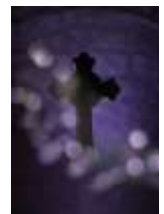


# Living Waters

## April 2023



**Holy Week**  
Page 7-8



**Lenten Quiz**  
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**Message from  
Norman**  
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Traditional Land Acknowledgement: *Creator, you made all people of every land. In the spirit of respect and truth, we honour the traditional Treaty 7 territory of the Blackfoot Confederacy, including the Siksika, Kainai, and Piikani Nations, the Stoney Nakoda, including the Chiniki, Bearspaw, and Wesley Nations, and the Tsuu T'ina Nation. We acknowledge the Métis Nation of Alberta, Region Three. In the spirit of reconciliation and because we are all treaty people, we also acknowledge all people who make their homes in the traditional Treaty 7 territory of Southern Alberta.*



# St. Paul's

information



## SERVICE TIMES

**Sunday Services** 9:30 am in person and live streaming on Facebook; later go to Sermons on our website for recording

**Odd no. weeks of the month:** Wed. 9:30 a.m. HE

7 Sunmills Green S.E  
Calgary, Alberta T2X 3P6  
**Phone** (403)256-1428  
**Fax** (403)256-1554

**Email:**  
office@stpaulscalgary.ca  
**Website:**  
www.stpaulscalgary.ca

## Incumbent

The Rev'd Fergus Tyson (On Medical Leave)

## Interim Priest In Charge

The Rev'd Dr. Norman Knowles

## Assistants

The Rev'd Cyril Haynes

The Rev'd Betty Nadurak

## Parish Council 2022

**Administration:** Paul Bourgeois

**Caring Contact:** The Rev'd Betty Nadurak

**Christian Education:** Tosan Chigbo

**Communications:** Paul Bourgeois

**Community Connection:** Cec Sparrow

**Hospitality:** Steve Colle

**Maintenance:** vacant

**Incumbent's Warden:** Ingrid Bolton

**New Members:** vacant

**Pastoral Care:** Nicola Peden

**People's Warden:** Cam Cline

**Outreach:** John L'Ecuyer

**Stewardship:** Laura Anne Fink

**Sunday School:** Kerin Spaargaren

**Worship:**

**Youth:** Vacant

**Ex Officio:** The Rev'd Cyril Haynes

## Parish Ministries

### Worship Ministries

Altar Guild - Heather Johnson

Sacramental Assistants – Ed Mullaney

Choir – Paul Bourgeois

Prayers of the People – Dinah Breu

Readers 9:30 am – Robbie Coller

Servers – Karla Manuel

Sidespeople – Suzanne Wray

Prayer Team – Dinah Breu

Envelope Secretary – Debra Brisbin

Counters— Roxie Hall

### Fellowship Ministries

Greeters – Roxie Hall

Coffee Time – Hospitality

Ladies Potluck Luncheon

— Gloria Ford

Men's Breakfast

– Kerry Peters

Fellowship & Foods Group

– Doreen Peters

Secret Friends – Julie Wilson

Toddlers to Tweens

— Abby Ekomwenrenren

Maintenance – ad hoc work groups

### Christian Education

Nursery

Youth – Stephanie Evans

Adult Education—Tosan Chigbo

Clergy & Lay

Stewardship – Laura Anne Fink

Library – Doreen & Kerry Peters

Anglican Fellowship of Prayer

– Dinah Breu

Sunday School Coordinator

– Kerin Spaargaren

## Pastoral Ministries

Hospital Visiting – Clergy

& Pastoral Care Team

Home Visiting – Clergy

& Pastoral Care Team

Caring Contact - Betty Nadurak

Casserole Ministry – Linda Hubert  
(Contact Office)

Prayer Group – Dinah Breu

Prayer Chain – Dinah Breu

Card Ministry – Robbie Coller

Pastoral Care Team – Nicola Peden

Grief Support Group

– Laura Anne Fink

## Outreach Ministries

Outreach Committee

– John L'Ecuyer

Father Lacombe Sunday Eucharist—

Kathleen Robinson

Father Lacombe Fri.'s—Kerry Peters

AgeCare Seton — Fergus

NeST — Jennifer Solem

Food Bank, CAWST, Alpha House etc. –

shared through Outreach Committee

Pioneers of Paul—

Karen Huq & Laura O'Neill

PWRDF — Doreen Peters

Quilt/Shawl Prayer Ministry

– Laura Anne Fink

Living Waters

– Laura Anne Fink

## Synod Delegates

Cam Cline

Alternates: Parish Council

## MCES Directors

Kerry Peters , Iona Shaw

## Treasurer

Treasurer: Ingrid Bolton



# INTERIM PRIEST IN CHARGE MESSAGE

The Rev'd Dr. Norman Knowles

This issue of *Living Waters* appears on Palm Sunday, the start of Holy Week. As we begin Holy Week, I invite you to reflect upon a question: What does it feel like to have less than a week to live?

That's the situation in which Jesus finds himself when he makes his triumphal entry into Jerusalem.

The crowds don't know what's coming. The disciples have been given hints and even outright declarations from Jesus that the Son of Man will be betrayed into the hands of sinners and killed, but like all of us who know our loved ones will die someday, we shy away from actually imagining what it will be like or admitting that it could happen at any moment. To the disciples and the crowds, this is a moment of incredible potential and excitement. They have seen the miracles Jesus is capable of, who knows what that power might do if they could convince him to turn it against Rome? And his making such a bold entry into the heart of the Romans' stolen power surely bodes well for that project.

What a lonely moment this must be for Jesus, to be surrounded by screaming fans but burdened by the knowledge of how brief their acclaim will be. This is the point of no return for Jesus. By entering Jerusalem on a colt with the crowds laying down their cloaks before him and shouting "Hosanna to the Son of David!" he has triggered one prophetic tripwire too many. The Roman rulers and the Jewish religious authorities can no longer pretend that he is insignificant, that he is a fad, that he is not dangerous. Jesus is deliberately provoking the crisis that will end with him nailed to a cross.

And our immersion in the scriptures for today, moving from Jesus triumphal entry into Jerusalem to the Passion, deliberately provokes a crisis within ourselves. The crowd abruptly transitions in less than a week from adulation and joyful allegiance to Jesus to rage-filled demands for him to be crucified. The disciples move from proudly marching at his side through the streets of Jerusalem to slinking away in stomach-clenching fear, insisting they don't know who he is. While taking our place among the crowds on Good Friday shouting for Jesus to be crucified feels awkward and painful, the disciples' experience of simply not affirming that we know him, of

finding that our fear prevents us from being present with another's pain, feels all too familiar.

Holy Week, is our opportunity to immerse ourselves in this move from the false joy of Palm Sunday, a joy that is centered around expectations of power and reward, through the pain of finding that our faith is often so weak when Jesus needs us the most, finally to the deep and profound joy of the day of Resurrection, the day of forgiveness and new life. We have the opportunity to walk with Jesus in real time as the hourglass runs out, as he struggles with the knowledge that he has less than a week to live.



And it is a struggle. In the gospel for Monday in Holy Week, Jesus has his last meal at the home of his dear friends Mary, Martha and Lazarus. Jesus and Lazarus never got to say goodbye to each other when Lazarus was dying. Jesus heard that he was sick, but stayed away. They're back in the same situation again. One of them is about to die, but this time Jesus doesn't stay away. Maybe he wanted to do more than say goodbye. Maybe Jesus needed to see Lazarus alive, talking and eating and laughing. Maybe his human side needed to reaffirm the evidence of his own eyes that someone can die and come back to life.

At their dinner together, Mary anoints his feet with costly ointment, and Judas berates her for not using her money to help the poor. Jesus' defense of her reveals how heavily his approaching death is on his mind. "Leave her alone. She bought [the ointment] so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

On Tuesday of Holy Week, Jesus' struggle with his approaching death continues. John's gospel tells us that Jesus says, "Now my soul is troubled. And what should I say – 'Father, save me from this hour'? No, it is for this reason that I have come to this hour." We can feel the conflict in Jesus' soul, his divine conviction of what he has to do, warring with his human fear.

The gospel for Wednesday in Holy Week takes the spiritual crisis to the next level. For the first time, Jesus addresses not just death but betrayal. The gospel tells us, "At supper with



his friends, Jesus was troubled in spirit, and declared, "Very truly, I tell you, one of you will betray me." The reason betrayal hurts so much is because it has to come from someone you know and love. A stranger cannot betray you. Someone who hates you and always has, cannot betray you. And the only thing worse than being betrayed is being the betrayer ourselves, finding out that we are not the people we thought we were.

By Friday morning we have lost complete control of the situation. Having slid into the role of betrayer in a haze of confusion and fear, we suddenly find ourselves stumbling along with the crowds toward Golgotha hoping we are not recognized by anyone as one of Jesus' followers. There is a numb sense of disbelief as we watch him being nailed to the cross. As every minute passes, we are certain that this is the moment Jesus will unleash the power within him, the power we have seen again and again heal people from illnesses, allow him to walk on water, feed 5,000 with a few loaves and fish. Each second we're sure now, now is when he will stop this cruel drama, come down from the cross and save himself.

