

# Living Waters

## March 2024



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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** 10:00 am in person and live streaming on Facebook; later go to Sermons on our website.

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

## Interim Priest

The Rev'd Tony Hilling

## Assistants

The Rev'd Dr. Norman Knowles  
The Rev'd Cyril Haynes  
The Rev'd Betty Nadurak

## Parish Council 2024

**Administration:** Paul Bourgeois  
**Caring Contact:** The Rev'd Betty Nadurak  
**Christian Education:** Tosan Chigbo  
**Communications:** Paul Bourgeois  
**Community Connection:** Cec Sparrow  
**Deputy People's Warden:** vacant  
**Hospitality:** Laura Anne Fink  
**Fundraising:** Steve Colle  
**Maintenance:** Muyi Ekomwenrenren  
**Incumbent's Warden:** Ingrid Bolton  
**New Members:** Cheryl Scott  
**Pastoral Care:** Betty Nadurak  
**People's Warden:** Cam Cline  
**Outreach:** John L'Ecuyer  
**Stewardship:** vacant  
**Sunday School:** Kerin Spaargaren  
**Worship:** Dinah Breu  
**Youth:** Vacant  
**Member at Large:** Tracy Griffin  
**Member at Large:** Joan McCarthy

## Parish Ministries

### Worship Ministries

Altar Guild - Heather Johnson  
Sacramental Assistants – Ed Mullaney  
Choir – Paul Bourgeois  
Prayers of the People – Dinah Breu  
Readers 10 am – Robbie Coller  
Servers – Cheryl Scott/The  
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  
Maintenance – Muyi Ekomwenrenren

### Christian Education

Nursery - Cheryl Scott  
Youth – Cheryl Scott  
Adult Education—  
Clergy & Lay  
Stewardship –  
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 – Betty (interim)  
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  
Food Bank, CAWST, Alpha House etc. –  
shared through Outreach Committee  
Pioneers of Paul—Laura  
PWRDF — Doreen Peters  
Quilt/Shawl Prayer Ministry  
— Laura Anne Fink  
Living Waters  
— Laura Anne Fink

## Synod Delegates

Cec Sparrow, Heather Johnson, Backup:  
Kathleen Robinson and Barb Leinweber

## MCES Directors

Kerry Peters , Paul Bourgeois

## Treasurer

Treasurer: Ingrid Bolton



# A LENTEN REMEMBRANCE

By The Rev'd Tony Hilling

A few years ago a prayer group of believers that I was associated with had asked Henri Nouwen to come down to the Calgary area and lead us in a retreat. It was a wonderful experience to listen to him. He shared the story (which he refers to in one of his books) of visiting the art gallery in St. Petersburg, Russia where the painting, "The Prodigal Son", was housed. The artist was his fellow countryman, Rembrandt, and Henri was enthralled with the beauty of this painting so much so that he spent hours just sitting in front of it and contemplating. In fact, the security guard who was with him was uncomfortable with the length of time that he spent just gazing at the painting. He must have believed that Henri was planning a heist to take it back to the Netherlands. Henri was a wonderfully sensitive person and also shared with our group his own vulnerability and his thoughts on the Christian life and its main themes. What surprised me was that many of our group were critical and thought him to be a little too soft. They seemed to feel that he wasn't tough enough. From my perspective, Henri was wasted on them. They missed what he was saying. He was trying to reach them, but they resisted his gentle challenge to open up and allow themselves to share their hearts. They were wearing armour that did not permit penetration.

While he was with us, I also had the privilege of visiting with Henri for about half an hour. We had a beer together in the hotel in which we were staying for the retreat. We shared stories of our respective spiritual journeys. I had received the Gospel in one community down east that was quite aggressive. Henri had also been at that same community and was uncomfortable with them. They seemed to him to be strong on judgement and had been heavy-handed in shepherding their members. Again he was coping with people who presented a tough exterior; as if they were hiding something underneath.

As I reflect on this today, I remember those two groups of people referred to above as somehow wearing masks rather than being real. Henri was a spiritual giant who was real with God and real with his brothers and sisters. He spent the last years of his life at Daybreak, a L'Arche community that ministers and serves the mentally and physically handicapped (see "Journey to Daybreak"). He wrote about this and shared quite comically how the handicapped are devoid of masks and just say what's in their hearts. I had the sense that Henri had found his true vocation. He could be vulnerable with the vulnerable and so he experienced true relationship.

The story of the Prodigal Son is the story of someone who got real! The original Greek phrase basically relates that "...He came to himself." He saw himself as he really was: a broken young man who needed to find his Dad again. I believe that this is a major theme of our Lenten journey: to be real with the Lord and with our brothers and sisters. Is not this a huge part of repentance; being real? We lift off the masks, we stop playing games! Psalm 32: 3-5, speaks of this: "*For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, 'I will confess my transgressions to the Lord,' and you forgave the iniquity of my sin.*"

So, as one priest asked us at another retreat, how is your soul today? Where are you at? Lent is not a time for giving something up; but rather, digging something up! Uncovering the shells that hide our true selves, and seeking the face of God in truth.

It's to be honest with our God, and speak from the heart. As we pursue this journey to be real with the Lord, the masks will fall off and we can enjoy honest relationships with our God and our fellow travellers.



Rembrandt (1606 - 1669) titled, *The Return of the Prodigal Son*

## ROSTER FOR SUNDAY SERVICES

| DATE               | OBSERVATION                       | PRESIDING | PREACHING | ASSISTING | CHILDREN'S TIME | SPECIAL THEMES                            |
|--------------------|-----------------------------------|-----------|-----------|-----------|-----------------|---|
| March 10           | Lent 4                            | Tony      | Tony      | Betty     | Doreen          | Mothering Sunday                          |
| March 17           | Lent 5                            | Tony      | Tony      | Betty     | Kathleen        |   |
| March 24           | Palm Sunday/<br>The Passion       | Norman    | Norman    | Betty     | Norman          |   |
| March 25: 7:30 pm  | Visio Divina                      | Norman    |           |           |                 | Monday in Holy Week                       |
| March 26: 7:30 pm  | Compline                          | Tony      |           |           |                 | At our Historic Chapel                    |
| March 27: 7:30 pm  | Tenebrae                          | Betty     | Betty     | Norman    |                 |   |
| March 28: 7:30 pm  | Maundy<br>Thursday                | Tony      | Norman    | Betty     |                 | Washing of feet/stripping<br>of the altar |
| March 29: 11 am    | Good Friday                       | Tony      | Tony      | Betty     |                 |   |
| March 30 : 8:30 pm | Easter Vigil                      | Norman    | Tony      |           |                 | Incense                                   |
| March 31           | Sunrise service<br>Morning Prayer | Betty     |           |           |                 | At our Historic Chapel<br>7:13 am         |
|                    | Easter Sunday                     | Tony      | Cyril     | Betty     | Tony            |   |
| April 7            | Easter 2                          | Tony      | Tony      | Betty     | Kerin           |   |

### SERVICES

Our 10:00 am 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).

