



St. Paul's News Bulletin

July 27, 2025



Welcome Everyone! Please join us after the service for coffee and goodies each Sunday. If you are new to St. Paul's, we would be happy to provide a welcome package.

FLCC volunteer meeting: Today immediately after the 10 a.m. service, there will be a brief meeting in the chapel to explain the Father Lacombe Care Centre ministry. St. Paul's provides a short Eucharist service with hymn singing every six weeks at FLCC. The next service date is **Aug. 10 at 2:30 p.m.** Volunteers are needed for a variety of roles. Please see Deacon Betty or Kathleen.

Living Waters: The deadline for the August/September issue of *Living Waters* is **today**. Please submit to office@stpaulscalgary.ca

Heritage Sunday Potluck Lunch: Please join us **Aug. 3 at 11:30 a.m.** for a potluck lunch to celebrate the Heritage Day long weekend! Bring a dish from your native country or anything you would like to share. Label which country it is from. All welcome.

Angel Tree Ministry: A small (3-4 ft.) Christmas tree is needed for this ministry, which supports Prison Fellowship. If you can donate a used tree in good shape, please contact the parish office.



Ladies' Luncheon: Saturday, **Aug. 9** starts at 11:20 a.m. This month we will be sharing wisdom. Bring a friend, meet a friend, make a friend.

Ladies' Luncheon Feedback: We would like to invite feedback on past events and offer a chance to offer suggestions for 2025-2026. Please find survey forms on the table by the south door. Please complete and return **by Sept. 30**.

Men's Breakfast: The next date is Saturday, **Aug. 16** at 8:30 a.m. at St. Paul's. All men 13+ are invited to join great food and fellowship!

Morning Prayer: A service of Morning Prayer is held Wednesdays at 9:30 a.m. All are welcome.

Alpha Series: Discover life, faith and meaning. Join us from **Sept. 24** to **Dec. 10** for engaging conversations in a welcoming setting. Sign up on the Alpha board in the hall or contact the parish office.



Walking Group: On **Mondays at 9 a.m.**, join a walk through a local park. The schedule of locations is on the St. Paul's website under Events.

Rider's Ministry: This ministry helps seniors and others attend our Sunday Eucharist by providing transportation to and from church. Please see the sign-up sheets in the hall: one for those who need a ride and one for those who can volunteer to drive occasionally.

St. Mary's Food Pantry: We have a bin beside the freezer to collect donations of non-perishable food for students at St. Mary's University. Ongoing donations welcome.



Food for Others Sunday: If there are five Sundays in a month, that day is Food for Others Sunday, to draw attention to our collection of non-perishable items for the Calgary Food Bank. The next one is **Aug. 31**, but we encourage donations be left in the marked box by the main entrance year found.

St. Paul's Anglican Church
7 Sunmills Green SE T2X 3P6
Phone: 403 256-1428

e-mail: office@stpaulscalgary.ca
website: www.stpaulscalgary.ca

Incumbent: The Rev'd Tony Hilling

Assistants: The Rev'd Cyril Haynes
The Rev'd Betty Nadurak

Wardens: Paul Bourgeois & Ingrid Bolton

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

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

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

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

Outreach

When natural or human-made disasters occur, the race is on to save lives and alleviate suffering. Immediate medical care, food, clean water, sanitation and shelter can significantly increase survival rates. Every year Alongside Hope responds to emergencies in Canada and around the world. Long after a crisis disappears from the headlines, the need to contribute to long-term recovery persists, and again, Alongside Hope and our partners are there.

5th Sundays of the Month are Food for Others Sundays at St. Paul's. Everyone is invited to bring non-perishable food items and leave them in the bin marked Calgary Food Bank. The next Food for Others Sunday is today, **Aug. 31**.

Inreach Many in our congregation face financial struggles due to the economy, so a special fund was created. Donations marked "Financial Help for Parishioners" are welcome. If you are in need of financial help or know of someone in our Parish who is (and you have their permission), please let Tony know. He will maintain absolute confidentiality. This is one way we can care for one another in these challenging times.



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.

Prayer Shawl: We meet on the first & third Wednesdays of each month at 1 pm, in person and via Zoom. 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. Everyone is welcome. No experience needed. **There will be no meeting until Sept.**

Grief Support Group: This is open to anyone who is grieving due to loss, illnesses or other struggles. For more information, please contact Laura Anne or leave your contact information at the Parish Office. **A new session starts at the end of Sept.**

Hunger for Healing, a Christian Twelve Step Programme, meets every Wednesday 11:30 a.m. to 1:30 p.m. Everyone is welcome. 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. We all take part in leading. If you wish more information, please contact the Rev'd Deacon Betty Nadurak at 403 818 9879.

Check out these opportunities to participate

2025 Flower Chart is available on the bulletin board by the kitchen door. If you would like to make a dedication, please fill out the form under the flower chart or send it to Chizoba at office@stpaulscalgary.ca. The cost is \$30.

