

Living Waters

August/September 2025



**St. Paul's
Anglican Church**
Opening Hearts and Minds to God's Grace

YAHOO!

Dolor and Zemen were all smiles at St. Paul's Stampede barbecue and parish picnic on July 6. See more on Page 20.



Maintaining family & faith

See Muiyi's story
P 6



Three cheers for Betty!
P 30

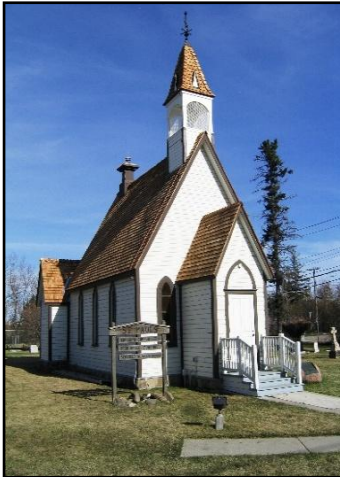


Yard Sale-abration
P 10

Asking big questions
P 14



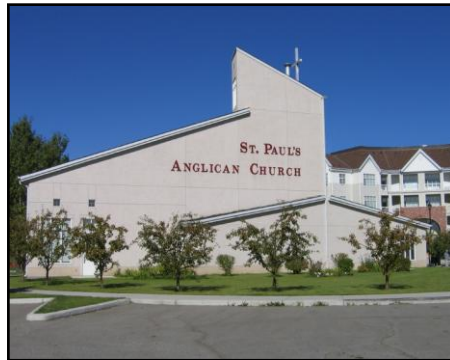
St. Paul's information



7 Sunmills Green S.E
Calgary, Alberta T2X

Phone
(403) 256-1428

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



Service times

Our 10:00 am Sunday Services can be shared in-person or online (live streamed on our website and YouTube

(<https://www.youtube.com/channel/UCldxfHv5pFYST--j8as1GVg>) to access Services on our website, please click on the Sermon tab in the top right-hand corner of the home page).

Incumbent

The Rev'd Tony Hilling

Assistants

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

Parish Council 2025

Incumbent's Warden:
Ingrid Bolton

People's Warden: Paul Bourgeois

Deputy Incumbent's Warden:
Muyi Ekomwenrenren

Administration: Bill Hart

Community Connection:
Cec Sparrow

Hospitality: Laura Anne Fink

Maintenance:

Muyi Ekomwenrenren

New Members: Joan McCartney

Pastoral Care: Betty Nadurak

Outreach: John L'Ecuyer

Sunday School: Kerin Spaargaren

Worship: Dinah Breu

Youth: Cheryl Scott

Other Members of Council

Tracy Griffin

Emeka Nweke

Prosper Omagoro

Cameryn Scott

Synod Delegates

Barb Leinweber
Kathleen Robinson

MCES Designated Directors

Barry O'Flynn

Treasurer

Treasurer: Ingrid Bolton

Parish Ministries

Worship Ministries

Altar Guild - Barb Leinweber
Sacramental Assistants – Ed Mullaney
Choir – Paul Bourgeois
Prayers of the People – Dinah Breu
Readers – Robbie Collier
Servers – Cheryl Scott/Father Cyril
Sidespeople – Suzanne Wray
Prayer Team – Dinah Breu
Envelope Secretary – Debra Brisbin
Counters— Roxie Hall

Fellowship Ministries

Greeters – Roxie Hall
Coffee Time – Hospitality
Ladies' Luncheon - Gloria Ford
Men's Breakfast - Paul Bourgeois
Secret Friends – Julie Wilson
Maintenance – Muyi Ekomwenrenren

Christian Education

Nursery - Cheryl Scott
Youth - Cheryl Scott
Adult Education - Clergy & Lay
Stewardship – vacant
Anglican Fellowship of Prayer
– Dinah Breu
Sunday School Co-ordinator
– Kerin Spaargaren

Youth Ministry

S.P.Y – Cheryl Scott
Pioneers of Paul— Laura O.

Pastoral Ministries

Pastoral Care Team – Betty Nadurak
Hospital Visiting – Clergy
& Pastoral Care Team
Home Visiting – Clergy
& Pastoral Care Team
Casserole Ministry – Linda Hubert
Prayer Group – Dinah Breu
Prayer Chain – Dinah Breu
Father Lacombe Care Centre Sunday
Eucharist—Kathleen Robinson
Card Ministry – Pauline Payne
Grief Support Group – Laura Anne Fink
Quilt/Shawl Prayer Ministry
– Laura Anne Fink

Outreach Ministries

Age Care Seton, Food Bank, CAWST,
Alpha House etc. shared through
Outreach Committee – John L'Ecuyer
Alongside Hope — Doreen Peters
Living Waters – Chizoba Ezeani

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.*



The Rev'd Tony Hilling

INCUMBENT'S MESSAGE

STEWARDSHIP

A little bible trivia to get us started! Most of the sayings of Jesus are (of course) found in the Gospels. But not all. Do you remember a saying of Jesus that is NOT in the Gospels but is quoted by one of the Apostles? If you have one of those Bibles that have words of Jesus in red, it will be so. It's actually Paul that quotes Jesus, but clearly Paul learned this after his conversion. The scripture is found in Acts 20:35, where Paul is saying farewell to the Ephesians, and speaking in the context of his practice of financing his own evangelical outreach, he says, "...In everything I did, I showed you by this kind of hard work we must help the weak, remembering the words the Lord Jesus Himself said: 'It is more blessed to give than to receive.'" Such a typical thing the Lord would say, since His entire ministry was one of service and of the giving of His life; as He said in another place, "...For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." Mark 10:45

Much of Christianity is about giving; the giving of ourselves for the sake of the Gospel. Strangely enough, it is in that self-giving that we find the meaning of our lives and our central purpose. It is the great irony of existence: if we spend ourselves for ourselves, we will endure self-destruction, for it is in

**Much of Christianity
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the giving of ourselves
for the sake of the Gospel**

the losing of ourselves that we find salvation. Stewardship is founded on those principles: the giving of our Time, Talent and Treasure for the advancement of the Kingdom of God. Time and Talent seem to go together. If we spend the time in service of our parish community, we will probably be doing it in expending the talents and gifts that God has given us. Spending our treasure for the Kingdom is also important, not as a kind of a sop to make up for our lack of giving time and talent, but as a good indicator of where our hearts are. At Matthew 6:21, Jesus says: "...for where your treasure is, there your heart will be also."