### UPCOMING EVENTS

**No Mess Ladies Potluck Lunch:** Saturday, March 9 11:30 am  
**Men's Breakfast:** Saturday, March 16 at 8:30 am @St.Paul's  
**Alpha Course:** Wednesday, April 10



### BIBLE STUDIES & PRAYER MEETINGS & SERVICES

**Wednesday Morning Bible Study:** 10:30 am in person studying the Book of Genesis

**Wednesday Evening Study:** 7:30 pm on Zoom Studying the Book of Galatians. Contact the Parish office for the Zoom link. Led by the Rev'd Tony Hilling.

**Prayer Group:** Second Mondays of the Month in person at 1:30 to 2:30 pm; 4th Mondays of the Month via Zoom at 7:30 pm (March 11 & 18—*please note change of Zoom meeting due to Holy Week*)

**Wednesday Services of Morning Prayer:** 9:30 am.

**Alpha Course beginning Wednesday, April 10. Register by phone or on our website.**

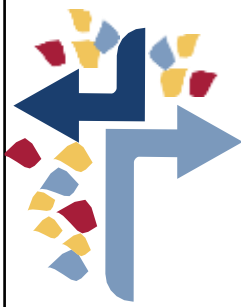


# St Paul's Anglican Church

Income Statement January 1, 2024 to December 31, 2024



|  |                            | Jan 24        | Jan 23        | Budget        |
|--|----------------------------|---------------|---------------|---------------|
|  | <b>Income</b>              |               |               |               |
|  | Interest Income            | 274           | 161           | 142           |
|  | Offerings                  | 16,274        | 24,021        | 18,917        |
|  | Other Income               | 85            | 2,170         | 750           |
|  | <b>Total Income</b>        | <b>16,633</b> | <b>26,352</b> | <b>19,809</b> |
|  | <b>Gross Profit</b>        | <b>16,633</b> | <b>26,352</b> | <b>19,809</b> |
|  | <b>Expense</b>             |               |               |               |
|  | Administration             | 3,171         | 2,984         | 2,750         |
|  | Apportionment              | 2,201         | 2,575         | 2,200         |
|  | Christian Education        | -142          | 44            | 292           |
|  | Communication              | 12            | 13            | 42            |
|  | General Maintenance        | 3,127         | 1,523         | 1,667         |
|  | Hospitality/<br>Fellowship | 297           | 0             | 83            |
|  | Ministerial                | 5,173         | 9,454         | 8,333         |
|  | Outreach                   | 1,627         | 2,402         | 1,892         |
|  | Pastoral Care              | 0             | 0             | 8             |
|  | Utilities/Insurance        | 1,866         | 2,261         | 1,833         |
|  | Worship                    | 681           | 506           | 708           |
|  | <b>Total Expense</b>       | <b>18,013</b> | <b>21,762</b> | <b>19,808</b> |
|  | <b>Net Income</b>          | <b>-1,380</b> | <b>4,590</b>  | <b>1</b>      |



# Walk in Love

## Love's Destination: A Lenten Reflection

Lent is a journey, not a destination. It is the ultimate walk in love. As we hear the story of Jesus' physical journey toward Jerusalem and the events of Holy Week, we take our own spiritual journey. We follow that rocky road as our readings walk us through foreshadowing and heartache until we arrive at the foot of the cross.

We are invited on this journey not because we need to suffer as Jesus suffered, but so that we may understand the Grace that comes from living through difficult moments. Jesus models this work, and while he will be martyred and raised, his invitation is not to follow him into death, rather to follow him into the compassion and empathy that come from resisting and crossing over our darkest instincts.

The walk of love teaches us that the path through scarcity and anxiety is in trusting in the abundance we have been shown, the gifts that we have been given.

We are, each of us, given gifts to grow God's Kingdom: kindness, generosity, strength, wisdom, creativity, passion, and so many more. Stewardship reminds us to harness and nurture these gifts so that we might be able to share them more extravagantly with those we meet on our journey. |

### Questions for Reflection:

As you walk through Lent this year, how will you share your gifts to make the path easier for others?



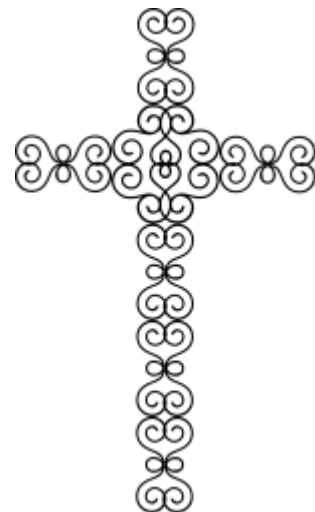
**J. Davey Gerhard** is Canon for Stewardship and the Executive Director of TENS. He lives, works, and worships in San Francisco, California.



### DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis::

- Fast from hurting words and say kind words
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience
- Fast from pessimism and be filled with hope.
- Fast from worried and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be. Compassionate.
- Fast from grudges and be reconciled
- Fast from words; be silent and listen



# St David: a brief history

St David was born in 500 and died on 1 March – St David’s Day - in 589. He is the only native-born patron saint of the countries of Britain and Ireland. Apparently his mother, St Non, gave birth to him during a storm! St David was the greatest figure in the 6th century Welsh Age of Saints. He travelled far and wide, and founded scores of religious communities across Wales and England. St David's remains are buried in St Davids Cathedral, Pembrokeshire, where he had eventually settled and established a religious community.

St David was canonised by Pope Callixtus in the 12th century, and we have celebrated St David’s Day ever since.

## **He was born in a storm**

St David was born in the year 500, the grandson of Ceredig ap Cunedda, King of Ceredigion. According to legend, his mother St Non gave birth to him on a Pembrokeshire clifftop during a fierce storm. The spot is marked by the ruins of Non’s Chapel, and a nearby holy well is said to have healing powers.

## **He was a fine preacher**

St David became a renowned preacher, founding monastic settlements and churches in Wales, Brittany and southwest England – including, possibly, the abbey at Glastonbury. St David reputedly made a pilgrimage to Jerusalem, from which he brought back a stone that now sits in an altar at St Davids Cathedral, built on the site of his original monastery.



## **He was a teetotal vegetarian**

St David and his monks followed a simple, austere life. They ploughed the fields by hand, rather than using oxen, and refrained from eating meat or drinking beer. St David himself was reputed to have consumed only leeks and water – which is perhaps why the leek became a national symbol of Wales.

## **He performed miracles**

The most famous miracle associated with St David took place when he was preaching to a large crowd in Llanddewi Brefi. When people at the back complained that they could not hear him, the ground on which he stood rose up to form a hill. A white dove, sent by God, settled on his shoulder.

## **His legacy lives on**

St David died on 1 March – St David’s Day - in 589. He was buried at the site of St Davids Cathedral, where his shrine was a popular place of pilgrimage throughout the Middle Ages. His last words to his followers came from a sermon he gave on the previous Sunday: ‘Be joyful, keep the faith, and do the little things that you have heard and seen me do.’ The phrase ‘Gwnewch y pethau bychain mewn bywyd’ - ‘Do the little things in life’ - is still a well-known maxim in Wales.