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

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

Card Ministry: If you know anyone who is grieving, unwell, or celebrating a birthday or anniversary, and would appreciate receiving a greeting card from the St. Paul's Family, please contact

Pauline Payne at 403-988-2546 or email her at Pauline_payne1@yahoo.com.

Casserole Ministry: If someone would benefit from receiving a casserole, please **contact Linda Hubert or help yourself to what is available.** Our freezer for casseroles is now well stocked thanks to parish volunteers. If you would like to contribute a casserole, please label it with what it is, ingredients and the date and then put in freezer.

Sign: To change the outdoor sign more regularly, 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.

Regular Activities at St. Paul's:

- Sunday:** **Holy Eucharist 10 a.m.**
 Handchimes Practice 11:30 –12 p.m.
 Word to World Ministries Canada: 2 - 3 p.m.
 Philippines Independent Church (IFI) 4 p.m.
- Monday:** **Walking Group:** 9 a.m. (see the St. Paul's website under events for locations)
 St. Paul's Stringers rehearsal: 7:30 p.m.
 Prayer Group - meetings held both in person and online: 1:30 p.m.
 (2nd Monday of the month **in-person**)
 7:30 p.m. (4th Mondays of the month **via Zoom**)
- Tuesday:**
- Wednesday:** **Morning Prayer:** 9:30 a.m.
 Bible Study: 10:30 a.m.
 Hunger for Healing: 11:30 a.m. (in the Chapel Room)
 Prayer Shawl Ministry: 1 p.m. (1st & 3rd Wednesdays of the month)
- Thursday:** TOPS (Taking off Pounds Sensibly): 6:00 p.m.
 Choir Practice: 7:30 p.m.
 (If you'd like to join Choir, please contact Paul Bourgeois at pbourgeois@shaw.ca.)
- Friday:** **Handchimes Practice** 10 - 11 a.m.
 S.P.Y. Group: 6:30 p.m. 1st Friday of the month. (Check website)
 Coffee House: 7 p.m. second Friday on alternate months. **Next date is Sept. 12**
- Saturday:** **Ladies Luncheon:** 11:20 am -2nd Saturdays. **Next date Aug. 9**
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate month
 Check website to confirm location). **Next date is Aug. 16 at St. Paul's.**



Welcome to newcomers and visitors

A word to newcomers and visitors: St. Paul's welcomes you and invites you to make this your church home.

Visitors, please sign our guest book, which is on the standby the sanctuary doors.

We would be most pleased to learn about you and help you learn about us. Please indicate on a pew card, located in racks on the back of the pews, 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. We are so glad you were able to join us.

Youth Ministry

Two exciting opportunities for the Youth of our Parish!

POP is a volunteer group helping in the community and S.P.Y. Group is a social group. All youth are welcome at both!

St. Paul's Youth Group (S.P.Y)

Meets on the first Friday of each month. Invite your friends!



A place to be yourself, to make friends and have some fun! See the St. Paul's website for more information. Type Youth Group into the search to find the page. To register use this QR code



Pioneers of Paul (POP) – our youth volunteer group



Men's and Ladies Cursillo Weekends coming this fall

Men's weekend is **Oct. 30 to Nov. 2**, and the Women's is **Nov. 6 to 9**. Fees are \$295.00 for a double room, and \$325.00 private. Email Stew at stewp@telus.net for application forms.

Our Ministries

GRIEF SUPPORT GROUP: Laura Anne Fink

This is open to anyone who may be grieving from a death, loss of health or the break-up of a relationship. It is also open to anyone from the community you don't have to attend St Paul's. If you are interested or know of someone who maybe interested, please contact the parish office.

FATHER LACOMBE CARE CENTRE: Kathleen Robinson

A Reserved Eucharist service is held at the Father Lacombe Care Centre in Midnapore on Sunday afternoon every four weeks, hosted by our clergy and volunteers. Volunteers are needed to assist residents in getting to the chapel, as well as finding the correct page for the lyrics for the hymns we sing. This service an uplifting experience for the residents who attend and is an important way to serve our community.

Stewardship Reflections:

"Ask and you will receive; seek and you will find; knock and the door will be opened to you." Luke 11:9

Jesus assures us that if we ask, God will take care of what we need. The problem is that our culture often confuses what we really need with what we simply want. The truth is that many of us need very little. However, we usually want so much more!

Stewardship is simply being grateful for all that we are and all that we have been given and generously sharing all of our God-given gifts with others. Gratitude and generosity are gifts that opens doors to new relationships with others and with God.

<https://resources.archstl.org/article/359120/stewardship-bulletin-inserts>

Financial News

Our deficit at the end of June was \$7,397. Thank you to everyone for helping support our mission financially in these challenging times.