The sense of the giving of our treasure has always been returning to the Lord a tenth of what we have received; not from the dregs of our storehouse, but from the very top. This is the Lord's portion. In the U.K. where I was brought up, every morning the milkman left some glass bottles of milk for our day. There was no such thing as the distinctions today between cream, 2% or half and half. It was all in the one bottle. But the cream always rose to the top. The person up early would be able to enjoy the top of the milk, the cream for her/his breakfast. I see this as an image of our journey of stewardship: give the Lord the top of the milk, the very best.

There are a number of blessings we receive when we do this. One of them is quite practical. When I was first ordained, I never really considered much about stewardship. I gave but there was no real pattern to it, except that it was usually what I had left at the end of the day, which usually wasn't much! Later, after I had been convinced that stewardship was vital for the church, I gave 10% of what I received, and off the top. The strange thing was that in giving more and first, I had more left over. For the first time in my experience, God was blessing my finances. As we move into the month of August, it is traditionally a new season for our community. Let's resolve to make it a new season where the embracing of the stewardship of Time, Talent and Treasure is a true measure of our commitment to our Saviour.

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 p.m.
Philippines Independent Church: 4 p.m.
- Monday:** Walking Group: 1 p.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:** Parish Council: 7:00 p.m. (2nd Tuesday of the month)
- Wednesday:** Morning Prayer: 9:30 a.m.
Bible Study: 10:30 a.m. (Studying Genesis)
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 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.
Coffee House: 7 p.m. second Friday on alternate months. **Next date is Sept. 12**
- Saturday:** Ladies Luncheon: 11:20 a.m. — 2nd Saturdays. **Next dates are Aug. 9 & Sept. 13**
Men's Breakfast: 8:30 a.m. — 3rd Saturdays (We meet at St. Peter's some months.
Please check the church website to confirm location.) **Next date is Aug. 16 @ St. Paul's & Sep. 20 @ St. Peter's**

Welcome newcomers

This is a list the names of anyone who has officially joined the parish recently by completing one of forms in the pews that asks if you would like to make St. Paul's your Parish Home.

If there are any errors or omissions, please contact the Chizoba in the office at office@stpaulscalgary.ca

These are the names added since the last publication of Living Waters.

Andrea Zambo



The Best Nigerian Pies

Chidinma Mbachu has been bringing crowd-pleasing spicy Nigerian meat/chicken pies to various St. Paul's events.

Her secret?

She buys them from Jennifer at Nifer's Kitchen. You can too! If you would like to order Nigerian pies, you can call Jennifer at 587-579-8252.

ROSTER FOR SUNDAYS

DATE	OBSERVATION	PRESIDING	PREACHING	ASSISTING	SPECIAL THEMES
August 3	8 th Sunday after Pentecost	Sean	Sean	Betty	Heritage Day Potluck
August 10	9 th Sunday after Pentecost	Sean	Sean	Sean	
August 17	St. Mary the Virgin	Tony	Tony	Betty	
August 24	11 th Sunday after Pentecost	Tony	Tony	Betty	
August 31	12 th Sunday after Pentecost	Tony	Tony	Betty	Youth Involvement in service
September 7	13 th Sunday after Pentecost	Tony	Tony	Betty	Birthdays & Anniversaries Labour Day weekend
September 14	Holy Cross Day	Tony	Garry	Betty	Blessing of backpacks
September 21	15 th Sunday after Pentecost	Tony	Tony	Betty	
September 28	16 th Sunday after Pentecost	Tony	Tony	Betty	Truth and reconciliation Sunday - Aboriginal Speaker

UPCOMING EVENTS



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.

Heritage Sunday Potluck Lunch: Please join us today (Aug. 3) for a potluck lunch to celebrate the Heritage Day long weekend! There is lots of food to share, celebrating our native countries. Please join us.

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.

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!

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.



Office closures: The administration office will be closed on Wednesday Aug. 13 and then Aug. 25 to Sept. 2. This means **deadlines for the Aug. 31 bulletin and announcements will be Aug. 19.**

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 signup sheets in the hall: one for those who need a ride and one for those who can volunteer to drive occasionally.

Living Waters: The deadline for the October/November issue of *Living Waters* is Sept. 21. Please submit material as soon as possible after events to office@stpaulscalgary.ca

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-round.

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.

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.



Coffee House: The next St. Paul's Stringers Coffee House will be Sept. 12 at 7 p.m. Come enjoy our own house band, open mic and snacks. This is family friendly. All welcome!

Coffee Time Chart: The 2025 Coffee Time Chart is available in the Parish Hall. Please consider volunteering for this vital part of our Parish family life. Training is available.

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.



Bulletin: Deadline for announcements or bulletin items is Tuesday of each week. Please submit by email to the parish office.

Wednesday Bible Study: Morning Bible Study 10:30 a.m. New members are welcome.

Clothing donations: Please put clothing donations in the designated bins in the parking lot -- not by the freezer.

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

FAITH & FAMILY

Solid foundation guides deputy incumbent warden

By **BILL HART**

Muyi Ekomwenrenren's voice changes subtly as he recalls a service at St. George's Anglican Church in northeast Calgary when he was still fairly new to the city.

The typical energy and focus in his speech take on a slightly softer hue as he describes the parish young-sters gathering in front of the altar for the children's talk.

Muyi's wife Abby and their infant daughter Zemen were still in Nigeria, waiting for their visas to reunite the young immigrant family. "It brought tears to my eyes," he says, "because I realized my daughter in Nigeria could be there."