<https://www.visitwales.com/info/history-heritage-and-traditions/have-happy-st-davids-day-celebration>

<https://www.visitwales.com/info/history-heritage-and-traditions/st-david-five-facts>

What is my purpose?  
Is Jesus still relevant?  
Is God present in my  
loneliness?  
How can I have hope?

# Where can I ask these questions?

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Alpha provides a space to ask all your questions about life, faith, and meaning in a friendly environment with people who, like you, want to explore.

Each Alpha session includes a short video, time to connect, and plenty of time to discuss.

## Join us!

- date: Wednesday, April 10, 2024
- time: tba
- location: St Paul's Anglican Church
- registration: 403 256 1428 or on March 5 at [www.stpaulscalgary.ca](http://www.stpaulscalgary.ca) - under events



Try Alpha



# Pioneers Of Paul—P.O.P

## St. Paul's Volunteer Youth Group



**Who we are:** A group of youth interested in volunteering together at organizations in the Calgary community.

All youth are welcome, including members of St. Paul's, their friends and other interested youth from the community.

### Where we volunteer:

- The Bethany Care Centre (activities with residents)
- The Mustard Seed Donation Centre

- The Calgary Drop-in Centre Donation Centre
- The Inn From the Cold
- St. Paul's (coffee time)

**When we volunteer:** Scheduled on Fridays or Saturdays.

**Other information:** Members receive a group t-shirt at the first event they attend. We travel to and from events together and after we pick up food to enjoy together.

### February Event:

We served dinner at the Inn From the Cold on Feb 10, 2024. This time was different as the rolling screen was broken so we plated the food (shepherds pie, gravy and salad) in the kitchen and served it to clients seated at tables. Our own dinner after was McDonald's and/or pizza and we had a competitive series of Uno games to finish off the evening.

### Next Events:

**March 2024** - The Calgary Drop-in Centre Donation Centre (Saturday March 9, 2024 12:15 pm - 4:30pm): We will be sorting and organizing donations and also will have a tour of the facility.

**April 2024** - Bethany Calgary - Saturday April 20, 2024 12:45pm - 4:00pm: Games and manicures for the seniors.

**May 2024** - The Inn From the Cold (Saturday May 11, 2024 4:15pm - 8:00pm): We will be serving dinner to the clients of this secure family shelter and our responsibilities will also include setting up and cleaning up after.



### Information is available:

- On the St. Paul's website: <https://www.stpaulscalgary.ca/ministries/outreach-ministries/pages/pioneers-of-paul>
- In the weekly bulletin and Living Waters Newsletter
- On Instagram
- By email to group members

We have 17 active members and events are drop-in based with members signing up for the events they are interested in attending. The website lists the events and the link to sign up via SignUpGenius (which becomes active on the 15th of the month before the event).

New members are always welcome, friends as well.

Come and make a difference  
in our world!

Gain experience and build your resume at the same time!



# Here are a few photos from our February POP event - Serving dinner at Inn From the Cold



# **LADIES no-mess POTLUCK LUNCH**



**Saturday, March 9 @ 11:20 am**

## **LENT – a time of prayer –**

Three women, Joan Mc., Kathleen and Kudzai  
*will share what prayer means in their lives.*  
Dinah Breu, St. Paul's prayer co-ordinator  
*will present prayer dynamics at St. Paul's.*

As you introduce yourself around the table...  
*What definition of prayer is most meaningful to you?*

***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 to have fun**

## Men's Breakfast

### **The next one will be Saturday, March 16 at 8:30 am at St. Paul's**

We have joined forces with our friends at St. Peter's Calgary for this monthly event. St. Paul's hosts the breakfast in January (Len's Tribute Breakfast), March, May, July (Stampede breakfast outside weather permitting), September and November. The men from St. Paul's and the men from St. Peter's take turns preparing the breakfast. We meet for our breakfast on the third Saturday morning of the month from 8:30 am until 10:30 am. This is a fellowship time for all men of the Parish. A suggested donation of \$5 going to CAWST (the Centre for Affordable Water Sanitation Technology). All age 13 and over are invited!

*Please let us know if you plan to attend so we know how many to prepare for. Plan to come a bit early for some fellowship over that first cup of coffee before we eat.*



## St. Patrick's Day

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.



In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

In Ireland, St. Patrick's Day has traditionally been a spiritual and religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world.

ST.  
PATRICK'S  
DAY

From: <https://www.history.com/topics/st-patricks-day/history-of-st-patricks-day>

# Lent and Holy Week

By Joshua Steele | February 20th, 2019

## The Sundays in Lent

The Sundays in Lent follow a journey through the temptation of Christ, the visit of Nicodemus, the woman at the well, the healing of a blind man, and the death of Lazarus. Each of these Sunday readings guide us on a journey toward understanding the healing power of Jesus for our souls, our bodies, and our very lives.

The fourth Sunday in Lent is Laetare Sunday and its color is traditionally rose. Laetare is the Latin word for “rejoice.” This may seem odd in Lent. But with Easter in sight, the idea is to help us rest in the joy and hope of the Resurrection of Christ, even in the midst of our Lenten journey. This “refreshment Sunday” is designed to remind us, once again, that the Feast is the main point. The fast is only there to help us prepare, not to condemn us or weigh us down.

## Why not count Sundays toward the 40 days?

Some people do count the Sundays in Lent toward the 40 days.

However, those that do not argue that, although Lent is a season of fasting, every Sunday in the Christian year is a feast day. Every Sunday is a celebration of the resurrection of Jesus Christ. So, they don’t fast on Sundays.

## Palm Sunday

On Palm Sunday, we remember Jesus’ triumphal entry into Jerusalem (see Matthew 21:1–11, Mark 11:1–11, Luke 19:28–44, and John 12:12–19).

Many services on Palm Sunday begin with “the Procession of the Palms,” where worshipers hold palm branches as they process into the church.

Sometimes Palm Sunday is also observed as “Passion Sunday,” a commemoration of Jesus’ suffering and death. However, Passion Sunday used to be celebrated on the Sunday before Palm Sunday, the fifth and last Sunday of Lent.

## Holy Monday through Wednesday

Palm Sunday, Maundy Thursday, Good Friday, Holy Saturday, and Easter Sunday get the lion’s share of the focus during Holy Week. However, Monday through Wednesday ought not to be forgotten! This is largely because we do not really know exactly what happened on the Monday and Tuesday of the original Holy Week.

We do know that Holy Wednesday has traditionally been called “Spy” Wednesday, as a reference to the “ambush” of Jesus by Judas Iscariot.

Each of these days can be observed however, through worship, prayer, and Scripture reading.

## The Triduum or “Three Days”

The Paschal (Easter) Triduum (“three days”) begins on the evening of Maundy Thursday (the liturgical day beginning at sundown, just like in the Jewish calendar). The Triduum in-

cludes Maundy Thursday, Good Friday, Holy Saturday, and Easter Sunday. It ends at sundown on Easter.

## Maundy Thursday

Maundy Thursday commemorates the institution of the Eucharist at the Last Supper (see Matt. 26:26-29; Mark 14:22-25; Luke 22:14-30; 1 Cor. 11:23-25) and Christ’s washing of the disciples’ feet (see John 13:1-15).