But nothing happens. Jesus simply lets his life bleed away, one agonizing moment at a time, growing weaker and weaker until he seems to prove that he's given up on himself and on God the Father. "My God, my God, why have you forsaken me?" he cries. This is the moment that we think the other disciples who hid away during the crucifixion absolutely had the right idea. Staring up at him on the cross, we realize that Jesus is actually going to die right in front of us. He cries out, takes his last breath, and the unthinkable moment comes to pass.

The gospel says, "At that moment the curtain of the temple was torn in two, from top to bottom." At that moment our souls are torn in two. At the moment the living love between God the Father and the incarnate Jesus Christ is torn in two. At that moment the disciples' hope for the defeat of Rome and the rule of Jesus on earth is torn in two.

This is the terrible risk that we take, by committing to walk with Jesus through Holy Week, that our hearts will be torn in two by this experience.

But Jesus' life and our emotional equilibrium are not the only things destroyed on Good Friday. The barrier between God and humanity is torn in two. The record of our sin is torn in two. The reign of death is torn in two. And finally the shroud of our grief and fear is torn in two

by the joy of the resurrection. If we are willing not to skip from Palm Sunday to Easter Day, not to avoid the darkness that stains these upcoming days, but to enter into it with Jesus and stand in solidarity with him, the healing that we experience with his resurrection is twice as deep.

Today we make a choice. We can choose to be present with Jesus as his disciples throughout this week, confronting the ways in which we betray him, loving him as we see him struggle for the courage to endure his death, or we can hide away, unwilling to let our composure be torn in two with the temple curtain.

The only tools we need are the scriptures and open hearts to make this journey with Jesus.

Like Jesus, our fear, our sin, our grief and our illusions about ourselves have less than a week to live. Let's spend that week with Jesus.



## ROSTER FOR SUNDAY SERVICES

DATE	PRESIDING	PREACHING	ASSISTING	CHILDREN'S TIME
April 2	Norman	Betty	Betty	
Easter Sunday, April 9	Helen Belcher	Helen Belcher		
April 16	Rafiq Raphael	Rafiq Raphael		
April 23	Norman	Norman	Betty	Norman
April 30	Norman	Norman	Betty	Betty
May 7	Norman	Norman	Betty	Norman

## UPCOMING SERVICES

**Our 9:30 Sunday Services can be shared in-person or online (live streamed on Facebook, and posted shortly thereafter on our YouTube Channel and website (to access Services on our website, please click on the Sermon tab in the top right hand corner of the home page).**

**Sunday, April 2:** The Sunday of the Passion: Palm Sunday

**Monday, April 3:** Vision Divina 7:00 pm (in person)

**Tuesday, April 4:** Compline at Historic Chapel ( 14620 Macleod Trail—access from Bannister Road SE) 7:00 pm

**Wednesday, April 5:** Tenebrae 7:00 pm (in person)

**Thursday, April 6: Maundy Thursday** H.E., Incense, Stripping of Sanctuary 7:00 pm  
(in person and live streamed on Facebook)

**Friday, April 7: Good Friday** 11 am H.E. (Reserved Sacrament)

**Saturday, April 8: Easter Vigil** incense 8:00 pm (in person)

**Sunday, April 9: Easter Day:** Sunrise at the Historic Chapel 6:37 am  
Holy Eucharist 9:30 am at St. Paul's

**Sunday, April 9:** Easter Day

**Sunday, May 14:** Mother's Day



## UPCOMING EVENTS

**Ladies' Luncheon:** Saturday, April 8 at 11:30 am (now on the 2nd Saturday of the month)

**Men's Breakfast:** Saturday, April 15 at 8:30 am

## BIBLE STUDIES & PRAYER MEETINGS & SERVICES

**Wednesday Bible Study:** is on the first, third, and fifth Wednesday of the month at 10:30 am. M'Laurel is leading an in-person Bible Study on the Holy Scripture Readings for the upcoming Sunday at 10:30 a.m. Bible Study will resume on April 19.

**Prayer Group:** Second or third Mondays of the month at 7:30 pm on Zoom.

**Wednesday Services of Morning Prayer:** At 9:30 am check Parish Office for dates.



## Church Library

**We are looking at closing the Parish Library. If you are interested in any of the books please help yourself! They will be available until mid April.**



## Parking at St. Paul's

Just a reminder that the small parking lot at the north door is for Sundance on the Green residents and their family and friends. You can drop-off at the north door but please don't park in the lot. We have parking in our big lot and on the street at the south door. Thank you for being a good neighbour!



# St Paul's Anglican Church

## Income Statement as at February 2023



	Jan - Feb 23	Jan - Feb 22	Budget
<b>Income</b>			
Interest Income	303	17	134
Offerings	36,457	29,005	38,166
Other Income	2,595	0	1,834
<b>Total Income</b>	<b>39,355</b>	<b>29,022</b>	<b>40,134</b>
<b>Gross Profit</b>	<b>39,355</b>	<b>29,022</b>	<b>40,134</b>
<b>Expense</b>			
Administration	5,473	3,460	4,834
Apportionment	5,150	6,462	4,300
Christian Education	88	78	168
Communication	25	31	84
General Maintenance	4,483	2,609	2,500
Hospitality/Fellowship	0	0	168
Ministerial	19,586	18,721	20,000
Outreach	3,646	2,900	3,850
Pastoral Care	0	0	16
Utilities/Insurance	3,875	3,163	3,660
Worship	1,146	757	1,080
<b>Total Expense</b>	<b>43,472</b>	<b>38,181</b>	<b>40,660</b>
<b>Net Income</b>	<b>-4,117</b>	<b>-9,159</b>	<b>-526</b>

# Pioneers Of Paul



We are a group of junior and senior high school students who are working together to bring God's love into our wider community by volunteering together at various Calgary organizations.

## Activities and Meetings

Friday Apr 28, 2023 (1615-2000) (shift 5:15-7:30pm): *Inn From the Cold* - serving dinner- maximum of 4 can sign up- deadline to sign up is Apr 23- requirements: 12y of age, forms

## FUTURE DATES:

Saturday May 13, 2023 (1145-1530) (shift 1230-1500) *The Calgary Food Bank* - Fresh Food- maximum of 8 can sign up- deadline to sign up is May 3- requirements: 12y of age, forms, completion of 20 min. food safety online course

## Other opportunities for interested youth:

Youth representative on Parish Council: provide a youth perspective to the St. Paul's leadership team. Meetings are monthly, on the 2nd Tues of each month (7-9pm). No reports or additional requirements, just a willingness to share a youth perspective on relevant church issues.



QR code for website page

Come and make a difference  
in our world!  
Gain experience and build your  
resume at the same time!







# SUNDAY SCHOOL

## Sunday School

Sunday school is available at the 9:30 am Sunday Service.

We are using the Virtual Church School curriculum offered by the Anglican Church of Canada. The link is on our website.

For those joining us online, this is the same material we have been using while the in-person Sunday School has been on hiatus. Please fill out a registration form so we

know that your children are participating online. They are location [here](#) and can be sent to the Parish Office via email or post.

know that your children are participating online. They are location [here](#) and can be sent to the Parish Office via email or post.

We hope that this will provide greater continuity for our Sunday School students. As we move closer to a hybrid church model.

If you choose to continue worshipping with us on-line, or if you know in advance that your child(ren) will not be able to attend in-person on an upcoming Sunday, and you live within Calgary, please let me or the Church Office know and we will try to get any handouts, crafts, etc., to you.



No matter how you join us in worship, we want you to feel you are fully part of the St. Paul's family.

## Youth Sunday School

Youth Sunday school began Sunday, October 2, and is continuing on the 1st and 3rd Sundays of each month. Thank you to Stephanie for facilitating this group.



On the first and third Sundays, we're watching and discussing the Alpha Youth Series Refresh. **Any youth who are interested in Confirmation are asked to please attend these Sundays.**



### Alpha Refresh

Our first ever Alpha Youth Film Series was launched in 2013. Over the years the series has evolved and been updated to include stories that are relevant, relational, and relatable for students as we continue to encourage conversation around life, faith, meaning, and purpose.

In this refresh, released September 1, 2022, we're showcasing new voices, conversations, and ideas from Gen Z.

The hope of this new refresh is that it would continue to catalyze students for student-led Alphas. In doing so, we want the Alpha Youth Series Refresh to represent the current cultural moment we are in.

## Sunday School Teachers



As we gather together again in-person, we will probably be meeting as one large group; but as more people return in-person and our numbers grow, we will likely be needing move to 2 or even 3 classes. That means we will need more Sunday School teachers. If you feel God is calling you to this ministry, or if you would like to know what is involved, please contact me ([spaargw@shaw.ca](mailto:spaargw@shaw.ca)) or the church office.