That memory reflects the strong faith and family focus that weave through our deputy incumbent warden's approach to life and worship. It's a constant thread that can be traced back to his own childhood.

Roots and romance in Nigeria

Muyi, whose full name Osamuyimen means "God has given me honour," grew up in Benin, south Nigeria, where his family were congregants at the thousand-strong St. Peter's Anglican Church, which he describes as being physically similar to Calgary's Cathedral. He earned his Engineering degree, moved about four hours away for his first oilpatch job and on a return visit home, fell head over heels for a young woman named Abby who he met at St. Peter's.

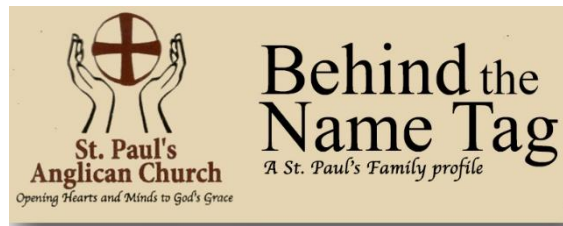
The relationship grew over several years, they set a wedding date ... but before the rings were exchanged Muyi, who'd explored the chance for better opportunities in the booming Calgary oilpatch, was told his immigrant visa had been approved. Adding his soon-to-be-wife to his application would significantly slow the process, so the couple decided they'd marry, Muyi would head west (*really* west) and Abby would join him as soon as possible.

One family, two continents

So, in 2006 I was married in August, resigning from his job in September (with a "come on back, the door will still be open if Calgary doesn't pan out" from his employer), and winging his way to YYC in October.

Within a very short time he'd landed a job with a company that was trying to expand into Nigeria, so regular business trips meant he was home for Zemen's birth, baptism and first birthday.

"The day after I arrived Abby went into labour. A good friend told me, 'Your daughter wanted to see you,' " he says with a chuckle. "The trips meant I wasn't a stranger to my baby, and I took lots of photos," Muyi says ... and when it's pointed out that he missed most of "the diaper years," he adds with a very hearty laugh, "and the sleepless nights!"



The family was reunited in 2008 and the couple settled into a new life in Calgary ... once they got used to the change in weather. "I knew it would be cold but I didn't know how cold," Muyi says. "All my shoes were for Nigerian summers. My first winter here a friend told me to go to Walmart, buy some proper winter

shoes and save my Nigerian shoes for summer. My next trip back to Nigeria I put all those summer shoes in a bag and gave them to my younger brother."

Finding a church home

Muyi had attended the Cathedral downtown when he arrived in Calgary, and had moved to St. George's when he bought a house in the northeast. "When Abby joined me I took her to both churches and she really liked St. George's, as there were lot of young families," he says.

In 2013 they bought a home in New Brighton, east of Deerfoot Trail and south of 130th Ave. They Googled "area churches" and planned to attend a couple of different services, but after visiting St. Paul's they agreed there was no need to look any further. "The reception we received was amazing," Muyi says. "People were playing with our kids (son Dolor was born in 2010) and there was an immediate connection with some very wonderful people."

That feeling still holds strong today: the Ekomwenrenrens leaped right into life at St. Paul's, taking part in the moveable feasts, sidespeople duties, vestry/Parish Council roles including community liaison and maintenance, leading the toddlers and teen groups, and the

music ministry. Abby and Zemen joined the Ding-a-Lings hand chime ensemble, and while Dolor was too young to play at first, Abby had him turning the pages of her music at practices. Muyi chuckles when he recounts how Father Cyril (Haynes), who organizes the servers, came to him when Zemen was only eight or nine and declared, "She is going to come and work for me." Both children served in that role over the years. Zemen also has stepped up as a reader.

Maintaining a balance

Maintaining a work/church life/family balance is challenging, Muyi acknowledges: he's the Chief Technology Officer for a startup data analysis and business services company. He holds a Master's degree and is now working on his PhD in information systems management. Abby is a digital content developer for a telecommunications company; Dolor is in high school and Zemen heads to university down East this fall.

Muyi deeply values quality time with his family, whether they're watching movies, discussing current world events, playing games, travelling, or enthusiastically cheering on Zemen and Dolor during game days. (Zemen is a passionate



Photo by Bill Hart

Muyi Ekomwenrenren is in charge of maintenance at St. Paul's as well as being Deputy Incumbent's Warden.

volleyball player, while Dolor is equally dedicated to basketball.) The kids' love of sports keeps Muyi and Abby constantly on the move, travelling to practices, games and tournaments.

"Supporting their athletic journeys has become a joyful part of our family life," he says. "It's a chance to share victories and life lessons, and to create some unforgettable memories."

One of his greatest joys, he adds, is sharing personal stories and family history, using those moments to pass down values, wisdom, and a sense of identity to his children.

Somewhere in the midst of all this, Muyi finds time to relax watching old movies, especially ones he grew up with. He's an avid golfer; reads novels and motivational books; and while he used to jog until his doctor told him it was too hard on his knees, he still enjoys cycling. "I used to ride 20 or 30 kilometres but I can't do that any more," he laughs. He's down to 10 K around the neighbourhood.

Stepping up to a new role

"Sometimes it's tough to juggle everything but I don't mind," he says. Lots of volunteers step up to support him on the church maintenance front, he says, "and it's a good opportunity to contribute to the parish." In addition to the regular ongoing maintenance tasks, he recently project-managed having the pews repaired and re-covered.

His latest role as deputy incumbent warden came about

when Tony called him and said, "I want you to step it up a bit and work with me directly. No pressure there," Muyi adds, laughing. He agreed to accept the position, with Abby's full support, and it comes at an exciting time. "The parish is growing very quickly and it will be a challenge to accommodate more people," he says, "but it's also an opportunity for us to make a statement, to explore that opportunity, to leverage this momentum."

"With every good thing there come challenges – how do we manage this growth?"

Muyi thinks it may be time to explore expanding the building. It's not a decision to be taken lightly: strong parish-wide support is an absolute necessity; and it definitely will add to Muyi's already very full plate, but the workload doesn't concern him.