“Maundy” is likely derived from the Latin “mandatum” which means “commandment.”

Because Thursday night of Holy Week corresponds to the Last Supper, it includes Jesus saying, “A new commandment I give to you, that you love one another as I have loved you.” This is the night of that New Commandment, in other words, it is New Commandment Thursday.

Maundy Thursday services traditionally include a focus on the Last Supper, not only as the beginning of the Triduum (the Great Three Days), but also as the institution of the Lord’s Supper (or Eucharist, or Communion). In many places, a foot washing service is included, and the service often ends with the Stripping of the Altar.

Traditionally, there would be no Eucharist on Good Friday. So the altar was stripped of all eucharistic elements on Maundy Thursday. Today, the stripping and washing of the altar is often an integral part of Maundy Thursday at the end of the service.

Interestingly, this tradition developed simply because the altar guilds needed to strip the altar after Maundy Thursday in preparation for the bare, stark altar on Good Friday. People stayed after worship to observe this, and it was soon experienced as a powerful spiritual moment.

Because of this, Maundy Thursday ends with the starkness of the empty, bare altar. Our souls are bare as well, as we begin to walk through the rest of the weekend.

## Good Friday

On Good Friday, we remember the events leading up to and including the crucifixion and the crucifixion itself. The Solenn Collects are read, with the leader requesting prayer for a particular purpose (like the salvation of the lost), keeping silence while the people pray, and then “collecting” their prayers in a written prayer. As mentioned above, Eucharist is not celebrated on Good Friday because this is the day in which we try to live in the reality of the brutal starkness of the cross of Christ. In some places, Eucharist is administered from reserved sacrament—consecrated bread and wine that have been set aside during a previous service of Holy Communion.

The Gospel reading for the day is taken from the Passion narrative. It is therefore quite long and is often read slowly and deliberately. The people traditionally stand when Jesus is taken to the cross, and all observe a lengthy moment of silence after Jesus dies. The readings end before the resurrection and the people depart from the church in silence. Holy Saturday



On Holy Saturday, before the Easter Vigil, we remember the time that Christ spent in the grave. This is traditionally observed by taking time for silence and meditation upon the death of Christ.

### Easter Vigil and Easter Sunday

At the Easter Vigil we gather in darkness, just as the women who went to the tomb went there before dawn.

Our vigil begins in this darkness and the light is carried into the midst of the people, and spreads. We rehearse the story of our redemption. This is the story of the preparation for the Light to come into the world.

As the light grows, we welcome new members into Christ's church through baptism. In the early church, this would have been the service where the catechumens were baptized and could then receive their first communion.

After the reading of the Story of Salvation, the light blazes as we celebrate the coming of the day of his resurrection, with shouts of Alleluia! And then we celebrate the first Eucharist of Easter.

It's really pretty amazing. Between covering all of salvation history in a single service, saying "Alleluia!" again for the first time since the beginning of Lent, and celebrating the Resurrection in the early hours of Easter morning, this really is a unique service! Additionally, this is the service at which people were traditionally baptized and welcomed into the Church.

On Easter Sunday, we remember and celebrate the triumphant Resurrection of Jesus Christ from the dead! Easter Sunday then kicks off a period of 50 days traditionally known as Eastertide—ending with Pentecost Sunday.



### The Great Fifty Days of Eastertide

But Easter Sunday is only the beginning! A great fifty-day feast (known as "Eastertide," "Easter Season," or "Easter Time," as well as "Paschaltide," "Paschal Season," or "Paschal Time") kicks off on Easter Day. In the Church Year, this is quite literally fifty days of feasting.

Easter is the high point of the Church Year. So it makes sense that we would party for so long. After all, the main point of the whole gospel is to prepare us for an eternal celebration and feast.

This is reflected in the fact that our Lenten fast only lasts forty days (not including Sundays), while Easter is fifty days. Fasting will pass away, as Jesus said, but the Great Feast of the Lamb will last for ages of ages (a Hebrew into Greek idiom for eternity!).

### Why Fifty Days of Easter Time?

After the resurrection, Jesus spent forty days on earth before he ascended, and then there were ten more days after that before the Day of Pentecost. Luke writes in the first chapter of Acts that Jesus "presented himself alive to them after his suffering by many proofs, appearing to them during forty days and speaking about the kingdom of God."

In Acts chapter two, we find the followers of Jesus gathered for the Day of Pentecost, which actually means "fifty." It happened during the Hebrew feast of Shavuot, which is why the followers of Jesus were gathering. The Hebrew festival was originally a harvest first-fruits celebration, and later it had evolved into a commemoration of the giving of the Law to Moses on Mt. Sinai.

### **Answers for Quiz on page 27**

- |  |   |
|--|---|
| 1. 40  | 19. Palm Sunday   |
| 2. "Spring"  | 20. The entrance into Jerusalem   |
| 3. Ash Wednesday   | 21. The Passover  |
| 4. Lent is aligned with the 40-day fast where the devil tempted Jesus. Mark 1:13, Matthew 4:1-11, Luke 4:1-13.     | 22. Hot Cross Bun   |
| 5. Ashes were poured or sprinkled over the head  | 23. 14  |
| 6. Pancakes  | 24. 3   |
| 7. Shrove Tuesday, Fat Tuesday, or Mardi Gras  | 25. Simon of Cyrene   |
| 8. Purple  | 26. At sundown on Holy Thursday before the beginning of the Mass of the Last Supper   |
| 9. The Gloria  | 27. "Triduum" comes from the Latin word for three, and it includes the three holiest days of the Church year from sundown on Holy Thursday, through Good Friday and Holy Saturday, to sundown on Easter Sunday. |
| 10. Alleluia   | 28. March 22 and April 25   |
| 11. Fasting, Prayer, Almsgiving  | 29. 50  |
| 12. Tenebrae   | 30. Pentecost Sunday  |
| 13. Spy Wednesday  | 31. Mary Magdalene  |
| 14. Laetare or Mothering Sunday  | 32. Peter   |
| 15. the Latin word mandare meaning to command. We remember Jesus' command: 'Love one another as I have loved you'. | 33. 40 days Acts 1:3  |
| 16. 12   | 34. Mount of Olives   |
| 17. Pretzels   |   |
| 18. St. Patrick  |   |



# Prayers



“Lord Jesus, teach me the gentle, humble way. Lead me to that rest of body, soul, mind and spirit that only you can give.” AMEN

-Don Schatz, Lifted Up In Love

Give us grace, Almighty Father, to address you with all our hearts as well as with our lips. You are everywhere present: from you no secrets can be hidden.

Teach us to fix our thoughts on you, reverently and with love, so that our prayers are not in vain, but are acceptable to you, now and always; through Jesus Christ our Lord. AMEN  
-adapted from Jane Austen

Lord, we live in a world of change.  
Every day is filled with uncertainty.  
We are surrounded by the twists and turns of life,  
and we often feel we have little or no control over things that happen to us.

Lord, we come to stand in your eternal presence.  
We come to you to find ourselves, to find our way,  
to find hope.