# Prayers



## PRAYERS FOR OUR PARISH IN THIS TIME OF TRANSITION.

The Prayer Group invites all parishioners to join with us as we pray intentionally for our parish . More prayers will be added as the transition unfolds.

### A Prayer For Our Parish

Lord of light.....shine on us;  
Lord of peace.....dwell in us;  
Lord of might .....succour us;  
Lord of love.....enfold us;  
Lord of wisdom.....enlighten us;

Then Lord, let us go out as your witnesses, in obedience to your command; to share the good news of your mighty love for us in the gift of your Son, our Saviour, Jesus Christ. AMEN



-Church in Wales

.We pray for ourselves, as a parish, and as individuals;

- that the Lord place a hedge of protection round about us and clothe us with. his armour,-
- that we remain strong in his mighty power'
- that we continue to grow in faith and the knowledge of our Lord,
- that we continue to support and care for one another, and
- that we continue to be a place where all are made welcome.

We pray:

- for our spiritual leaders, that they would be faithful in the ministry of the word and sacraments
- for our wardens that the Lord would bless their leadership..
- for all Ministries in our Parish, that they would continue to grow and function as the Lord intended.

We will continue to pray as God's plan for St. Paul's unfolds. We find great assurance in God's word to the exiles in Babylon through His prophet, Jeremiah:

"For I know the plans I have for you," declares the Lord, "plans to prosper you And not to harm you, plans to give you hope and a future."

These words are as encouraging to us now, as they were to those who received them originally. We know that our God is faithful and keeps his promises. Thanks Be To God.

### PRAYERS FOR OURSELVES AND OTHERS

"Now may the Lord of peace himself give you peace at all times and in all ways, the Lord be with you all."

2nd Thessalonians 3:16

#### **Prayer for Fergus**

Lord,

Look upon Fergus with your eyes of mercy. May your healing hand rest upon him. May your life giving powers flow into every cell of his body and into the depths of his soul – cleansing, purifying and restoring him to wholeness and strength.

May he touch the hem of your garment and feel your power flowing through his body, mind and spirit as we pray. We place our trust in you., confident that you hear our prayers and that you will act with power and compassion toward your servant Fergus. In your precious name we pray. AMEN -source unknown

#### **A Prayer For A Tranquil Mind**

Heavenly Father, in this age of noise and speed and restless activity,

grant us tranquility:  
the inner tranquility of spirit which is theirs who trust

in your sovereign love and wisdom;

that as the life of the world surrounds us, we may yet be still and know that you are God.

Through Jesus Christ our Lord.

AMEN

Frank Colquhoun

Compassionate One, be with us all when we suffer loss and ache with the pain of grieving.

Give us a glimpse of the way it will be when love will never be taken away, when life itself will not be diminished,

when all that we hold most precious will live and remain with us forever. AMEN

-Miriam Therese Winter

You go nowhere by accident.

Wherever you go, God is sending you.

Wherever you are, God has put you there.

God has a purpose in your being right where you are.

Christ, who indwells you by the power of his Spirit,

wants to do something in and through you.  
Believe this and go in his grace, his love, his power.  
In the name of the Father, Son, and Holy Spirit. AMEN  
- Richard Halverson

Eternal God, the refuge and help of all your children,  
we praise you for all you have given us,  
for all you have done for us,  
for all that you are to us.  
In our weakness you are strength,  
In our darkness you are light,  
in our sorrow you are comfort and peace.  
We cannot number your blessings,  
we cannot declare your love.  
For all your goodness we bless you.  
May we live as in your presence  
and love the things that you love  
and serve you in our daily lives;  
through Jesus Christ our Lord. AMEN  
-Adapted from the prayer of St. Boniface

### PRAYERS FROM PALM SUNDAY THROUGH EASTER

#### **PALM SUNDAY**

Jesus, King of the universe.  
ride on in humble majesty:

Lord, this Palm Sunday may I recognize in you the Lord who  
comes to his world, and join with full heart in the children's  
"hosanna".

Ride on, through conflict and debate,  
ride on through sweaty prayer and  
betrayal of friends.

Ride on to the empty tomb and your rising in triumph,  
Ride on to raise up your Church, a new body for your service  
Ride on, King Jesus, to renew the whole earth in your image,  
in compassion come to help us. AMEN  
-Source unknown

Lord, this Palm Sunday forgive my evasions of truth, my care-  
lessness of your honour; my weakness which leaves me  
sleeping while in others you suffer and are anguished; my  
cowardice that does not risk the consequences of publicly  
acknowledging you as Lord.

#### **HOLY WEEK**

Lord Christ, who for love of our souls  
chose the costliest following of the Father's will:  
forgive us, who have so often followed the easy path of  
selfish desire, and set your law of sacrifice within our hearts;  
that we may be ready to deny ourselves and courageously  
walk in your steps, our crucified Redeemer;  
who lives and reigns in the glory of the Father and the Holy  
Spirit, one God for evermore. AMEN  
-Source unknown

#### **MAUNDY THURSDAY**

(The foot washing)

Jesus, Lord and Master, who served your disciples in washing  
their feet; serve us often, serve us daily, in washing our mo-  
tives, our ambitions, our actions; that we may share with you  
in your mission to the world and serve others gladly for your  
sake; to whom be the glory for ever. -AMEN

Based on The Christian Priest Today,  
by Michael Ramsey

#### **GOOD FRIDAY**

It was for us, Lord Jesus, that you endured all this:  
the hatred, the treachery, the rejection of men;  
the scourging, the mockery, the crown of thorns;  
the agony and shame and dereliction of the cross.  
It was for us men and for our salvation  
that you suffered and died.  
Give each one of us a deeper understanding  
of what you have done for us,  
and of what we owe to you;  
that we may live as those who are no longer their own  
but have been bought with a price,  
the price of your life-blood, O Lamb of God,  
our most gracious Redeemer and King. AMEN  
-Frank Colquhoun

#### **EASTER EVE**

(the hope of the resurrection)

O Lord Jesus Christ, Son of the living God, who on this day  
rested in the sepulcher, and so sanctified the grave as a bed  
of hope to your people: Make us abound in sorrow for our  
sins, which were the cause of your passion, that when our  
bodies rest in the dust, our souls may live with you; who lives  
and reigns with the Father and the Holy spirit, one God,  
world without end. AMEN

-Office of Compline

#### **EASTER**

Death is swallowed up in victory.  
O death, where is your sting? - 1 Cor.15:54-5

#### **ALLELUIA, CHRIST HAS RISEN!**

Christ, you are risen from the dead.  
We are risen with you.  
May our life never deny  
this eternal life,  
this peace and hope and joy.  
Praise and glory to the God of Life  
who is stronger than all kinds of death.

ALLELUIA

-A New Zealand Prayer Book

#### **EASTER JOY**

Almighty and everlasting God, we meet with joy  
to worship you this Easter Day.  
And our joy is this,  
that he who was crucified, dead and buried  
is now alive for evermore,  
our risen and reigning Lord  
As we celebrate his triumph  
we pray that his joy may abide in our hearts  
and that our lives may proclaim his praise.  
To him be glory for ever and ever. Amen

-F. Colquhoun

#### **EASTER HOPE**

We thank you, Lord God, that because of Easter our  
gospel is not least a gospel about the mystery of death as  
well as of life.  
May those who face death at this time, and especially

those who have watched it claim their loved ones, know that through Christ's glorious resurrection death has lost its' sting forever.

He has opened the kingdom of heaven to all ho believe in him. He has broken the power of death and brought life and immortality to life.

Thanks be to God who gives us the victory through our Lord Jesus Christ! AMEN

-adapted

### **EASTER PEACE**

Living Lord, conqueror of death, we remember with gladness how on the day of your resurrection you appeared to your disciples in your risen power and said to them "Peace be with you."

Speak that word to our hearts today O Lord.

Lift us above all our doubts and fears; and help us so to practice your presence and to rest upon your victory that your peace may be with us, now and for evermore. AMEN

F. Colquhoun

### **EASTER DAY EVENING**

Lord Jesus, risen from the dead and alive for evermore: stand in our midst tonight as in the upper room; show us your hands and your side; speak your peace to our hearts and minds; and send us forth into the world as your witnesses; for the glory of your name. AMEN

-J.R.W. Stott

### **EMMAUS**

Risen Lord, who on the first Easter Day drew near to your two disciples on the Emmaus road, and at evening stayed with them in their village home: be our unseen companion along the daily journey of our life, and at the ending of the day come and abide with us in our dwellings; for your love's sake. AMEN

### **THE UPPER ROOM**

Lord Jesus, risen from the dead and alive for evermore: stand in our midst tonight as in the upper room; show us your hands and your side; speak your peace to our hearts and minds; and send us forth into the world as your witnesses; for the glory of your name. AMEN

-J.R.W. Stott

### **OTHER SEASONAL PRAYERS**

#### **A PRAYER FOR REFUGEE RIGHTS DAY APRIL 4**

We pray for all those separated from their loved ones and

those who have had to flee home to seek a better life for themselves and their families. Bring them safely to the place where they long to be and together may we be Christ-light.