When asked what the one thing is he'd like the parish to know about him, "I'd say that it's nothing bothers me, because challenges are what life is supposed to be about. I don't take them to heart and don't feel the pressure. I know that a challenge like this (rapid growth) is one of those things that you deal with and then you move on to the next thing."

St. Paul's' welcoming nature is one of our strongest assets and a strong driver of our current growth, he believes. "New families moving to Calgary are looking for a church close to home. People want a place where they feel welcome," he says.

"Everyone here has a smile on their face."



Jolly Good Grads!

St. Paul's celebrated some of our illustrious graduates on June 15. In addition to a blessing from Father Tony, plus cake during a special coffee hour and cards signed by many church family members, they were serenaded with a rousing version of "For These are Jolly Good Fellows."

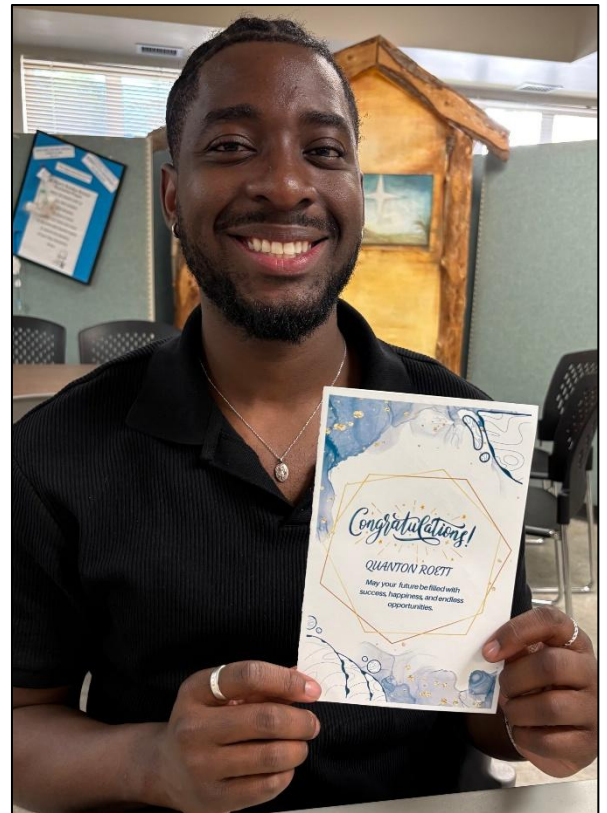
Congratulations to (in top photo from left): Quaton Roett - Bachelor of Science (Biology) Ambrose University; Zemen Ekomwenrenren graduating from Grade 12; Ifechukwu Ezebialu - graduating from Grade 9 to high school; Theo Maduke - graduating from high school; Benjamin Onuzurike - BSc (Computer Science) University of Alberta. Absent: Cheryl Scott - Caelan Scott.



Cheryl Scott



Caelan Scott



Quaton Roett



Ring In Red!

The hand chimes were pealing for Pentecost at St. Paul's on June 8. The group, let by Annette, played a selection of music before the church service to joyfully greet Pentecost, which is celebrated 50 days after Easter to remember the gift of the Holy Spirit.



Sale-abration!



The St. Paul's Yard Sale on Saturday, June 7 drew a large number of shoppers to pursue the treasures. St. Paul's members supported the cause both by shopping and volunteering their time for sorting, setting up, running the sale and clearing up. And quite a few did multiple jobs! Thanks to everyone who participated.





Our annual St. Paul's Yard Sale held on Saturday, June 7, was a great success, bringing in more than \$1,400. As an added bonus this year, our neighbours at Sundance on the Green held a successful sale at the same time.



SHARING HOPE

The work being done by Alongside Hope makes Lois Reid proud to be a Canadian Anglican.

And we should all share in that pride.

That was one of the messages shared by Lois Reid - the Diocese of Calgary representative of Alongside Hope (formerly known as the Primate World Relief Development Fund - PWRDF) - who spoke at St. Paul's June 14 special fundraiser edition of Ladies' Lunch.

Reid got to visit Kenya as part of a delegation to see first-hand work done by Alongside Hope and its partners.

"SUCCESS IS MY CHILD EATS ONE MEAL A DAY."

"Alongside Hope partners with quality, integral people on the ground ... and supports them thanks to your prayers and donations," she said.

But it was the gratitude of the local people that brought her to tears. Even though the circumstances she witnessed people living in was still very difficult, they were so appreciative.

She described meeting people who had lived through years of severe drought and had been near starvation. Alongside Hope and its partners provided water and grain. With that, the local people were able to raise goats and grow leafy vegetables, and that made all the difference.

One woman told her: "Success is my child eats one meal a day. We are grateful to PWRDF. When they came, we knew the world had not forgotten us."

This mission to connect Anglicans in Canada to people in need started in 1958 when an underground seismic event known as a "bump" killed 75 miners at a mine in Springhill, Nova Scotia. The tragedy moved Anglicans and other Canadians to respond with assistance for the stricken families. The Church saw the need for an efficient process to channel assistance quickly in an emergency. One year later, The Primate's World Relief Fund was established by the Anglican Church of Canada's General Synod, named for the Primate, or Archbishop of Canada.

Over the years, PWRDF moved to addressing long-term development needs and partnerships with local communities and organizations, then expanded to work with uprooted people including refugees, internally displaced populations and migrant workers and taking on a leadership role through advocacy and co-ordination of other charities on the ground - all while maintaining its Anglican Christian identity.

Last year, the new name Alongside Hope was officially adopted, in recognition of the fact that non-Anglicans didn't always understand what "Primate" meant.

One of the problems Reid saw first-hand in Kenya was rain no longer falling when it was needed. The answer was water capture in the form of sand dams and shallow wells.

Another was young people leaving for the city because they saw no job opportunities in their villages. The answer was to provide locally managed small business loans and/or training such as poultry management, so they could earn an income.

"It allows young people to stay in their community and prosper," said Reid.