We come to you because in Christ you first came to us. AMEN

-David Clowes

## A PRAYER FOR PEACE AND JUSTICE IN TODAY'S WORLD

Lord, with heavy hearts we pray for those areas of the world where the evils of violence, aggression, brutality and inhumanity are rampant. We pray for all those who have been killed for their faith and for the thousands who have been displaced. We pray for the victims of disease and famine.

Lord Jesus, come, and subdue the powers of evil and darkness and bring peace and justice to your human family. -Amen -D.B.

## PRAYERS FOR OUR CLERGY

“For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light.”

COL. 1:9-12

From AFP Pamphlet” Praying for your Spiritual Leaders”

## IN TIMES OF LOSS

We pray that in this time of loss,  
You'll feel God's love much more  
And that you'll find your comfort

In the presence of the Lord.  
We pray God pours upon you,  
His sweet amazing grace  
And overflow your hearts with peace  
As you live in His embrace. AMEN

--M.S. Loundes

## Prayers for Those Who Are In Need of Healing

Lord Jesus, you listen to our hearts and enter into our pain and our fears. Come Lord, and bless all who are in need of your healing touch in body, mind or spirit with the comfort and quiet of your gentle presence, now and always. AMEN  
-D.B. ( adapted from All Will Be Well)

“May the healing love and grace of God be in every corner of your heart, crevice of your mind, and cell of your body. AMEN  
- Avery Brooke

## LENT

Donna Fletcher Crow tells us that:”

- “ Lent is a time to practice being with God, a time to set specific spiritual goals”
- “ Lent should be primarily a season of reflection and renewal.”
- “ Ask yourself, where do I want to be spiritually when I enter Holy Week this year

Lord, in these days of mercy make us quiet and prayerful;  
in these days of challenge, make us stronger in you;  
in these days of emptiness, take possession of us;  
in these days of waiting, open our hearts to the mystery of your cross. AMEN

-Angela Ashwin

Joy with peace, amendment of life, time for true repentance, the grace and comfort of the Holy Spirit and perseverance in good works, grant us,  
O almighty and merciful Lord. AMEN  
-Enriching the Christian Year

Grant, we beseech thee O Lord, that by the observance of this Lent we may advance in the knowledge of the mystery of Christ, and show forth his mind in conduct worthy of our calling; through Jesus Christ our Lord. AMEN  
-Gelasian Sacramentary, 5th Century

## SUNDAY OF THE PASSION

### 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:  
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.

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, you rode straight into the power of the enemy to suffer  
and die; give us the strength to follow you to the centres of  
opposition in this world. and the confidence which confronts  
power with love. AMEN Susan Williams

### 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

Jesus, Lord and Master, who served  
your disciples in washing their feet;  
serve us often, serve us daily, in  
washing our motives, our ambi-  
tions, 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 forever. -AMEN

-Based on The Christian Priest Today, by Michael Ramsey

### GOOD FRIDAY

Lord Jesus, forgive us for failing you.  
even as the disciples did.

Through thoughtlessness we betray you;  
through fear we run away from you.

Through cowardice we deny you not wanting people to  
know we are your followers.

Have mercy on us, as you had mercy on Peter  
and the others,

and when the cock crows in our heart sand  
we realize what we have done,

help us to bear your gaze of love. Amen

-Angela Ashwin

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

### A BLESSING FOR GOOD FRIDAY

May the cross of our Lord  
protect those who belong to Jesus,  
and strengthen your hearts in faith to Christ,  
in hardship and in ease,  
in life and in death,  
now and forever. AMEN

-Simon, Bishop of Iran (d.339AD)

### THE SUNDAY OF THE RESURRECTION EASTER DAY

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

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

Christ is risen:

The world below lies desolate.

Christ is risen:

The spirits of evil are fallen.

Christ is risen:

The angels of God are rejoicing.

Christ is risen:

The tombs of the dead are empty.

Christ is risen indeed from the dead,  
The first of the sleepers.

Glory and power are his for ever and  
ever.

-Hippolytus of Rome



God Almighty, we praise your Holy Name in this joyful Easter-  
tide. We thank you, Lord, because through your death and  
resurrection we have won the victory and your redeeming  
grace and love. Loving Father God, fill us with new life so that  
we may love one another and do what you want us to do in  
sharing your love with those who don't know you. In Jesus'  
name we pray. Amen.

-Mothers' Union

God our Father, Creator of all,  
today is the day of Easter joy.

May the risen Lord

breathe on our minds and open our eyes,

that we may know him in the breaking of bread

and follow him in his risen life. -The Liturgy of the Hours

### EASTER DAY EVENING

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 -F. Colquhoun

### **THE UPPER ROOM**

Living God,  
for whom no door is closed,  
no heart is locked,  
draw us beyond our doubts,  
til we see your Christ  
and touch his wounds  
where they bleed in others. AMEN  
-A New Zealand Prayer Book

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

### **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

### **AN EASTER BLESSING**

Through the resurrection of Jesus  
God has redeemed us and made us his children.  
May God bless us with joy. Amen.

Our Redeemer has given us lasting freedom.  
May we inherit everlasting life. Amen.

By faith, we rose with Jesus in baptism.  
May our lives be holy,  
so that we will be united with Jesus for ever. Amen.

May almighty God bless us,  
the Father, and the Son, and the Holy Spirit. Amen.  
-source: online ministries

### **OTHER PRAYERS FOR THE SEASON**

#### **World Day of Prayer March 1**

Loving God, walk with us as we journey through the land  
where you lived and taught. Open our eyes to see the pre-  
sent suffering of the inhabitants of this land. Grant us the  
strength and courage to act and pray with all who suffer  
around the world.

God of unity, your Son, Jesus, prayed that your disciples  
and followers would be one, as you are one. Teach us, your  
servants, to treat others justly, fairly and with love even  
though we may speak, live and pray differently. Bless the  
global church and bless the faithful women everywhere who  
share your Good News with others. Lead us into a life worthy  
of our calling. AMEN

Prepared by Christian Women of Palestine

#### **St. David's Day March 1**

O God, who by the preaching of your blessed servant, David,  
caused the light of the gospel to shine in an age of darkness;  
Grant that having his life and his labours in remembrance,  
we may show forth our thankfulness by following the exam-  
ple of his zeal and his patience; through Jesus Christ our  
Lord. AMEN - F. Colquhoun

#### **MOTHERING SUNDAY March 10**

Thank you Lord for our Mothers.  
We remember today their loving care and their ceaseless  
love for us. May we show by our words and actions that we  
love and care about them too. AMEN -M.  
Batchelor



#### **St. Patrick's Day March 17**

May the strength of God pilot us,  
May the power of God preserve us,  
May the wisdom of God instruct us,  
May the hand of God protect us,  
May the way of God direct us'  
May the shield of God defend us,  
May the host of God guard us against the snares of  
evil and  
the temptations of the world. AMEN

#### **St. Joseph of Nazareth March 19**

O God,  
from the family of your servant David  
you raised up Joseph  
to be the guardian of your incarnate Son.  
Give us grace to follow him  
in faithful obedience to your commands;  
through Jesus Christ our Lord,  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. AMEN  
-from For All The Saints

#### **THE ANNUNCIATION March 25**

We praise you, our Father, for the marvelous news an-  
nounced to Mary;  
for the grace of life that prepared her for her call;  
for her obedience to your will and her humility in ac-  
cepting it;  
for her loving care and patience in fulfilling it;  
Give us such grace and obedience that we may be accounted  
worthy to bear the Good News to our world;  
through Jesus Christ our Lord. AMEN  
-Basil Naylor

Heavenly Father, give us the bravery of St George to stand  
up for the truth and the glory of God that we have seen in  
the face of Jesus Christ. Give us the strength to overcome in  
our lives and in the world, all that is contrary to your rule of  
justice and love. Help us to be good news to the poor, pro-  
claim release to the captives and recovery of sight to the  
blind; let the oppressed go free, and proclaim the good news  
of God's favour and Jubilee. Amen

## 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.

O Lord, during this time of transition and in all times:

You are the light that guides our feet.