-Source: Becoming Neighbours, Toronto

#### **A PRAYER FOR EARTH DAY (April 22)**

We thank you, Lord of all creation,  
for the wonders of the world in which we live;  
for the earth and all that springs from it;  
and for the mystery of life and growth.

We pray that our gratitude may be shown by:  
our care to preserve the powers of the soil,  
by our readiness to learn from scientific research,  
and by our concern for a fair  
distribution of the earth's resources.

We ask these things in the Name of Christ our Lord. AMEN  
-Basil Naylor

#### **ST. GEORGE (April 23)**

Almighty God,  
who called your holy martyr George  
to bear before the rulers of this world  
the banner of the cross,  
grant that we may be strong  
in every battle against sin,  
and attain to the crown of eternal life;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. - AMEN

-from For All the Saints

#### **ST. MARK (Apr. 25)**

We give thanks, O Lord, for your servant John Mark:  
for the grace by which he triumphed over early failure, and  
for the inspiration by which he penned the story of the  
strong Son of God.

Teach us through his life and writings the secret of vic-  
torious living, and deepen our faith in your redeeming love  
and power made known to us in Jesus Christ our Lord. AMEN  
-Frank Colquhoun

#### **A BLESSING**

May the love which overcomes all differences  
which heals all wounds  
which puts to flight all fears  
which reconciles all who are separated  
be in us and among us, now and always, Amen.  
And the blessing of God – Father, Son and Holy Spirit,  
be upon us this day and for ever more. Amen.

(Source: Malcolm Doney, All Hallows on the Wall)

### **Taste and See**

As an aged Scotsman lay dying, a friend asked him, "Have you received a glimpse of Christ now that your are soon going to be with Him? The godly old man tried to raise himself up a little as he emphatically replied, "I'll have none of your glimpses now that I am dyin' -- seein' that I've had a full look at Him these 40 years!" That man had experienced God's presence and tasted and seen that the Lord is Good!

Christian Messages Amory Dixon





# Easter Story Cookies

## **What Are Easter Story Cookies?**

Making Easter Story cookies is a wonderful way to share the Easter story. Each step and ingredient of in the recipe represents a part of the story and the final product. The cookie, is a representation of the empty tomb that was found on Easter morning and the meringues cook so that the middle of the cookie is hollow.



## **To be made the evening before Easter.**

You need:

1 cup whole pecans	1 tsp. vinegar
3 egg whites	pinch of salt
1 cup sugar	zipper baggie
wooden spoon	tape

Bible

Preheat oven to 300 degrees F.

\*Place pecans in zipper baggie and let the children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested He was beaten by Roman soldiers. Read John 19:1-3.

\*Let the children smell the vinegar. Put 1 tsp. vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross he was given vinegar to drink. Read John 19:28-30.

\*Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11.

\*Sprinkle a little salt into each child's hand.

\*Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27.

\*So far the ingredients are not very appetizing.

\*Add 1 cup sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalm 34:8 and John 3:16.

\*Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Explain that the colour white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and John 3:1-3.

\*Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60.

\*Put the cookie sheet in the oven, close the door and turn the oven OFF.

\*Give each child a piece of tape and seal oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66.

\*GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22.

\* On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1-9.

**† HE HAS RISEN †**

A victor from the dark domain BECAUSE He arose

# WALKING GROUP

**Let's get together and enjoy the great outdoors!**

Are you interested in joining a walking group?

We are thinking of organizing a walking group to help us all get out and exercise with friends.

We need to have your input.

When would you be available ? How often would you like to walk?

Please contact the Parish Office or Julie if you are interested in joining us.



## Pastoral CARE

### Join this ministry

If you'd like to be part of our St. Paul's Pastoral Care Team, please contact Fergus or Nicola Peden. Training will be provided to anyone interested in this important ministry.



### Grief Support Group

Our Grief Support Group is a chance to be with others who have suffered a loss. It is a chance to speak from the heart or just listen. If you are interested, please contact Laura Anne at the Parish Office.

If you are interested please contact Laura Anne at the Parish Office.



### Prayer Shawl Ministry—

This is a fun ministry where we quilt or knit and share fellowship for an afternoon. We meet on the third Wednesday of each month. No experience needed! Everything is supplied.



For more info. contact Laura Anne at the Parish Office.

Next meeting is April 19 at 1 pm in-person and Zoom.

### Chemo Care Bag

If you know of anyone who is beginning Chemotherapy treatment and would benefit from receiving a Chemo Care Bag please contact the Parish Office 403 256-1428.





## SPRING CLEANING

We used to live in a townhouse, one of those inventions designed to minimize housekeeping chores, mortgage payments and a tendency to accumulate more things than one needs to cross the Sahara in summer. We moved there because I liked the idea of no yard work, and we would be unburdened by conversations of "It's-Saturday-so-mow-the-lawn." I hate housework (it hates me too!), and we wanted a less complex life.

Smaller places do have a certain appeal...especially during the "It's Spring and that means let's-get-organized-around-here-and-throw-out-all-YOUR-stuff" mood that tends to permeate the months of March and April.

When you only have one closet, cleaning it takes a minimum of time. Opening the door starts the process, and if you are clever, you will stand with an open trash bag as you pry open the door. Always do this at 2:00 a.m. when the other nearby occupants in your townhome are asleep, or during those few quiet moments of solitude you get after announcing that Dairy Queen is having a twenty-minute-only-special, and you have (thoughtfully) placed the keys in the car.

Designed by some psychologist in an effort to help patients rid their psyches of old memories, useless information and general "clutter," spring cleaning has become an American phrase most often associated with grief. It is a painful process, this sifting and sorting of all the things that tell us (and the rest of the world) who we are or were.

There are as many ways to spring clean as there are homes and hearts and minds and spirits that need "adjusting" (a real psychological term thrown in just to remind you that I am a professional too!)

How many times have you been told "It's time to move on," or, "It's time to get back to normal," or, "You mean you haven't gotten rid of that yet?" (That can refer to a multitude of things such as his favorite pipe, her bathrobe that the dog attacked during one his "spells," or an odd assortment of baseball cards, used gum wrappers and dirty socks that were secreted under the bed, left behind for you to find and cry over.

How come everybody else knows when it is time for me to spring clean! How come everybody else knows when it is time for me to open that closet and sort through all those memories, trying to decide which ones to keep and which ones to pass on to the Salvation Army? How come everybody else knows when it is time for me to get back to living?

I am spring cleaning. I am sifting through the "stuff" that made up my loved one's life and I am learning to let go of a few things...slowly.

When we moved to a townhouse, we thought life wouldn't be so complicated. I wouldn't have to go out into

the yard and remember how wonderful it was to enjoy the first spring flowers...with him. I don't want to cut the grass, because we loved playing in it, tickling our bare toes and laughing our way through spring into summer. We moved to a townhouse so we couldn't keep everything forever. It doesn't stay around anyway, so why have storage space? Why have cupboards that no longer need to hold cereal that turns the milk blue, or closets that no longer need to hold baseball shoes, bats and crumpled homework pages? Why have room for memories?

WHY? Because, I can't live without them! Spring is a time for spring cleaning, for sifting and sorting and re-reading and remembering. Spring is a time for things to go and things to stay. We just have to decide which ones do what. Spring is a time for renewal, when the earth begins to defrost after a harsh and bitter winter. It doesn't matter when your loved one died ; it does matter when you begin to let spring back into your life. It does matter when you open that closet and let the memories come out, along with the hurts and the hopes that you buried one day not so very long ago.

You never know what you are going to find when you start spring cleaning. You might discover treasures you had long forgotten, or the tax papers you needed, or the Easter egg no one found last year. You might find a few bits of joy lurking under the bed (we found dust bunnies). What fun to remember how that stuff got there or who might have been hiding under the bed when you were looking for volunteers for trash patrol!

Spring cleaning is a tradition that follows the footprints across your freshly waxed floor. I wish there were still footprints to clean up, but since there aren't, I'll just have to spend a few extra moments with this box of treasures I found. No time like the present to inspect the "stuff" in search of few "bits of joy."

When we lived in a townhouse, we thought that maybe, in a few years, we could stretch out into something a bit larger (and have a maid, too!). Maybe we would just start a little patch of grass out front, plant a seed or two in a clay pot on the patio, and live with what we have. Eventually, my house got larger, and my heart has grown, too!

### **ABOUT THE AUTHOR**

Darcie D. Sims, Ph.D., CHT, Ct, GMS, is a bereaved parent and child, a grief management specialist, a nationally certified thanatologist and pastoral bereavement specialist, and a licensed psychotherapist.

She is an internationally recognized speaker and she wrote regularly for Bereavement magazine for fifteen years. She has been writing for Grief Digest magazine since its first issue.