The introduction of Galla goats, a bigger, hardier breed with more meat, was another opportunity.

When you add it all together, said Reid, it totals hope.

"Everywhere we went we bumped into Anglicans. They love the Lord with a love that makes our worship a little pale."

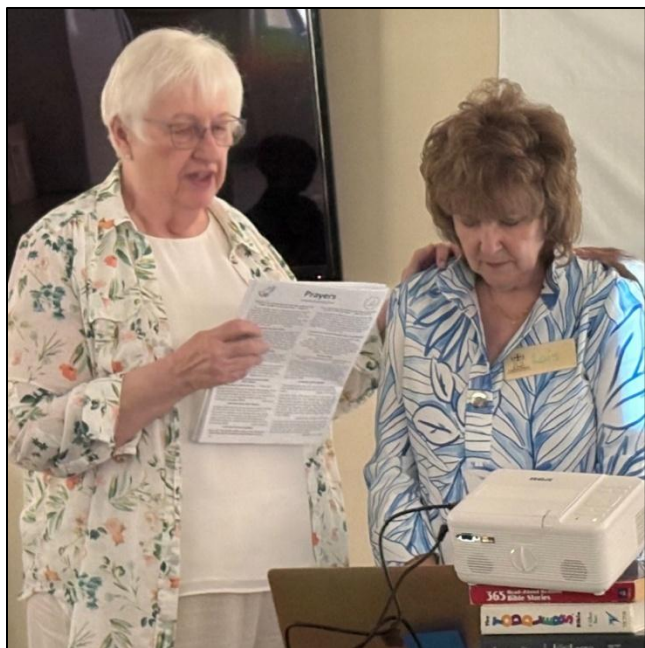
The June lunch was a fundraiser for the Alongside Hope Resilience Fund, which was specifically created to help with many of the voids in aid created by a withdrawal of much of the U.S. foreign aid. Thank you for the gentlemen who joined this endeavour and everyone who donated food to the event.

You can learn more about Alongside Hope by speaking to our St. Paul's Parish Representative, Doreen Peters, or reading the notices Doreen provides on Page 2 in the weekly St. Paul's news bulletin, or the articles in the bi-monthly editions of Living Waters, or by visiting the website alongsidehope.org - or just talk to Doreen.

- submitted by Kathleen Robinson



Lois Reid, who is the Alongside Hope representative for the Diocese of Calgary, was the guest speaker a special fundraiser version of Ladies Lunch in June. She poses with St. Paul's Alongside Hope representative Doreen Peters.



Alongside Hope

Anglicans and partners working for change
in Canada and around the world

There was a great turnout at the June version of Ladies Lunch, which was a special fundraiser for Alongside Hope, formerly known as PWRDF. Special thanks to the men who joined this event and Dinah for offering a prayer for speaker Lois Reid.



Meet new people & explore faith together

The Alpha Course is a series of sessions that freely explores the big questions of life. It's an opportunity to meet new people, discover more about the Christian faith, and share your thoughts in a friendly environment.

Alpha



Connect with new people



Watch an episode on a topic of faith



Ask questions and share your thoughts

YOU'RE INVITED

St. Paul's Anglican Church
7 Sunmills Green SE
Calgary, AB T2X 3P6

STARTS

Wednesday, September 24

7:00 p.m. – 8:30 p.m.

Contact the Parish Office:

Phone: 403-256-1428

Email:

office@stpaulscalgary.ca

CONTACT

Rev. Tony Hilling
at 403 - 505- 1663

or email

pastortony@telus.net
with any questions

Program Outline

- Dessert: 7:00 – 7:30 p.m.
- Video Presentation: 7:30 – 8:00 p.m.
- Small Group Discussion: 8:00 – 8:30 p.m.



Prayers

Collected and shared by Dinah



"Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus".
Phil: 4:5-7.

PREPARING TO PRAY

Lord, we come into your presence, aware of your holiness but drawn by your gentleness. We come because we have heard of your mercy, and we come bringing our sinfulness. We come, confessing you are Creator, aware of our need of your recreation. We come declaring your sovereignty and majesty and ready to offer thanksgiving and glory. We come knowing that you are our judge but trusting your mercy and the grace of Christ. We come because you are worthy of our worship and commitment. We come because you called us. We come because in you we have life, hope and eternal life. We come in Christ's name. AMEN -Let Us Pray: D. Clowes

A PRAYER IN CHAOS

"The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. "
Duet: 31:8

God of hope and love, as our world seems more and more chaotic, help us open our hearts and minds to your peace. Sometimes, Lord Jesus, when we are alone, bombarded by news and statistics, we may feel lonely, scared, apprehensive and afraid that nothing will ever be the same again. In those moments, be with us so that we feel your love surrounding us and help us to remember that you will never leave us. Give us the strength to reach out to other people to share our feelings and fears and to listen to theirs so that together we may find calm in knowing that we are your people and you gift us with all we need, moment by moment, hour by hour, day by day. In all things and no matter how we feel, give us the knowledge and wisdom to always give thanks to you that the gift of gratitude may help us return to you and overcome the fear that threatens us. Bless us God, who is Trinity: Father, Son and Holy Spirit. AMEN -Anglican Fellowship of Prayer, Canada

A PRAYER FOR THE WORLD

Lord of grace and gentleness, we pray for this world in which ordinary humanity fails so often. We pray for those called to leadership at every level of government. Guided by you, may they serve their peoples, searching continually for policies and strategies which will be for the good of all, especially for the weakest and the most vulnerable. We ask this for the sake of him who is both servant and Lord, Jesus Christ. AMEN -Christopher Avon Lamb, Adapted

A STEWARDSHIP PRAYER

O Lord, giver of life and source of freedom, I know that all I have received is from your hand. Gracious and Loving

Father, you call us to be stewards of Your abundance, the caretakers of all. You have entrusted to us. Help us to always use Your gifts wisely and teach us to share them generously. Send the Holy Spirit to work through us, bringing Your message to those we serve. May our faithful stewardship bear witness to the love of Jesus Christ in our lives. We pray with grateful hearts, in Jesus' name. AMEN
-Source: AFP Canada