You are the map that gives us direction.

You are the peace that makes us strong.

You are the leader whom we faithfully follow.

May your light illuminate our lives

and your guidance bring direction to our work.

May we find inspiration in your Word,

and peace in our hearts as we follow you. AMEN

-St. Luke's Episcopal Church, Washington, D.C.

.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, Tony, Cyril, Norman and Betty :that they would be faithful in the ministry of the word and sacraments

-for our wardens, Ingrid and Cam, that the Lord would bless their leadership..

-we give thanks for the work of those who created the Parish Profile and ask the Lord's wisdom and guidance to those who form the Canonical Committee.

-for all Ministries in our Parish, and for those who lead them, 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.



# World Compliment Day: How nice!

This holiday is always March 1 (this article is a little late for the day but I think it is a good thing to do any day!)

You, the reader of this article, are an intelligent person who seeks to broaden your knowledge and appreciates the value of learning and expanding your mind.

How's that for an honest, positive, and very sincere compliment!? If you reflect on that for a moment, you will realize that actually describes you!

According to Hans Poortvliet of the Netherlands who created this day, *World Compliment Day* addresses the basic human need for recognition and appreciation. This is a non-commercial day that simply makes people happy and feel good about themselves. Benefits of giving honest and sincere compliments goes to both the giver and receiver of the compliment.

Participating in this special day is simple and easy. As you meet people today, think about them and who they are. Give them a compliment that is positive, honest and sincere. Do it with a smile. Then, watch the smile appear on their face. Compliments can be oral or written. They should be given face to face, in person.

- The benefits of compliments are many:
- It simply makes people happy.
- It increases self-esteem and self-worth
- Given on the job, it increases productivity.
- It increases pride.
- It creates mutual well-being.
- Compliments given come back in numerous ways.

**Your goal for today:** Compliment at least three people. However, we challenge you to do more. You'll be glad you did!



# Sunday School

Sunday school is available at the 10 am Sunday Service.

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



## **Our Sunday School is growing!!**

**We are looking at expanding to 2 or more classes so teachers are needed.**

**Please prayerfully consider becoming a Sunday School teacher.**

**The children need you and you will all be blessed by the experience.**



## Why Teach Sunday School

*“Start children off on the right path. And even when they are old, they will not turn away from it.”*

(Proverbs 22:6, NIRV)

A Sunday school teacher can influence and impact many lives. This calling is like any other in the Christian faith. It should be given the respect and honor that all other ministries and callings receive from all men and women.

### **Four reasons you should teach:**

**The students are delightful:** They will enrich your spirit, expand your horizons and grow your faith – you need them in your life!

**The lessons are compelling:** They will challenge your thinking, give you new ways of sharing your faith, and deepen your own relationship with Jesus Christ. The lesson plans and materials have been selected and provided for you.

**It is Uplifting:** You will meet new people and be encouraged in your Faith journey.

**You promised:** Every time we baptize a child we are asked: Will you who witness these vows do all in your power to support these persons in their life in Christ? Volunteering to lead Sunday School is a terrific way to make good on this vital promise.

**All our children from nursery to High School need our help. Please prayerfully consider opening your heart to our children.**



# St. Paul's Outreach Ministry



## Food for Others

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. The next one is **March 31/24**.

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

## The bins in the Parking lot

We now have two bins in our parking lot. One is for the Calgary Human Society and the other is for Diabetes.

## New Freezer at south door

We have a new freezer for our Casserole Ministry and also to store food that we can give to families in need that come to our door. All food must be marked with what it is, ingredients, and date. Thank you!



## 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

### Tanzania

In Tanzania, people living in the Nyarugusu Refugee Camp have limited access to livelihood opportunities. The "Vegetable Production in Nyarugusu Refugee Camp" project is providing agricultural training and farming inputs to improve their food security and opportunities to sell their excess produce:



- 810 farmers (699 female, 111 male) completed training on gender equality, nutrition and dietary diversity, composting, mulching, integrated pest management, seed preservation, marketing and other aspects of year-round vegetable production;

Following the training, farmers received:

- Tools: hand hoes, hand sprayer pumps, rakes and watering cans;
  - Seeds: 20.25 kg of amaranth, African nightshade, kale, spinach, onion, African eggplant and black beauty eggplant vegetable seeds;
- Tree seedlings: 4,147 neem, 3,607 Spanish cedar, 5,685 papaya, 2,195 passionfruit, 4,082 avocado, 169 mango, 464 moringa and 2,865 Siamese cassia tree seedlings to increase fruit and timber production.

When you give to PWRDF, you help to support projects like this.

## Excerpts from four thank you letters from groups who received a donation from our Outreach Funds

**Project Warmth Society of Alberta, Alberta Champions Society in Recognition of Community Enrichment and Operation Kickstart Society of Alberta 2023 Donation Campaign.**



Dear Church Members:

What can we say. Your recent submission and remittance come at a time when the challenges are certainly great, the demands are increasing, and we are all doing our utmost to fulfill and satisfy the needs and requirements presented. We are succeeding in helping those in need, and same would not be possible without your support and most gracious and substantial donation. . .

Very often, we purchase the exact colour, type of clothing, footwear requirement and so forth, for a child, individual, or family, that is particularly hard pressed and requiring of assistance, and the gratitude and appreciation make us all wish that we had enough money and clothing to supply every person in need in Calgary, and the outlying areas. For your reference, we would confirm that we have distributed and delivered in excess of 200,000 pieces of clothing, footwear, and so forth, over the past year to those in need, and we of course would not have been able to do so without your involvement and financial assistance.

**Thank you for your recent donation to The Mustard Seed Calgary!**

We are so grateful that you've chosen to help us feed, clothe and care for the hundreds of men and women who come to us each day looking for a brighter future. More important than any service we provide at The Mustard Seed, is the hope that our guests feel when they start to build up their skills, confidence and courage to move forward in their lives.



To our friends at St. Paul's Anglican Church,  
Thank you for your generosity towards our community's  
most vulnerable. We truly appreciate it.