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# MARK THE EVANGELIST

**Feast Day:** April 25

**Canonized:** Pre-Congregation

Mark was an Evangelist—one of the four men who wrote the Gospels found in the New Testament. Mark’s Gospel was written first, and it is the shortest description of Jesus’ life, Death, Resurrection, and Ascension. Mark’s writings helped both Matthew and Luke to write their Gospels.

Mark was not one of the original Apostles, and he probably never knew Jesus. Instead, we believe that he was a member of the first Christian community. In his writings, St. Peter refers to Mark as his “son.” Peter may have used this term to show his love for Mark, or he may have used it because he was the one who baptized Mark. It is believed that Peter was the primary source for Mark’s Gospel.

Mark traveled with Sts. Paul and Barnabas to spread the Good News about Jesus. During his imprisonment in Rome, Paul mentions Mark’s concern for him and writes about how helpful Mark is in the ministry of helping others to believe in Jesus (Colossians. 4:10; 2 Timothy 4:11).

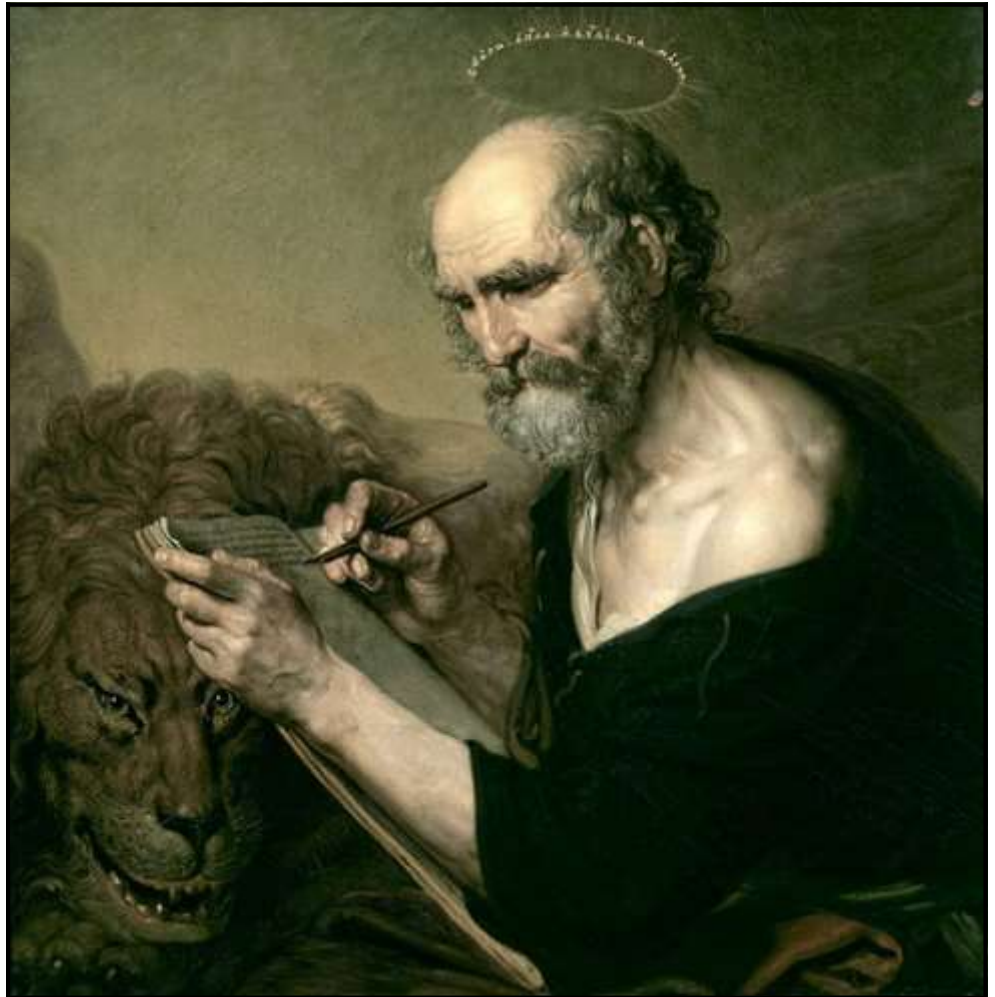
Mark founded the Church in Egypt and he became bishop of Alexandria, an important center of trade and power during ancient times. He died there sometime between the years 68-74 AD as a martyr for his belief in Jesus.

Mark’s Gospel is a lasting treasure for all believers. He wrote his Gospel to help people know that Jesus was the Son of God who suffered and died to save us from sin and death. When we read Mark’s Gospel, we learn that to be a follower of Jesus, we, too, must be willing to make sacrifices, to “take up our cross and follow” (Mark 8:34) Jesus as he asks us to do.

The symbol for Mark is a lion with wings. That is because his Gospel begins with the story of John the Baptist, a “voice crying in the wilderness” (Mark 1:3), like the roaring of a lion. Lions are called the kings of the jungle. Mark’s Gospel tells us about Jesus’ royalty as God’s Son, a kingship we share through our Baptism.

We celebrate Saint Mark’s feast day on April 25. His life and Gospel remind us to share the Good News about Jesus with others.

<http://saintsresource.com/mark-the-evangelist#:~:text=Mark%20founded%20the%20Church%20in,lasting%20treasure%20for%20all%20believers.>



# St. Paul's Outreach Ministry



## Food for Others on April 30

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. The next one is **April 30/23**.

Year-round there is a box by the main entrance to collect donations of non-perishable items for the Calgary Food Bank.



## What's the blue bin?

The big blue bin in our parking

lot is a fundraising effort by the Calgary Humane, an animal welfare organization connects the lives of animals and people while providing essential animal services to the community. Gently used clothing and footwear of any kind can be put in the bin for donation.

## Small change for big change

Putting some coins (or bills) into the CAWST water filter by the library will support the delivery of clean drinking water in poor communities. Through our donations, the health of many people in the third world can be greatly improved.



## Clothing appreciated

Calgary Alpha House Society gratefully accepts donations of clothing and backpacks to help provide a safe and caring environment for those whose lives are affected by alcohol and other drug dependencies. Top needs include backpacks, , jeans, hoodies, shirts, athletic pants and shorts, pyjama pants, belts, jackets, gently used towels and sleeping bags.



There is a clearly marked Alpha House bin on the

base of a coat rack near the south entrance where you can leave donations.

## PWRDF

We are an Easter people, but what does that mean? Maybe something like this:  
**Easter's "Yes"**



**PWRDF**  
The Primate's World Relief and Development Fund  
The Anglican Church of Canada

"...Yes, you cry, and all the questions, asked in whispers, are forever and forever answered in that one glorious and resounding "yes".

Will there be mercy? Yes. Will my debt ever be paid? Yes. Is the dreadful doom of death dead? Yes! Yes! Yes! And again, Yes! For he is risen, that holy, magnificent Yes of God. May our lives repeat that whopping, wondrous whale of a word – YES " (Peter Mead)

PWRDF exists, and can continue to work, only because we say yes to supporting its efforts towards creating a truly just, healthy, and peaceful world. When we donate we enable PWRDF to say yes to requests from partners around the world for help in facing crises of starvation, poverty, persecution, and the lack of life's necessities experienced by so many people. Together we CAN make a difference – if we just say YES



For the people we serve here at The Mustard Seed, Easter is always a welcome respite after a long, cold winter.

This year, I don't think we've ever needed the promise of the season — of new hope and new beginnings — more.

As we start our Easter preparations, we really need you to stand by us now.

You see, in the weeks to come, we expect more people than ever before to turn to us for the comfort of a wholesome meal. And just when they need us the most, the cost of every meal has soared.

No matter how hard things get, we pour our hearts and souls into this work. But this Easter, we truly need to lean on your strength and support.

Your special Easter gift will help us welcome neighbours in for a special meal prepared and served with love. That meal could very well be the first step in someone's new beginning.

Once Easter has come and gone, your gift will keep making a difference in neighbours' lives, providing a warm place to sleep, health and wellness care, spiritual guidance, and other wrap-around services that make new beginnings happen all year long.

Will you please help us be there for every neighbour who needs to feel cared for this Easter? [Donate Here](#)

With my heartfelt thanks,  
Dr. Stephen Wile  
Chief Executive Officer, The Mustard Seed

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# South Calgary Interfaith

## Clothing GIVEAWAY

### Donate your clothes to Charity

#### Annual Collection for the South Calgary Community Clothing Giveaway

Drop off your **CLEAN** and **GENTLY USED** clothes for all ages **Tuesdays to Thursdays** between **April 4th and May 2**, at All Saints Lutheran Church, **380 Midpark Blvd. SE**, during office hours 9:00 am to 4:00 pm

We are also looking for **2 volunteers** from each faith community daily for each of the time slots.