A SERVANT PRAYER

Our Father, we remember your words: "to whom much is given, much is required." We thank you for the blessings of life that have come to us as your people, for health and strength, for opportunities of education, the advantages of living in this land, for employment and jobs in which we can exercise creativity and the abilities you have given us, We would ask, Lord, that you create in us an eager desire to present all of these good things that come from your hand, back to you. And we ask that by your Holy spirit you will anoint us as your holy people; we ask that by your Holy Spirit, you will let us be chosen, anointed servants of the Lord, Christians in the full sense of the word. And for this we praise you in the name of our Saviour, Jesus Christ. AMEN -Terry Fullam

A PRAYER FOR OUR SPIRITUAL LEADERS

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. Colossians 1: 9-12

A PRAYER FOR OUR PARISH MINISTRIES

O Lord our God, our creator, we give you thanks for the many gifts you have given your people of the Parish of St. Paul and for the many wonderful ways in which these gifts are already being used to glorify you. We pray that you will continue to strengthen, encourage and uphold all those who share their time and talents in ministries of every kind. Our prayer is also that you, our Provider, will continue to build up these ministries, touch people's hearts for service and fill up vacancies where needed. It is you alone, Lord, who supplies our every need. We pray this in the name of your Son, our Saviour, Jesus Christ. AMEN -D. B

PRAYERS FOR OURSELVES AND OTHERS

"Cast your cares on the Lord and he will sustain you. He will never let the righteous be shaken." Ps. 55:22

USE ME, LORD

Jesus Christ, son of God, make yourself known through me.
Jesus Christ, son of the Living God, speak through me to others.
AMEN -source: AFP Canada Website

Lord, when people around us are rushing, help us move peacefully through the day. When anger and division lay siege to our conversations, help us to speak gentle healing words. When headlines increase the panic in others' hearts, help us to remain calm and be moved to compassion. When we are tempted to ignore people on the margins, help us not to forget anyone. When our personal circumstances leave us anxious, help us breathe and turn to you. May we be filled with your Peace, and may it change the world. In Jesus' Name AMEN - In Touch We pray for those for whom today is like the windswept mountain: Give them comfort. We pray for those for whom today is like the stormy sea: Give them calm We pray for those for whom today is like the darkest night: Give them hope. AMEN -Sophie Piper

A PRAYER FOR THOSE WHO ARE IN NEED OF HEALING

Lord God, great healer of all, we pray for those who are in need of your healing touch in body, mind or spirit. Give wisdom to those who care for them. Give courage in suffering; your comfort in pain; your strength in weakness and your hope in uncertainty. Come near to family, and friends and give them your help through these very difficult times. May all for whom we pray feel your presence surrounding them and be comforted. AMEN
-adapted from a prayer of Martin Manser

A PRAYER FOR LETTING GO OF OLD HURTS

Lord, this is what happened... I give it all to you, every detail, every hurt, the big things and the petty things. Let the pain I feel be for healing, and not a spring of bitterness. Make my wound Christ-centered and for people, rather than self-centered and against them. AMEN -Angela Ashwin

A PRAYER FOR THOSE SUFFERING FROM ALZHEIMER'S OR DEMENTIA AND FOR THOSE WHO CARE FOR THEM

Lord, in weakness or in strength we bear your image. We pray for those we love who now live in a land of shadows where the light of memory is dimmed, where the familiar lies unknown, where the beloved become as strangers. Hold them in your everlasting arms and grant to those who care a strength to serve a patience to persevere a love to last and a peace that passes human understanding. Hold us in your everlasting arms, today and for all eternity through Jesus Christ our Lord. AMEN - Bishop James Jones

FOR THOSE WHO MOURN

"Lord, we know that You are the God who heals. Today, we pray for those whose hearts are laden with sadness and grief for losing a loved one or friend. May they come to You, Jesus, to find rest for their weary hearts and broken spirit. We pray that You would guard their hearts and minds with the kind of peace that can only come from You. Heal them and bind up their wounds and allow them to experience Your joy. We pray that You lead them beside still waters to calm their troubled minds. May Your presence bring refreshment to their soul and renewal of their strength. In

Jesus' name, we pray. Amen." -

-Milano-adapted

HE CARRIES OUR CARES

Lord Jesus, as I walk with you, there is no cause for fear or anxiety. Thank you for inviting me to be in this close relationship with you. I lay down the concerns of my life right now, knowing you will take care of each one in your time and in your way -the way that is best for me. Help me walk with peace in my heart and mind today as I place my hand in yours. AMEN

-You'll Never Walk Alone-Publications International

HE RESTORETH MY SOUL

Father, you come quickly to heal me when I call on you. You may heal me in a single moment, or you may choose to work through a process over time, but either way you restore my soul with your wisdom and power. I give you praise today for what you are doing in my life as you walk with me, step by step, to wholeness AMEN

-You'll Never Walk Alone-Publications International

O God, I am so thankful for the unutterable peace that possesses me when I realize that no matter what lies ahead, you will always be there. Life's consequences are safe because you are safe. I am so thankful. AMEN

-from the prayer journal of Jeanne Tearne

SEASONAL PRAYERS

ST. STEPHEN AUG.4

Gracious Father, who gave the first martyr Stephen grace to pray for those who took up stones against him: grant that in all our sufferings for the truth we may learn to love even our enemies and to seek forgiveness for those who desire our hurt, looking up to heaven to him who was crucified for us, Jesus Christ, our mediator and advocate, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. AMEN

-ST. MARK'S, BEDFORD **THE TRANSFIGURATION OF THE LORD AUG. 6**

God of Moses and Elijah, Father of Jesus Christ our Lord, we recall that fearful moment on the mount when Peter, James and John heard your voice and saw the touch of glory on your Son. May we by faith behold his majesty and give him the obedience and the reverence which are his due; and to his Name be dominion and power now and for evermore. AMEN

-Roger Pickering

ST. MARY THE VIRGIN AUG.15

We praise you, our Father, for the marvelous news announced to Mary; for the grace of life that prepared her for her call; for her obedience to your will and her humility in accepting 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 Christ our Lord. AMEN

-Basil Naylor

ST. BARTHOLOMEW THE APOSTLE AUG. 25

Heavenly Father, as today we commemorate the Apostle Bartholomew, we bless you for your saints whose names are honoured in the church but whose deeds are little known.