Best,  
Anne D

Dear our Friends at St. Paul's Anglican Church,



At Safe Haven Foundation we have our hands outstretched to the youth in Haven's Way for all of the moments. Their individual growth is not without challenges, but thanks to donors like yourself, we can be there for them. During the past year, 100% of our youth were in school with 50% of those youth in specialized classrooms for the additional supports they need to thrive. 100% have connected with their family and natural supports, and 100% are engaged in mental health and well-being supports. All of the youth in our care reported feeling safe and supported and more hopeful about their futures.

Thank you for your donation of \$250.00. Ongoing funding of our programs is essential for us to continue to provide a safe home where we can support these girls' mental and physical health, education, assess their needs and goals and teach self-care, living skills, money management and employment skills until they no longer need this assistance. It also provides stability and helps us pursue growth opportunities such as our newest initiative, Haven's Harbour. Scheduled to be fully operational in 2024, Haven's Harbour will provide housing with supports for youth graduating from Haven's Way and like-minded programs who need supportive, affordable housing while they attend post-secondary education.

To our Friends at St Paul's Anglican Church,

Thanks to generous community members like you, your "St. Paul's Anglican Church Ongoing Food Collection 2023" initiative raised \$585 and brought in 350 lbs. of food, helping us continue to feed those in our community facing food insecurity. Each month, an average of 10,000 people receive food through the Emergency Food Hamper program. Of those who came to the food bank, 31% reported working, 64% families, and 34% were children.

Despite what happens in the world around us, the Calgary Food Bank stays committed to meeting the demand for food support in our city. Year after year, Calgary Food Bank has seen record-breaking numbers of new clients and community agencies seeking support.

**CALGARY  
FOOD BANK**

# SAVE THE DATE

*But the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. If we live by the Spirit, let us be guided by the Spirit.*

*Galatian's 5:22-23a, 25*

## "The Spirit Calls us to Bloom"



**Anglican Church Women - Diocese of Calgary**

Invite you to join us for our **Annual 2024 Spring Conference**

**April 19th and 20th - Via Zoom**

# HOT CROSS BUNS ON GOOD FRIDAY

*“Hot Cross Buns! Hot Cross Buns! One and penny, two a penny, Hot Cross Buns! If you haven’t got a daughter, give them to your sons. One a penny, two a penny Hot Cross Buns!”*

Hot cross buns have been synonymous with Easter celebrations since they appeared in 12th century England. They are now eaten every Good Friday in Christian communities in Ireland, the UK, New Zealand, Australia, Canada and India. They are symbolic of this significant day in the Christian faith when Jesus was crucified. Each bun is decorated with a cross made from flour paste, which represents the cross on which Christ died. The spices in hot cross buns are said to represent the spices that were used to embalm Christ after his death.

Interestingly, hot cross buns pre-date Christianity, with their origins in paganism. Ancient Egyptians used small round breads topped with crosses to celebrate the gods. The cross divided the bread into four equal sections, representing the four phases of the moon and/or the four seasons, depending on the occasion. Later, Greeks and Romans offered similar sweetened rolls in tribute to Eos, the goddess of the morning, and to Eostre, the goddess of light, who lent her name to the Easter observances. The cross on top symbolized the horns of a sacrificial ox. The English word bun is a derivation of the Greek word for ceremonial cakes and breads, boun.

In the Middle Ages, home bakers marked their loaves with crosses before baking. They believed the cross would ensure a successful bake, warding off the evil spirits that inhibit the bread from rising. This superstition gradually faded, except for marking Good Friday loaves and hot cross buns, only to

be replaced by another one. This time the loaves and buns were hung from the ceiling like sausages. It was believed that the bread would never mold and would provide protection against evil spirits and illness until the following Good Friday when the loaves and buns would be replaced. In the event of illness, a portion of bread could be removed from its string and crushed to a powder, which was incorporated into water for therapeutic effect. During the same period, Jews hung bread and a container of water from the ceiling to ward off cholera. They believed its power was so strong that one loaf in one house would protect the community. To avoid detection, early Christians celebrated the resurrection of Christ at the same time of year as the pagan Spring celebration.

It was in the 12th century that an English monk decorated his freshly baked buns with a cross on Good Friday, also known as the Day of the Cross. The custom gained traction, and over the years, fruits and precious spices were included to represent health and prosperity. Spiced buns were banned when the English broke ties with the Catholic Church in the 16th century. However, by 1592, Queen Elizabeth I relented and granted permission for commercial bakers to produce the buns for funerals, Christmas, and Easter.



<https://goodfoodireland.ie/blog/a-little-history-of-hot-cross-buns/> and <https://www.ravenhook.com/bread-blog/hot-cross-buns>

# WALKING GROUP

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

Are you interested in joining a walking group?

We are meeting Mondays at 1 pm.

For the location schedule please go to the website under [events](#) and you will find the schedule

Join us for some exercise and conversation!

**We are hoping to continue through the winter! So come and join us when you can!**

We are looking for place to walk where the paths are cleared so avoiding icy walks. Ice cleats are also helpful.

If it's below -15C with the wind chill we won't be walking. Watch the website for cancellations.



## Pastoral CARE

### Join this ministry

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



### Prayer Shawl Ministry—

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



**Our next meetings are March 6 & 20**

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



### 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.

### Grief Support Group

**Groups meets Mondays at 2:30 pm in the room with the couches.** This group is open to anyone who has suffered a loss and who feels they would benefit from being with others who are travelling a similar journey.

A support group is a safe place where we can share our stories, pains and struggles but no one will be asked to give more than they are comfortable sharing. We ask that everyone make a commitment to attend all the sessions if possible.

A support group is a forum where you are not expecting an answer but know you have the freedom to ask the big questions, share the anguish and process the pain. It is not a therapy group but it is therapeutic. It is loving, caring, generous and concerned, healing and growth enhancing. It can also be fun!

It is be an 8 week course If you are interested in this please let Laura Anne know at the Office.



# Helpful Information

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

**Sunday Services:** 10:00 am in-person and Live Streamed on Facebook or after noon on our website under the Sermon tab

Wednesday In –Person Service of Morning Prayer: 9:30 am



Useful Websites and other Social Media Platforms:

**St. Paul's Website:**

<https://www.stpaulscalgary.ca>

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

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

**Twitter:**

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

**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 hairsprays, etc. Many thanks.



# 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 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.



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 set up direct depositing (for the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations").



**Parking:** Just a reminder that the small parking lot at the north door is for Sundance on the Green residents. Thank you for helping us be a good neighbour!

## 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.

**Colouring Pages for the Children:** clipboards with crayons and colouring pages are available for children to use during the service. Please ask the sidespeople for them.

**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.

# Easter Story Cookies

## Ingredients:

- Bible
- 1 c whole pecans
- 1 tsp. vinegar
- 3 egg whites
- pinch of salt
- 1 c granulated sugar

## Supplies

- 1 qt. or gal. size zipper bag
- wooden spoon
- tape
- 2 cookie sheets

## Directions:

1. Preheat oven to 300 degrees.
2. Place pecans in ziploc bag and let kids beat them with the wooden spoon to break into small pieces.

Explain that after Jesus was arrested, He was beaten by the Roman soldiers.

