



St. Paul's News Bulletin March 3, 2024



Parish Events

Everyone's invited to join us for Coffee Time after the services. Thank you to everyone who volunteers to host this time of fellowship! Our sign up sheet for coffee volunteers is located by the kitchen door. Coffee Time is an important part of our worship time on Sunday's. Please prayerfully consider helping with this ministry. Help is available if you are new to this ministry.



Today at Coffee Time we're celebrating the first Birthday of Fenna. Her family has provided the food and decorations. So come and join us!



Please wear your name tag! Name tags are available at the North door.

Wednesday Bible Study Groups: 10:30 am in person studying the Book of Genesis. The evening study of Galatians is via Zoom at 7:30 pm. Please contact Ingrid or the office for the link.



Ladies No Mess Potluck Luncheon: March 9 @ 11:30 am 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. ALL WOMEN ages 13 and up are invited to have fun. The theme is Lent- A Time of Prayer. See Living Waters for more information.



Men's Breakfast: next meeting is Saturday, March 16 at St Paul's. All men 13 years and up are invited to join for great food and fellowship!



Palm Sunday: March 24 at 10 am. We require volunteers to read The Passion on this day. Please contact the office if you wish to participate. We need nine readers.



Holy Week Services: March 25 to 29
Monday of Holy Week - 7:30 pm Visio Divina

Tuesday of Holy Week - 7:30 pm
compline at the Historic chapel

Wednesday - 7:30 pm Tenebrae

Maundy Thursday - 7:30 pm

Good Friday - 11 am

Maundy Thursday Service: we are looking for 12 volunteers who would like to have your feet washed during this service. Please contact the office if you are interested in participating.



Easter Services: March 30 & 31

Easter Vigil –Saturday 8:30 pm

Resurrection of the Lord

Sunrise – 7:13 am at our Historic Chapel

Main Service—10:00 am

Alpha beginning April 10. All welcome - invite friends and neighbours. More info. coming soon!

Our Walking Group will meet Mondays at 1:00 pm The locations schedule for Feb to May is on our website under events. We don't walk at -15 C or below. All are welcome!

St. Paul's Anglican Church

7 Sunmills Green SE T2X 3P6

Phone: 403 256-1428 Fax: 403 256-1554

E-mail: office@stpaulscalgary.ca

Website: <https://www.stpaulscalgary.ca>

Interim Priest: The Rev'd Tony Hilling

Assistants: The Rev'd Dr. Norman Knowles

The Rev'd Cyril Haynes

The Rev'd Betty Nadurak

Wardens: Cam Cline & Ingrid Bolton

Main Facebook Page: [stpaulscalgary](https://www.facebook.com/stpaulscalgary)

Twitter: @stpaulscalgary

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

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

Youth Ministry

Calling All Junior and Senior High Students to be Youth Who Make a Difference!

Pioneers of Paul (POP) our youth volunteer group.

We volunteer as a group at various community organizations, approximately monthly. Members sign up for the events that interest them.

Next event: The Calgary Drop-in Donation Centre - Sat Mar 9, 2024 1215pm - 430pm. Sign up is now open.



Sign up links are posted on the website and sent to members by email/text. Info on St. Paul's website use the QR Code for access or on Instagram, also, at <https://www.instagram.com/pioneersofpaul/>.

Diocese and Community Events

Volunteers for needed Calgary Pregnancy Care Centre: If you're ready to make a difference and be part of a compassionate community, join us in our mission to provide information, care and support at a critical time in a young family's life.

Whether you have a few hours or even a day or two a week, there is a place for you! The more time you put in, the more you will gain. Life change happens when you invest in others. Contact Lori at 403-269-3110 or email lori@pregcare.com for more information.

Freedom Meditation: 5 Uplifting Meditations Proven to Relieve Stress Experience a gentle progression through a sequence of carefully selected meditations. These meditations will help you find relief from stress and embrace peace and calm.

Every Wednesday @ 8 pm, March 6 to April 3rd Price: \$47.00 Online, on Zoom For more information contact Gael Hogan at gaelh@telus.net To register go to <https://www.eventbrite.ca/e/uplifting-freedom-meditation-5-beautiful-meditations-proven-to-ease-stress-tickets-841490208867>

Anglican Church Women Annual Spring Conference Save the Date - April 19 and 20, 2024 via zoom. "The Spring Calls us to Bloom" *But the fruit of the Spirit is love, joy, peace, kindness, generosity, faithfulness, gentleness and self-control. If we live by the Spirit, let us be guided by the Spirit.* Galatians 5:22-23a,25



Communication Ministry

This committee is open to anyone who has an interest or ideas on how to increase our visibility to the community. We need to look at signage and also how we communicate with the communities around us. We need to find out what is needed in the community so we can

become a beacon.

Please contact Laura Anne or Paul if you have an interest in this area. We are always looking for someone who is interested in social media and would like to look after the Parish facebook, twitter and Instagram accounts.

Pastoral Care

If you'd like to be part of our **Pastoral Care Team**, please contact Betty Nadurak.

Chemo Care Bag: If you know of anyone who is beginning Chemo treatment and would benefit from receiving a Chemo Care Bag please contact the Parish Office

If you would like to be part of the **Caring Contact Ministry**, please contact Deacon Betty Nadurak.