Accept our praise for all such; and help us so to follow their faith that our lives, too, may bring you glory, through Jesus Christ our Lord. AMEN -Frank Colquhoun

THE BEHEADING OF ST. JOHN THE BAPTIST Aug. 29

Lord God, who sent your servant John the Baptist to bear witness to Christ and to prepare the way of his coming: we praise you for his faithfulness in your service, even unto death; and we pray for grace and courage in this our day to give our lives in the service of truth and righteousness; for the honour of Christ our Lord. AMEN -adapted

A PRAYER DURING THE SEASON OF CREATION-SEPT. 1- OCTOBER 4

The psalmist sings, "The earth is the Lord and the fullness thereof, the world and those who dwell therein" (Ps 24:1-2) Spirit of God, you established the dance of Creation. bring life out of death bring order out of chaos. Call us to radical action: to care for the web of Creation to share our resources justly and to work for the renewal of our mother, Earth. We light this candle as we commit ourselves to fast and pray for climate justice. AMEN

- Most Revd. Dr Thabo Makgoba, Archbishop of Cape Town

A PRAYER FOR LABOUR DAY SEPTEMBER 7TH

Almighty God, you have so linked our lives one with another that all we do affects, for good or ill, all other lives: so guide us in the work we do, that we may do it not for self alone, but for the common good; and as we seek a proper return for our own labour, make us mindful of the rightful aspirations of other workers, and arouse our concern for those who are out of work; through Jesus Christ our Lord. AMEN

PRAYERS ON THE ANNIVERSARY OF THE DEDICATION OF THIS BUILDING- SEPT. 7, 2008

"I was glad when they said unto me, let us go into the house of the Lord." Psalm 122:1

O God, make the door of this church wide enough to receive all who need human love and fellowship, but narrow enough to shut out all envy, pride and strife. Make its threshold smooth enough to be no stumbling block to children, nor to straying feet, but strong enough to turn back the tempter's power. God, make the door of this church a gateway to your eternal kingdom. AMEN -Thomas Ken

Living God in this house used to the sound of singing; this house which has seen baptisms and funerals; this house where people have come to be married, or to celebrate the birth of a child; this house where people have wept and been filled with joy; this house where people have wrestled with the deep things of life, have prayed urgently, been stirred and changed; in this house where you have so often been with your people, be with us now. AMEN -Patterns and Prayers for Christian Worship

The Nativity of the Blessed Virgin Mary SEPT. 8

Most merciful God, as we commemorate the birth of the mother of our Lord, we thank you for the grace of humility and the spirit of loving obedience shown us in her life. May Peace be upon you. And the blessing of God Almighty, Father, Son and Holy Spirit be upon you now and for

evermore. Amen – Source unknown
we, like her, always be responsive to your word and submissive to your will, that we may serve you with compassionate hearts and pure minds, to the glory of your name. AMEN -Frank Colquhoun

ST. CYPRIAN SEPT.,13

Almighty God, your love strengthened holy Cyprian to guard the purity of your Church and to let his own life be struck down by the sword of persecution. Teach our hearts the discipline of your Spirit that we may conform ourselves to the image of the Crucified and show forth in our lives the power of his glorious resurrection, who is alive and reigns with you and the Holy Spirit, one God, now and forever. AMEN -Collect, for All the Saints

PRAYERS FOR HOLY CROSS DAY SEPT. 14

Almighty God, whose Son our Savior Jesus Christ was lifted high upon the cross that he might draw the whole world to himself: Mercifully grant that we, who glory in the mystery of our redemption, may have grace to take up our cross and follow him; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. AMEN [ECUSA]

O God, who by the passion of your blessed Son made an instrument of shameful death to be for us the means of life and peace: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. AMEN (C OF E.)

A PRAYER FOR ST. MATTHEW, APOSTLE & EVANGELIST SEPT. 21

O God, who through the record given to us by Saint Matthew revealed your Son as the fulfillment of the law and the prophets and as the promised Son of David: grant to us, who are members of the new Israel and acknowledge the kingship of Jesus, the obedience of faith, that we may go and make all nations his disciples, knowing that he is with us always, to the end of time. AMEN -Llewellyn Cuming

PRAYERS FOR ST. MICHAEL & ALL ANGELS SEPT. 29

Almighty God, sovereign of all creation, we praise your name for men and angels who have joined in the war against the powers of evil. Most of all we praise you for the cross of your son Jesus Christ which ensures the final victory. Grant that we who are marked with the sign of that victory may continue Christ's faithful soldiers and servants to our lives' end. AMEN -Basil Naylor

Lord of the heavenly hosts, your angels dwell always in your presence and do all that you command them. Open our eyes to become aware of this great company; that encouraged by their example we may serve you faithfully and advance your glory, till we rejoice in their fellowship; through Jesus Christ our Lord. AMEN -Leo Stephens-Hodge

A BLESSING

Go in peace; the wisdom of the of the wonderful Counsellor guide you, the strength of the Mighty God defends you, the love of the Everlasting Father enfolds you, the peace of the Prince of Peace be upon you now and forevermore. AMEN – Source unknown

Men's Breakfast

All men age 13 and up are invited.
If possible, let us know if you plan to attend
so we know how many to expect.



**The Aug.16 Men's Breakfast is at St. Paul's.
The Sept. 20 breakfast is at St. Peter's.
Both start at 8:30 a.m.**



Coffee House



**Friday
Sept.
12
at
7 p.m.
Open
Mic!**

All Welcome!

