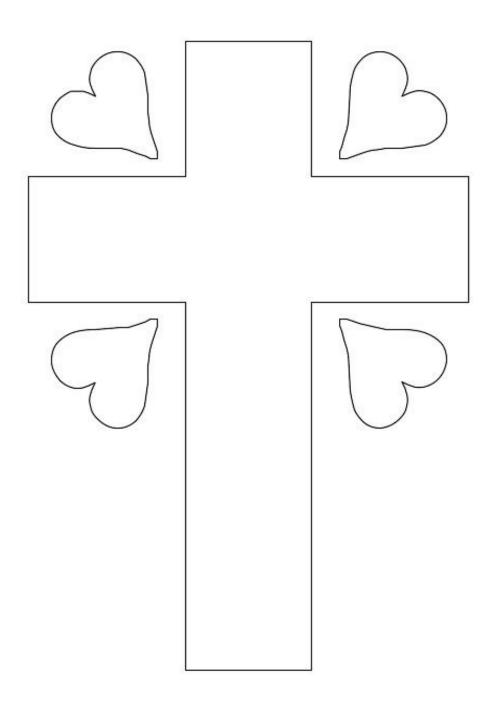


PUMPKIN CARVING?

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven." - Matthew 5:16

Are you carving Pumpkins this year? Here's a carving template based in Matthew 5:16! Let's let our light shine!

Simply print the page, cut it out, and trace it onto your pumpkin. Carve your pumpkin, and <u>submit your photo for the next Contact!</u>





What's up at the 2022 Christmas Marketplace?

Here comes the Christmas Marketplace! Saturday, November 26 from 11:00 am to 2 pm in our Centre for Ministry. There will be displays of various items for sale, plus the Silent Auction, and our legendary delicious lunch served by our legendary waiters!

COME AND ENJOY!

The Sitent Auction

(Located in the Main Hall)
This stall welcomes your bids on items ranging from Gift Certificates to Meals to Children's items, and a number of other specialty items.

The Auction will be open for bids between 11:00 am and 12:30 pm. If you cannot stay for the whole time, speak to one of the conveners and let us know your maximum bid. We will keep an eye on your item for you.

How can you help?

Donations of any of the above mentioned would be welcome. Items must be NEW and in their original wrapping.

Deadline for items is November 13.

Convener is Sue Gueulette
at 250-758-6674

Assisted by Bobbi Ackerman &
Marilynne Mark

The Craft stall

(Located in the St. Luke Room)
This is another great place to shop for gifts!
The Craft Stall features all manner of hand
made items,

from socks and mitts to wooden toys. It is always a joy to see all the talents we have in our parish family.

How can you help?

Knitting, crocheting, and sewing baby sets, socks, mitts, hats,
children's and adult sweaters
afghans, place mats
novelty items, doll clothes
wooden toys
and whatever else you like to create.
Convener is Marilyn Browning
at 250-585-6857

What's up at the 2022 Christmas Marketplace?

The Christmas stall

(Located in the St. Luke Room)
This is our seasonal stall where you can
find decorations
for your home or office (or both!)

How can you help?

We need NEW good quality
tree ornaments
seasonal decorative items
Do come and visit our Christmas
fairyland!
Convener is Yvonne Oliver
at 250-754-8614

Florals & Door Swags

(Located in the St. Luke Room) We will be taking orders for Christmas Floral arrangements, and door swags.

Door swags are a decorated evergreen bouquets that hang on your door.

Created by Kathy McRae.

Stems will be delivered to your home closer to Christmas.

Convener is Joanne Bevis at 250 585 7944

Home Baking Table

(Located in the St. Matthew Room)

This ever popular stall features baking and treats from the kitchens of our parishioners.

It is also often one of the first to sell out! If you have special dietary needs, check with one of the staff, and they can direct you to our special section.

How can you help?

We need donations of all manner of baking:
Pies Breads, Fruit loaves, Cookies &
Shortbread, Christmas cakes/puddings,
Gluten and/or sugar free items, etc.
Convener is Rhonda Lehman
at 250-754-3291

Turkey Pies by Carol

(Located in the St. Matthew Room)
Don't know what to have for supper tonight?

Come and buy a few of Carol's delicious cooked fresh-then-frozen turkey pies.

Just \$6 for a 5.5 inch pie!!!
Preorder forms in the parish office.
Order deadline Nov 13
Carol Shaw directly at 250-758-2795.

What's up at the 2022 Christmas Marketplace!

Jams, Jelly, & Preserves

(Located in the St. Matthew Room)
This has been one of our most popular stalls, and often sells right out!
Come and stock up on a variety of home made preserved items. They make great gifts!

How can you help?

Bring us donations of the following:
Jams, Fruit Jellies, Preserves of all kinds
(fruits, vegetables etc.), Lemon Curd, and
your specialties!
Convener is Hilda Andrews
at 250-758-8800

Lucious Lunch

(Located in the Main Hall)
Lunch is served by our fabulous team
of waiters.

There are 3 sittings 11:30 am; 12:15 am; 1:00 pm

Tickets are \$15 each, available at the door from the parking lot.