Please contact the Parish Office if you or someone you know would like a visit.

Prayer Shawl: We meet on the first & third Wednesdays, of each month at 1 pm, in person and via Zoom. **Our next meeting is March 6.** Contact Laura Anne [here](#) if you would like to join the group or if you know of anyone who would benefit from receiving a shawl.

Hunger for Healing, a Christian Twelve Step Programme, is meeting every Wednesday from 11:30 am to 1:30 pm. Everyone is welcome, and we'd love to have you join us to find out what the programme is all about, and see if it's for you. There is no leader, as we all take part in leading the programme. If you wish more information, please contact the Rev'd Deacon Betty Nadurak.

Grief Support Group Mondays at 2:30 pm. This is open to anyone who has experienced a loss of any kind and would like support.

Stewardship Reflection:

"You shall not carve idols for yourselves in the shape of anything..." - Exodus 20:4



How many "gods" do you put before God? "Idols" do not always take the shape of physical things, things we can touch and feel. Those are easy to recognize. Many times they take the form of things we cannot touch and are much harder to spot like pride, power, ego, time, comfort or health. Pray for God's help to prune our vices and to grow in virtue.

<https://www.archstl.org/about-stewardship/bulletin-inserts/weekly-bible-reflections>

Financial News

Our 2024 deficit at the end of January is 1,380. Thank you to everyone for helping support our Mission financially in these challenging times.



Outreach



PWRDF

An Emergency Response in Madagascar

A six-month humanitarian response project in the Municipality of Ambovombe, Madagascar, where 1.54 million people or 25% of the population are classified as acutely food insecure, including 50,000 people in the emergency category, is providing monthly food basket transfers to 2,000 households (11,600 individuals). The monthly food basket will consist of 60 kgs of rice, 10 kgs of beans, and 4 litres of oil. A total of 600 mt of rice, 100 mt of beans and 40,000 litres of oil will be provided over the six-month project.

5th Sundays of the Month are Food for Others Sundays at St. Paul's. On the fifth Sunday of the month, everyone is invited to bring non-perishable food items to share. March 31 is the next Food for Others Sunday.

Opportunities to Serve

2024 Flower Chart is now up on the bulletin board by the kitchen: Please see the flower chart in the Hall by the kitchen. If you would like to make a dedication please send it to Laura Anne at office@stpaulscalgary.ca. The cost for flowers is \$30.00. **No flowers in Lent**

Prayer Chain Requests: Please contact Dinah Breu with your prayer requests.

Casserole Ministry: If you know of anyone who would benefit from receiving a casserole. Please contact Linda Hubert. We are looking for someone to take on this ministry if you are interested please contact the Parish Office. ***We now have a freezer for our casserole ministry. If you would like to contribute a casserole please label it with what it is, ingredients and date put in freezer.***

Card Ministry: We are looking for someone to volunteer for

this ministry if you are interested please contact Betty. If you know of anyone who would benefit from receiving a card please let Betty know.

Living Waters: Monday, March 25 is the deadline for *Living Waters* submissions for the February Edition. Please submit to office@stpaulscalgary.ca.

Sign: We'd like to change the sign more regularly, but to do this we need helpers. ***If you can help, please contact Paul Bourgeois or the Office.***

We are looking for volunteers to be **Sacramental Assistants** please contact Ed or the Parish Office for more information.

Prayers of the People Ministry We are looking for more members to join in the Prayers of The People Ministry. Adults or Youth -we would be happy to have you join us. Training is available. Please contact Dinah Breu : breu.dinah@gmail.com or 403-256-1684

Servers: we are looking for volunteers to be servers at our Sunday services. **Youth or Adults are welcome!** Please contact Father Cyril or the Parish Office if you are interested. Training is available!

Welcome

A word to newcomers and visitors: St. Paul's welcomes you and invites you to make this your church home. Please indicate on a pew card, located in the pew racks, how we can help you feel part of the family. Please place the card on the offering plate or hand it to one of the clergy or Parish Council members.

If you are a newcomer, and would like to connect with us, please [click here](#) and go to the downloads at the bottom of the page. And click on the Welcome forms.

Regular Weekly Activities at St. Paul's:

Sun: Word to World Ministries Canada : 4 pm

Mon.: **Walking Group:** 1 pm (see the St Paul's website under events for locations)

Prayer Group: 1:30 pm (2nd Monday of the month in-person) (March 11)

7:30 pm (4th Mondays of the month via Zoom) (March 18 see change of date))

Wed.: **Morning Prayer:** 9:30 am

Bible Study: 10:30 am (study of Genesis)

Bible Study: 7:30 pm via Zoom (Study of Galatians)

Hunger for Healing: 11:30 am (in the Chapel Room)

Prayer Shawl Ministry: 1 pm (1st & 3rd Wednesdays of the month) (March 6 & 20)

Thurs.: **TOPS (Taking off Pounds Sensibly):** 6:30 pm

Choir Practice: 7:30 pm (If you'd like to join the Choir, please contact Paul Bourgeois at pbourgeois@shaw.ca.)

Sat.: **Ladies Luncheon:** 11:30 am—2nd Saturdays (next is March 9)

Men's Breakfast: 8:30 am—3rd Saturdays (next is March 16 at St Paul's)