#### Sorting:

Tuesday, May 2nd 10:00 am to 12:00 pm  
Tuesday, May 2nd 7:00 pm to 9:00 pm  
Wednesday, May 3rd 10:00 am to 12:00 pm  
Wednesday, May 3rd 7:00 pm to 9:00 pm  
Thursday, May 4th 3:00 pm to 5:00 pm  
Thursday, May 4th 7:00 pm to 9:00 pm

#### Volunteers for Clothing Giveaway Day

Saturday, May 6th 9:00 am to 11:30 am  
Saturday, May 6th 11:30 am to 2:00 pm

Volunteers to Donate Food (Finger Goods like baked goods or cheese slices/crackers, or whole fruits (apple, bananas or oranges)

Contact **St. Paul's Parish Office** ([office@stpaulscalgary.ca](mailto:office@stpaulscalgary.ca)) or see the sign up sheet in the Hall, if you are interested in volunteering. It is a fun time and you meet a lot of different people.

Please sign up before April 19th.

They are in need of teenage boys clothing. There was a shortage of these last year.

### South Calgary Interfaith

## Clothing GIVEAWAY

### Donate your clothes to Charity



Clean gently used spring and summer

clothing will be accepted

**Tuesdays to Thursdays Only**

**April 4<sup>th</sup> to, May 2<sup>nd</sup>, 2023**

**Drop off at All Saints Lutheran Church**

**380 MIDPARK BLVD SE**



# LADIES no-mess POTLUCK LUNCH

*A dish to share with its own serving implement is grand or  
your own special individual bag lunch is cool*

*Come with or without food – there's always plenty to share*

**Bring your own drink along with cutlery & plate to wash at home**

Bring a Friend

Meet a Friend

Make a Friend

*ALL WOMEN ages 13 and up in the Parish are invited*

*2nd weekend in APRIL—APRIL 8 @ 11:30 am*



## Men's Breakfast

The next one will be  
this Saturday, April 15  
at 8:30 am.

The Men's Breakfast is  
prepared by the men  
themselves, a couple  
each time, with a sug-  
gested donation of \$5  
going to CAWST (the  
Centre for Affordable  
Water Sanitation Tech-  
nology). All age 13 and  
over are invited!



# Do Not Be Afraid An Easter Reflection



*At both ends of the Resurrection story as Matthew presents it for Easter Day, the words “Do not be afraid,” are said. First, by the angel who meets Mary Magdalene and Mary at the tomb, and then by Jesus himself to the same women when he sends them off to tell the others that he has risen. The words are at the same time soothing and encouraging. At the tomb do not be afraid soothes people seeing something terrifying and unexpected. And then, at the sending-forth, do not be afraid to speak the truth, to go out into a hostile city.*

*In fact, the words “do not be afraid,” or “do not fear” appear 365 times in the Bible, from Genesis through Revelations. Why do we need to hear this so often? Over the many times these encouraging words are written and read to us, the two most common reasons are the ones that appear in Matthew’s Gospel on Easter Morning.*

*In the course of following Jesus, you will see many unexpected things. Lives transformed by prayer; communities changed by service; members reconciled by love. We will share our gifts with the church and see them translated into ministry that will impact our neighbors, heal the sick, lift up the needy, be companions to the lonely.*

*As we walk with Jesus we will encounter hostility where speaking truth will go against our culture. We will discover times in which we will be the only voice advocating, seeking justice, upholding our values.*

*And in these moments, we hear Jesus whisper behind us, “Do not be afraid.” We who dare to believe that life can overcome death, and that light can outshine darkness, bring our Easter truth and joy into a world that needs to hear “be not afraid.”*

*Cn. J. Davey Gerhard is the Executive Director of TENS. He lives in San Francisco, California where he works on diocesan staff for DioCal and worships at Holy Innocents in Noe Valley.*

### Questions For Reflection:

- How have you been encouraged or transformed by someone’s supportive words or love?
- When you feel afraid, what are the tools you have to get through the moments of fear?



THE EPISCOPAL NETWORK FOR STEWARDSHIP



## World Labyrinth Day

**World Labyrinth Day in Educational Settings**

**Friday, May 5, 2023**

**World Labyrinth Day Saturday, May 6, 2023**



World Labyrinth Day (WLD) creates a unified wave of peace worldwide by “Walking as One at 1:00” (13:00) wherever you are. It is an opportunity to create virtual or in-person events to bring people from your community together. More information to come .



# Stewardship Page

## OUR GIFTS ARE EXPRESSIONS OF GRATITUDE TOWARD GOD THE CHRISTIAN STEWARDSHIP OF TIME *Time...don't let it slip away!*

T

No gift is greater than time, and yet, nothing is so easy to waste. Contrary to our cultural norms, good stewardship of time doesn't mean being busy all the time. Time spent in prayer, nurturing relationships with our family and friends or just enjoying the beauty of the world around us is time well spent. In fact, taking "time out" to nourish ourselves spiritually can be the best thing we can do to deepen our relationship with God.

\*\*\*Questions to Ponder\*\*\*

*Take some time to reflect on these questions and perhaps take them to prayer, asking for God's guidance, with gratitude for this marvelous gift.*

1. How do I "kill time"?
2. When have I most appreciated time?
3. What do I think God wants me to do with my time?
4. What obstacles keep me from being a good steward of my time?

M

God has gifted each of us with certain amount of time and each day with a new supply of time. When the Church asks us to return a portion of our time to the Lord it means that we must be accountable for how we responsibly use and divide it each day for work, for rest, and for love.

***Stewardship of Time IS quality time  
with GOD, With others and Ourselves.***

E

The following are some examples of how a good steward can accomplish this goal:  
In our family: We can spend non-distracted time with one member of the family each day, create time for prayers as a family, and give time to those taking care of a family member who is aging or disable for example.  
Individually: Having personal prayer time; listening to religious music, reading religious articles and books; reading and studying the Bible; resting; and living healthy.  
In our parish: Time by regular attendance at Sunday Mass and weekly time to grow in faith is essential for Christian living. Examples of time well invested are attendance to daily Mass; participation in Eucharistic Adoration; recitation of the Rosary and participation in parish ministries.

***Through a life lived in God-centered Stewardship and prayer we may hope to pay attention to God's word: "USE YOUR TIME WELL" (Sirach 4:20)***

<https://www.rcan.org/sites/default/files/files/stewardshipoftime.pdf>



And let us consider one another in order to stir up love and good works. [Hebrews 10:24]



**Changes:**

**How is God  
changing me...**



**and us?**



**2023 Annual Renewal Conference,  
Anglican Church Women, Diocese of  
Calgary  
Via ZOOM**

**Guest Speakers :**

**The Most Rev'd Linda Nicholls Our Primate;  
and Cynthia Pilichos, Co-coordinator, Anglican  
Church Women Board, Diocese of Nova Scotia and  
Prince Edward Island.**

Registration Contact: Mary Dymond 403-278-0317  
or E-mail: [dioceseofcalgaryacw@gmail.com](mailto:dioceseofcalgaryacw@gmail.com)

**Friday, April 21st, and Saturday, April 22nd, 2023**

### **ESL Conversation Club Tuesday mornings at St. Martin, Calgary**

St. Martin's is extending a volunteer opportunity, to have conversations with new English speakers. Tuesday mornings from 9:30 to 11:00 am, a group will be meeting (until the end of May). It's fun, interesting and rewarding. If you are interested, please contact Martha by [email](#).

### **Evensong at Christ Church, Calgary**

Fourth Sunday of each month at 4:30 pm

The Choir of Christ Church, Elbow Park hosts choral evensong on the fourth Sunday of each month. Please join us for this sacred service beginning at 4:30 pm.



### **Spring Cursillo Weekends**



Planning for the Spring Cursillo Weekends is well underway. Now is the time to consider sponsoring someone to attend for the first time. Is there someone you know who is moving forward in their Christian walk, that just needs a little nudge to fully take up a leadership role? Is there someone who already is a leader, who needs to experience what this Weekend is all about? Cursillo is the place for them!

The **Men's Weekend** will be held Thursday, April 13 to Sunday, April 16. The **Women's Weekend** will be held Thursday, April 20 to Sunday, April 23. For more information, please visit the Cursillo website, or contact Lay Director Al Stretton.

### **Mission of St. Edmund Spring Tea** Saturday, April 15

As we look forward to celebrating St. Edmund's move to Mission, we welcome you to a Spring Tea, in the Mission Hall building (located behind the main church building at 8336 - 34 Ave. NW), beginning at 11:00 am. Please [RSVP](#) for Free Tickets, or by calling Linda at (403) 615-0651. Please specify if you would like the 11:00 am or 12:00 noon seating. Tickets may be available at the door, but time cannot be guaranteed due to limited seating. We will be providing tours of St. Edmund's Food Bank, as well. [Register here](#)



## Missional Minute

I've been reading a book called Failure by Emma Ineson. You can find it here: [Failure Book](#)

It is the Archbishop of Canterbury's Lent book for this year and was recommended to me by a dear friend.