Turkey Sandwich, Soup or Salad or Vegetarian Quiche, Soup or Salad

Delicious dessert and Beverage Tea, Coffee, or Mulled Cider

Children's Lunch \$5.00

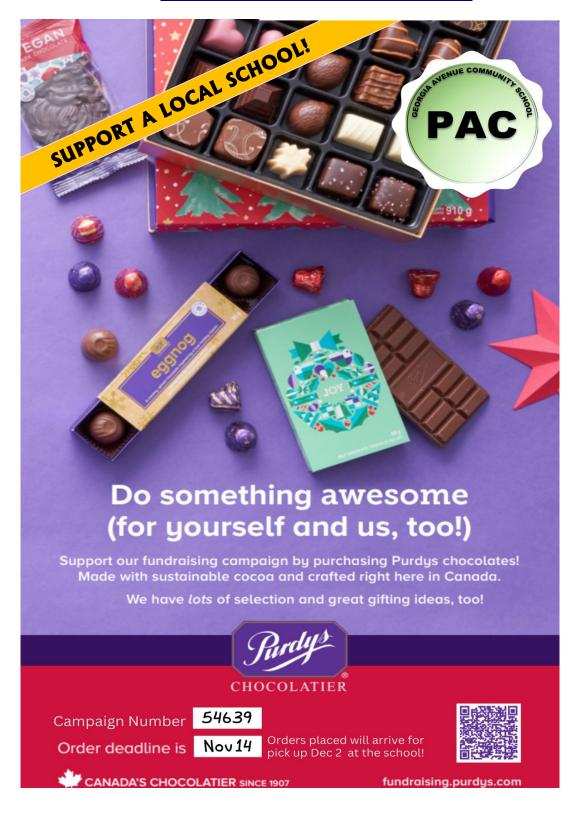
Beverage & Dessert \$5.00 (available after 12:30)

Convener is Kathy McRae at 250-758-4311

SUPPORTING A LOCAL INNER CITY SCHOOL

Do you love Christmas Chocolate? Do you love childhood literacy? Our littlest parishioners John and Alek are fundraising for their school Georgia Avenue Community School in Harewood. The school is hosting a Purdy's chocolate fundraiser to improve their school library. Chocolates will arrive December 2nd and Alicia (mom) will be taking orders during fellowship hour each Sunday through to Nov 13th.

You can also order online here: https://fundraising.purdys.com/1191000-96833 Deadline to order: Nov 14.



CONTINUTED FROM PAGE 2 — ONGOING RECYCLING FUNDRAISER

Please see page 2 of the newsletter for full details on our parish's Bottle Depot Fundraising account.

READY-TO-DRINK BEVERAGE CONTAINERS INCLUDED IN THE RETURN-IT SYSTEM.





GLASS BOTTLES

The everyday glass juice and beverage bottles as well as wine, spirits, imported beer, and coolers. Tinted and clear.

BAG-IN-A-BOX

Large 'bags' of wine in a cardboard carton, usually with a spigot for in-fridge use. Both the bag and the box must be returned.

POLYCOAT CONTAINERS

Aseptic drink boxes and coated "gable top" drink cartons.

POUCHES

Laminated juice pouches with a small membrane for inserting a straw.

Instructions:	Instructions:	Instructions:	Instructions:
RINSE LEAVE LABEL ON TAKE CAPS OFF*	LEAVE BAG IN BOX	RINSE LEAVE CAP ON PUSH STRAW IN	EMPTY CONTENTS PUSH STRAW IN









ALUMINUM

The most commonly used individual serving container.

METAL CANS

Any metal container other than aluminum ranging from small single serve tins to large tomato and apple juice cans.

PLASTIC BOTTLES

The familiar plastic soft drink and water bottles including coolers and some spirits. Containers may be clear or coloured.

OTHER PLASTIC JUGS AND CUPS

Clear or tinted, opaque plastic, and vinyl containers.

Instructions:	Instructions:	Instructions:	Instructions:
RINSE LEAVE TAB ON	RINSE LEAVE LABEL ON	RINSE LEAVE LABEL ON LEAVE CAP ON	RINSE LEAVE LABEL ON LEAVE CAP ON



GOD, WE PRAY THAT YOU WOULD GRANT US THE SPIRIT OF WISDOM AND DISCERNMENT SO THAT WE MAY KNOW YOU BETTER AND LOVE YOU MORE.

RENEWED HEARTS, RENEWED SPIRITS, RENEWED PEOPLE

GIVE US AN UNDERSTANDING HEART SO THAT WE MAY BE OPEN TO HEAR YOUR VOICE AND HEAR YOU SAY, THIS IS THE PATH, WALK IN IT.

Use us to be Your hands and feet -YOUR VOICE AND HEART THAT WE MAY BE A CHANNEL THROUGH WHICH YOU POUR OUT YOUR GRACE TO HELP OTHERS MAY WE DECREASE TO NOTHING SO

THAT ONLY CHRIST IS SEEN IN OUR LIVES

- WE ASK THIS IN THE POWER OF THE SPIRIT AND IN THE NAME OF JESUS. AMEN.

Visit us on Facebook! FB.com/stpaulsnanaimo



Check out our website!



Join our email list Email: admin@stpaulsnanaimo



CONTACT US

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