**Read John 19:1-3.**

3. Let each child smell the vinegar. Add teaspoon of vinegar into the mixing bowl. Explain that when Jesus was thirsty on the cross He was given vinegar to drink.

**Read John 19:28-30**

4. Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life.

**Read John 10:10-11.**

5. 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 sins.

**Read: Luke 23:27**

6. So far the ingredients are not very appetizing. Add 1 cup of 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**

7. Beat with a mixer on high speed for 12-15 minutes until stiff peaks are formed. Explain that the color 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**

8. Fold in broken nuts.

9. Line cookie sheet with waxed paper. Drop mixture by spoonfuls onto waxed paper.

10. Explain that each mound represents the rocky tomb where Jesus' body was laid.

**Read Matthew 27:57-60**

11. Place the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed.

**Read Matthew 27:65-66**

12. 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 John 16:22**

13. On Easter morning, open the oven and remove the cookies. Take a bite. Notice~ the cookies are hollow.

14. On the first Easter Jesus' followers were amazed to find the tomb open and empty.

**Read Matthew 28:1-9**



happy  
Easter

# Here's some Lent and Easter trivia to test your knowledge.

1. How many days are there in Lent?
2. What was the original meaning of the word "Lent"?
3. What is the first day of Lent called?
4. Is there a Biblical history of Lent?
5. How were ashes imposed in the early church?
6. What food is traditionally eaten the day before Lent begins?
7. What do we call the day before Lent begins?
8. What color vestments does the priest wear during Lent?
9. What prayer of the Mass is omitted during Lent?
10. What word is never said or sung during Lent?
11. What are the big 3 Lenten practices?
12. What is the service on Holy Wednesday called?
13. What is another name for Holy Wednesday?
14. What is the name for the fourth Sunday in Lent?
15. Where does Maundy Thursday get its name from?
16. How many disciples joined Jesus at the Last Supper?
17. What snack originated during Lent because it contains only flour, water and salt?
18. What Irish saint's feast day takes place during Lent?
19. On what Sunday during Lent does the priest bless palms?
20. What event in the life of Jesus do the palms recall for us?
21. What holiday is being celebrated when Jesus makes his return to Jerusalem?
22. What baked good is eaten on Good Friday?
23. How many Stations of the Cross are there?
24. How many times does Jesus fall in the Stations?
25. Who helped Jesus carry his Cross?
26. When does Lent officially end?
27. What is the Triduum?
28. Easter always falls between which two dates?
29. How many days in the Easter Season?
30. What day ends the Easter Season?
31. According to Scripture, who arrived first on Easter Sunday at Jesus' grave?
32. Which disciple went to where Jesus was buried to look for him?
33. How many days did Jesus appear to his disciples after his death and rising from the tomb?
34. Where did Jesus ascend into heaven?

Answers on page 14

# March 2024

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|--|--|--|---|---|
| <b>Lent 3</b> 3<br>10:00 am H.E. In-Person & Live streamed on Facebook  | <b>4</b><br>1 pm Walking Group<br>2:30 pm Grief Support Group<br>3:00 to 5:00 pm (SWS)<br>7:30 pm Guitar group   | <b>5</b><br>3:00 to 5:00 pm (SWS)  | <b>6</b><br>9:30 am Morning Prayer<br>10:30 am Bible Study<br>11:30 am—1pm Hunger for Healing<br>1 pm Prayer Shawl<br>3 to 5 pm (SWS)<br>7:30 pm Bible Study via Zoom  | <b>7</b><br>3:00 to 5:00 pm (SWS)<br>6:30 pm TOPS<br>7:30 pm Choir Practice              | <b>8</b><br>3:00 to 5:00 pm (SWS)                                 | <b>9</b><br>11:30 am Ladies Luncheon                |
| <b>Lent 4</b> 10<br>Laetare / Mothering Sunday<br>10:00 am H.E. In-Person & Live streamed on Facebook             | <b>11</b><br>1 pm Walking Group<br>1:30—2:30 pm In Person Prayer Group<br>2:30 pm Grief Support Group<br>3:00 to 5:00 pm (SWS)<br>7:30 pm Guitar group | <b>12</b><br>3:00 to 5:00 pm (SWS)<br>7:15 pm Parish Council             | <b>13</b><br>9:30 am Morning Prayer<br>11:30 am—1pm Hunger for Healing<br>3 to 5 pm (SWS)<br>7:30 pm Bible Study via Zoom  | <b>14</b><br>3:00 to 5:00 pm (SWS)<br>6:30 pm TOPS<br>7:30 pm Choir Practice             | <b>15</b><br>3:00 to 5:00 pm (SWS)                                | <b>16</b><br>8:30—11 am Men's Breakfast @ St Paul's |
| <b>Lent 5</b> 17<br>10:00 am H.E. In-Person & Live streamed on Facebook   | <b>18</b><br>1 pm Walking Group<br>2:30 pm Grief Support Group<br>3 to 5 pm (SWS)<br>7:30 pm Guitar group<br>7:30 pm Prayer Group via Zoom             | <b>19</b><br>3:00 to 5:00 pm (SWS)                                       | <b>20</b><br>9:30 am Morning Prayer<br>10:30 am Bible Study<br>11:30 am—1pm Hunger for Healing<br>1 pm Prayer Shawl<br>3 to 5 pm (SWS)<br>7:30 pm Bible Study via Zoom | <b>21</b><br>3:00 to 5:00 pm (SWS)<br>6:30 pm TOPS<br>7:30 pm Choir Practice             | <b>22</b><br>3:00 to 5:00 pm (SWS)                                | <b>23</b>   |
| <b>Palm Sunday</b> 24<br>10:00 am H.E. In-Person & Live streamed on Facebook                                      | <b>25</b><br>1 pm Walking Group<br>2:30 pm Grief Support Group<br>7:30 pm Visio Divina   | <b>26</b><br>Holy Tuesday No (SWS)<br>7:30 pm Compline @ Historic Chapel | <b>27</b><br>Holy Wednesday No (SWS)<br>7:30 pm Tenebrae   | <b>28</b><br>Maundy Thursday No (SWS)<br>6:30 pm TOPS<br>7:30 pm Maundy Thursday Service | <b>29</b><br>Good Friday No (SWS)<br>11:00 am Good Friday Service | <b>30</b><br>Holy Saturday 8:30 pm Easter Vigil     |
| <b>Easter Sunday</b> 31<br>7:13 am Sunrise service @Chapel<br>10:00 am H.E. In-Person & Live streamed on Facebook | <b>April 1</b><br>Parish Office Closed<br>1 pm Walking Group<br>2:30 pm Grief Support Group  | <b>2</b><br>3:00 to 5:00 pm (SWS)  | <b>3</b><br>9:30 am Morning Prayer<br>10:30 am Bible Study<br>11:30 am—1pm Hunger for Healing<br>1 pm Prayer Shawl<br>3:00 to 5:00 pm (SWS)                            | <b>4</b><br>3:00 to 5:00 pm (SWS)<br>6:30 pm TOPS<br>7:30 pm Choir Practice              | <b>5</b><br>3:00 to 5:00 pm (SWS)                                 | <b>6</b>  |