At first I looked at the title and thought, "Well, that's depressing." But I was curious enough to pick it up and start reading and I am so glad I did.

How often do we think about mistakes, sin and just generally messing stuff up? If you are like me, the answer is Often. Many times we beat ourselves up for making a mistake or messing up. We feel we've let others down or worse, let God down. It's pretty easy to feel like we are not enough. Not educated enough, not clever enough, not patient enough, not thin enough.... Fill in the blank. And this seems to happen more often in Lent.

This book challenges us to look at so-called failure through the lens of our Christian Faith rather than through the lens of the world and our culture.

You and I mess up. But as we acknowledge the ways we may fall short – let's keep in mind that the only metric that matters is how

God feels about that. The God who is love. The God who beckons us to come back as the one sheep separated from the 99 others. The God who does not condemn (John 3:17) but is always inviting, always calling us toward his love.

So, if you are like me and whatever it is you gave up or started this Lent has been picked up and dropped and renegotiated already...(aka failure), spend some time with the Lover of your soul in the next week or so, (before we meet again) and ask, "What are you inviting me into?" or "How would you have me draw closer to you?"



# St. Paul's Gardens



Our gardens will be ready to plant in May. Now is the time to start our seeds for all our flowers and vegetables!

When you are planting your starter seeds please remember to plant a few for our gardens also!



We will be looking for help in May to prepare the gardens and clean up the yard so keep an eye on your bulletins and the Living Waters for updates and clean-up days.

## Days to Celebrate in April

**April 7: International Beaver Day:** It's a day to learn about and show appreciation for those cute and loveable dam builders. In addition to being cute and loveable, they play a very important role in the environmental ecosystem. They build dams. As beavers create a new dam, they are helping to create or restore natural wetlands.

You can find beavers in ponds and small streams in many parts of the United States. They are also found in many other countries in North and South America. They are also native to Europe. It's fascinating to watch beavers at work. They ceaselessly build dams, dragging fallen branches and trunks of trees from the shore to the dam-building site. They often cut down small trees, using their sharp front teeth to cut the trees down. Their work never ends. They are either busy adding wood to an existing dam or building a new one.

The most enjoyable thing to do on International Beaver Day is to hike to an active beaver pond and watch them busy at work building a dam. Look around and you will likely see the wetlands that they create, filled with a wide variety of vegetation, birds, and other wildlife.



**April 14: International Moment of Laughter Day** is a special day that will put a big smile on your face. The objective of this April 14 holiday is to laugh more frequently and to share a good laugh with others to laugh, and to laugh more often. Make it your goal today to share a whole-hearted belly laugh or two with people you know and love. After all, "laughter is the best medicine".

We all could use a little more laughter in our lives. A good laugh relaxes us and eases stress levels. You want to be healthier, don't you? Well, studies show that people who are happy and laugh a lot live longer.

What's important is that you bring about laughter (and happiness) to those you come in contact with today.

To celebrate this special day, simply tell jokes or do funny things that cause people to laugh. A smile is not a good enough reaction. Successful participation in this day results in whole-hearted laughter.

Here are some ways to participate in this fun and laughable holiday: Find funny things to laugh about; Tell funny jokes; Read a comic book; Read the comics in the newspaper; Go to a comedy club; Dress up in a hilarious outfit; Act like a clown.



<https://www.holidayinsights.com/moreholidays/april.htm> ©2000-2023 HolidayInsights.Com, All Rights Reserved



PRESENTED BY



**McInnis &  
Holloway**  
Funeral Homes

**McInnis and Holloway Funeral Homes** has had the pleasure of inviting Dr. Wolfelt to Calgary to share his “Companioning Philosophy” for many years.

With all the wonderful feedback we receive from participants, we are pleased to bring back the highly regarded and anticipated Dr. Alan Wolfelt this spring, May of 2023.

This year Dr. Wolfelt’s will be holding two separate seminars held on two different dates.

Dr. Wolfelt's first presentation will be dedicated to individuals and families who are grieving a loss. Dr. Wolfelt will help all of us understand how loss influences our lives, and how to navigate better through the different needs of mourning.

The second presentation is designed for Professionals within our Caregiving Community. It will help those who want to learn more about how to support anyone who has experienced loss.

Please join us at these complimentary seminars:

***"Understanding your Grief: Touchstones for Hope and Healing"***

&

***"Mourning Misconceptions: Helping Mourners Replace Harmful Norms with Healing Truths"*** on the dates listed below.

To register, please click selected date of the seminar you are interested in attending.

**We welcome you to pass this information along onto anyone you feel could benefit from Dr. Wolfelt’s compassionate teachings.**

***FAMILY & FRIENDS SEMINAR***

***Understanding Your Grief:***

*Touchstones for Hope and Healing*

***Tuesday, May 9, 2023***

***7:00 P.M. - 9:00 P.M.***

***PROFESSIONAL SEMINAR***

***Mourning Misconceptions:***

*Replacing Harmful Norms with Healing Truths*

***Wednesday, May 10, 2023***

***9:00 A.M. - 12:00 P.M.***

Seminars to be held at  
Deerfoot South Campus—  
First Alliance Church  
12345—40th Street SE  
[Click here](#) for map

If you do not want to miss out on important updates,  
please join Wolfelt 2023 notifications

[www.MHFH.com/special-events/](http://www.MHFH.com/special-events/)



# Helpful Information

**Parish Office Hours:** Monday to Friday 9 am to noon.

**Sunday Services:** 9:30 am Live Streamed on Facebook or after 11:30 on our website under the Sermon tab

**Wednesday In –Person Services of Morning Prayer:** 9:30 am Contact office for dates



Useful Websites and other Social Media Platforms:

**St. Paul's Website:**  
<https://www.stpaulscalgary.ca>

**Instagram:** [stpaulsanglican Calgary](https://www.instagram.com/stpaulsanglican Calgary)

**Facebook Page:** <https://www.facebook.com/stpaulscalgary>

**Twitter:**  
[@stpaulscalgary](https://twitter.com/stpaulscalgary)  
[@PastorFergus](https://twitter.com/PastorFergus)

**YouTube Channel:**  
<https://www.youtube.com/channel/UCldxfHv5pFYST--j8as1GVg>

**Youth Group's Facebook:**  
[StPaulsCalgaryYouth](https://www.facebook.com/StPaulsCalgaryYouth)

**MCES:** <https://www.stpaulscalgary.ca/ministries/midnapore-church-of-england-society>

**Facebook:** [historicstpaulschurch](https://www.facebook.com/historicstpaulschurch)

**Pioneers of Paul Instagram:** [pioneersofpaul](https://www.instagram.com/pioneersofpaul)

**Diocese of Calgary:**  
<https://www.calgary.anglican.ca>

**Diocesan Facebook:** [calgary.anglican](https://www.facebook.com/calgary.anglican)

**Canadian National Church:** <https://www.anglican.ca>

**PWRDF—**[www.pwrdf.org](http://www.pwrdf.org)

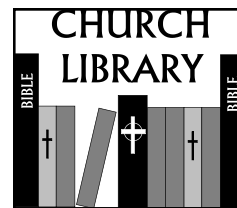


## ***St. Paul's is a Scent-Free Parish***

A reminder that we try to be scent-free out of love and respect for those whose health is threatened by fragrances. May we ask your co-operation in avoiding wearing to church, perfumes and after-shave, perfumed hair-sprays, etc.

Many thanks.

The Library is open and there for your use. Please have a look at what is available. When you take a book out, please fill out the card in the back of the book and leave it in the file. When you return the book leave it in the marked box.



**E TRANSFER PAYMENTS**



## **Offerings**

**Offerings:** Thank you for continuing to give your Offering when so many of us are unable to be physically present together. It's critical to helping us fulfill our Mission. Here are ways we can do this. We can donate via our website (<https://www.stpaulscalgary.ca/donate>). This is completely secure, with the highest level of PCI compliance. We can also mail our Offering (perhaps post-dated cheques) via regular post; drop it off in the Office mailbox (phoning 1st); arrange for it to be picked up from our mailboxes; or set up direct depositing (for the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations"). We can also now use e-transfers. Please use the email [gift@stpaulscalgary.ca](mailto:gift@stpaulscalgary.ca). No password is needed; to help our Envelope Secretary, please included your envelope number in the "message" spot.



### **Information you may find helpful:**

**Large Print Order Of Service:** We have large print copies of the service and hymn book available.

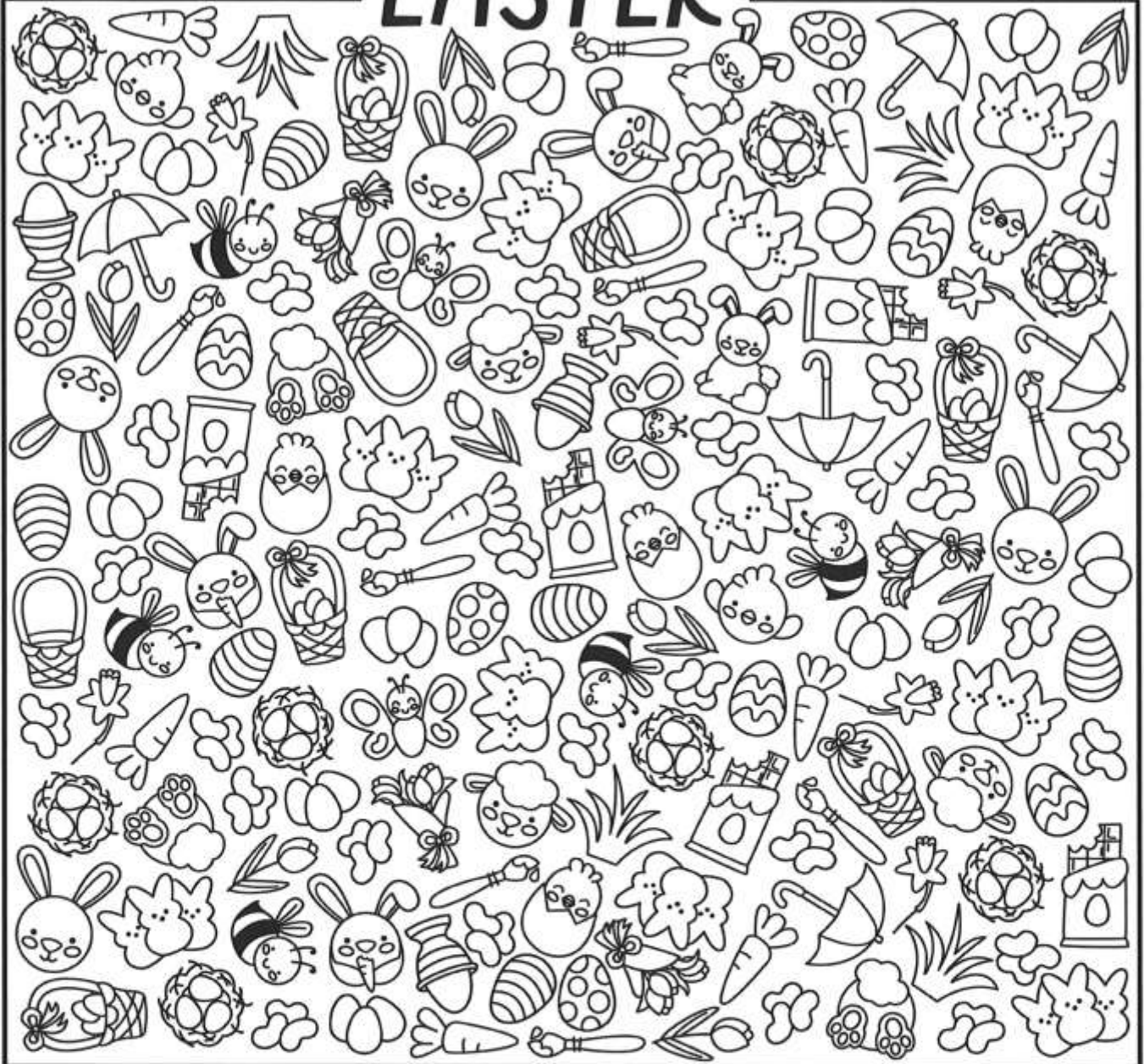
Please ask the sides people.

**Hearing Devices:** If you have trouble hearing the service, we have hearing devices that can help. Please ask the sides people for assistance.

**Welcome Booklets:** If you would like to know more about St. Paul's and our ministries, please help your self to a booklet. You will find them by the name tags.

**Business Cards:** St. Paul's Business Cards with service times are available. They are designed to carry in your wallet to give to people who ask about St. Paul's. This is a form of Outreach to the community.

# I SPY EASTER



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| 3 |  | 4 |  | 3  |  | 2  |  | 3  |  | 4 |  | 2 |  | 3 |  | 5 |  |
| 3 |  | 5 |  | 11 |  | 10 |  | 26 |  | 4 |  | 6 |  | 4 |  | 5 |  |
| 9 |  | 8 |  | 4  |  | 8  |  | 6  |  | 4 |  | 3 |  | 5 |  | 8 |  |

# EASTER WORD SEARCH



BiblePuzzles.org.uk

- |                 |                  |                 |
|-----------------|------------------|-----------------|
| ANGELS          | HIGH PRIEST      | ROBE            |
| APOSTLES        | JESUS CHRIST     | ROMANS          |
| BETRAYAL        | JOSEPH           | SACRIFICE       |
| BLOOD           | JUDAS ISCARIOT   | SIMON OF CYRENE |
| CALVARY         | KING             | SOLDIERS        |
| CROSS           | LAMB             | SON OF GOD      |
| CROWN OF THORNS | MARY             | SPEAR           |
| CRUCIFIXION     | NAILS            | STONE           |
| DARKNESS        | PASSOVER         | TEMPLE          |
| DEATH           | PIECES OF SILVER | THIEVES         |
| EARTHQUAKE      | PIERCED          | THREE DAYS      |
| EASTER          | PILATE           | TOMB            |
| GOLGOTHA        | RESURRECTION     |                 |



# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Palm Sunday</b> 9:30am H.E. In-Person & Live streamed on Facebook <b>Confirmation</b> <b>Preparation</b>	<b>Holy Monday 3</b> 7:30—8:30 am Before school 3—5:30 pm After School <b>Vision Divina</b>	<b>Holy Tuesday 4</b> 7:30—8:30 am Before school 3—5:30 pm After School <b>Compline at the</b> <b>Historic Chapel</b>	<b>Spy Wednesday 5</b> 7:30—8:30 am Before school 1:30—2:30 pm Hunger for Healing 3—5:30 pm After School 7:00 pm <b>Tenebrae</b>	<b>Maundy Thursday 6</b> 7:30—8:30 am Before school 3—5:30 pm After School 6:30 pm TOPS 7:00 pm <b>Maundy Thursday</b> <b>Service</b>	<b>Good Friday 7</b> 11:00 am <b>Good Friday Service</b>	<b>Holy Saturday 8</b> 11:30 am Ladies Luncheon 8:00 pm <b>Easter Vigil</b>
<b>Easter Sunday 9</b> 9:30am H.E. In-Person & Live streamed on Facebook	<b>10</b> 7:30—5:30 am School all day	<b>11</b> 7:30—5:30 am School all day 7:00 pm Parish Council	<b>12</b> 7:30—5:30 am School all day 9:30 am M.P. 1:30—2:30 pm Hunger for Healing	<b>13</b> 7:30—5:30 am School all day 6:30 pm TOPS 7:30 pm Choir Practice	<b>14</b> 7:30—5:30 am School all day	<b>15</b> 8:30 am Men's Breakfast
<b>16</b> 9:30am H.E. In-Person & Live streamed on Facebook <b>Confirmation</b> <b>Preparation</b>	<b>17</b> 7:30—8:30 am Before school 3—5:30 pm After School 7:00 pm Prayer Group via Zoom	<b>18</b> 7:30—8:30 am Before school 3—5:30 pm After School	<b>19</b> 7:30—8:30 am Before School. 10:30 am Bible Study 1:00 pm Prayer Shawl 1:30—2:30 pm Hunger for Healing 3—5:30 pm After School	<b>20</b> 7:30—8:30 am Before school 3—5:30 pm After School 6:30 pm TOPS 7:30 pm Choir Practice	<b>21</b> 7:30—8:30 am Before school Pick-up 3—5:30 pm After School	<b>22</b>
<b>23</b> 9:30am H.E. In-Person & Live streamed on Facebook	<b>24</b> 7:30—8:30 am Before school Pick-up 3—5:30 pm After School	<b>25</b> 7:30—8:30 am Before school 3—5:30 pm After School	<b>26</b> 7:30—8:30 am B.S. 1:30—2:30 pm Hunger for Healing 3—5:30 pm A.S.	<b>27</b> 7:30—8:30 am Before school 3—5:30 pm After School 6:30 pm TOPS 7:30 pm Choir Practice	<b>28</b> 7:30—8:30 am Before school Pick-up 3—5:30 pm After School	<b>29</b> 9 am to Noon Deacon's Day
<b>30</b> 9:30am H.E. In-Person & Live streamed on Facebook	<b>May 1</b> 7:30—8:30 am Before school Pick-up 3—5:30 pm After School	<b>2</b> 7:30—8:30 am Before school 3—5:30 pm After School	<b>3</b> 7:30—8:30 am Before School. 10:30 am Bible Study 1:30—2:30 pm Hunger for Healing 3—5:30 pm After School	<b>4</b> 7:30—8:30 am Before school 3—5:30 pm After School 6:30 pm TOPS 7:30 pm Choir Practice	<b>5</b> 7:30—8:30 am Before school 3—5:30 pm After School	<b>6</b>