St Paul's Anglican Church

Income Statement January 1, 2025 to June 30, 2025

	Actual 2025	Actual 2024	Budget 2025
Income			
Interest Income	7,562	1,949	1,002
Offerings	128,720	104,967	131,682
Other Income	5,234	2,905	8,838
Total Income	141,516	109,821	141,522
Gross Profit	141,516	109,821	141,522
Expense			
Administration	32,827	16,630	30,306
Apportionment	12,594	13,206	12,594
Christian Education	1,984	1,741	2,604
General Maintenance	25,579	23,264	18,048
Hospitality/Fellowship	637	362	1,668
Insurance	2,765	3,240	3,498
Ministerial	50,066	32,170	49,998
Outreach	11,412	10,496	11,412
Pastoral Care	0	0	48
Utilities	7,180	6,060	6,348
Worship	3,869	6,681	4,998
Total Expense	148,913	113,850	141,522
Net Income(Loss)	-7,397	-4,029	0

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

To make a donation, you can use envelopes provided by the Envelope Secretary.

To donate electronically, the preferred method is **by e-transfer. Please use the email gift@stpaulscalgary.ca**
No password is needed.

To help our Envelope Secretary, please include your envelope number in the message. You can also donate via our website (<https://www.stpaulscalgary.ca/donate>). This is completely secure, with the highest level of PCI compliance.

You can also set up direct deposit. For the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations."





YAHOO ST. PAUL'S!





St. Paul's Stampede Barbecue and Parish Picnic on July 6 was a day to remember - filled with lively line dancing, exciting games, delicious food, and entertainment from our very own St. Paul's Stringers. And of course, there were lots of cowboy hats.





LADIES' LUNCHEON

AUGUST 9

We invite **all** WISE women of St Paul's and your FRIENDS to join in an empowering time of sharing **WOMEN'S WISDOM** that has been impactful in YOUR life.

Please come prepared with (your own bag lunch and beverage):

- biblical scripture imparting wisdom to you personally, and**
- 1 or 2 wise sayings/ 'old wives tales' that have impacted you**

9 August 2025 @ 11:20 am – 1 pm

St Paul's church hall

Bring a friend

Meet a friend

Make a friend

LADIES' LUNCHEON

SEPT. 13

Do you ever feel that God has led you along a different path than you had hoped for or even thought of? Please consider this for yourself personally as

.... we welcome our dearest deacon

The Rev'd Betty Nadurak

who will share with us her life/spiritual journey and calling into ministry.

Please bring a friend, and bag lunch and beverage to:

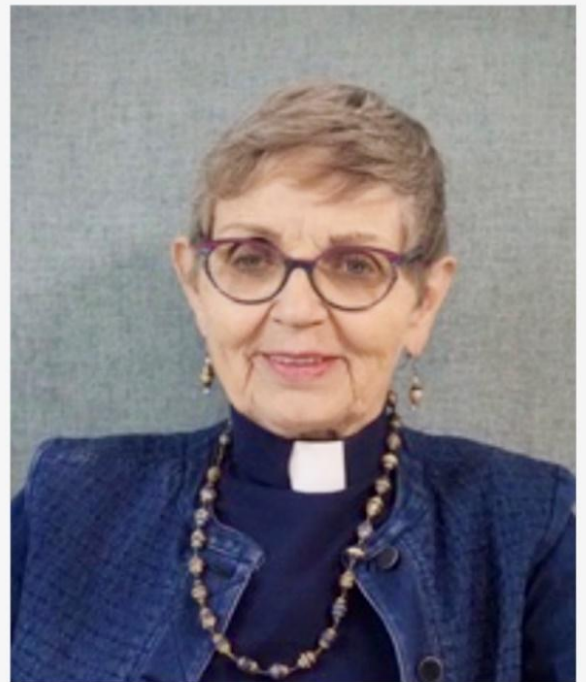
St Paul's church hall

Sept. 13, 2025,

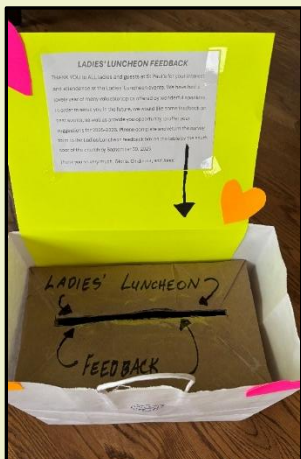
11:20 a.m. -1 p.m.

Bring a friend Meet a friend

Make a friend



LADIES' LUNCHEON FEEDBACK



THANK YOU to ALL ladies and guests at St Paul's for your interest and attendance at the Ladies' Luncheon events. We have had a lovely year of many valuable topics offered by wonderful speakers. In order to serve you in the future, we would like some feedback on past events, as well as provide you opportunity to offer your suggestions for 2025-2026. Please complete and return the survey form to the Ladies Luncheon feedback box on the table by the south door of the church by September 30, 2025. Thank you so very much: Gloria, Chidinma, and Janet.



Charming excursion

It was a beautiful day in a gorgeous setting as ladies from St. Paul's ventured to Christ Church in Millarville for their July gathering. The group got to see the historic church, built in 1896, as well as the church house and the lovely scenic surroundings.





Taking in vibrant beauty and community spirit at the Millarville Flower Festival

Twenty women from St. Paul's took the scenic route in two convoys to the Flower Festival in Christchurch, Millarville. We all enjoyed the outing so much that by the end, the consensus was clear: "We need to make this an annual tradition!"





At WINS (Women in Need Society), our mission is to connect women and their families with the resources they need to thrive.

On behalf of all of us at WINS, thank you to our friends at St. Paul's for your unwavering commitment to supporting the community. Your generosity plays a vital role in empowering women and families on their journey toward stability and success. We are truly grateful for your trust and continued support.

With warmest regards, Vee



Veterans Association Food Bank



On behalf of the board of directors and members, I would like to express our gratitude for your donation of \$500. Your generous gift enables us to assist all those that need our support. Each year, the demand for our services increases – and this is why your donation means so much to us. Your support ensures that we continue to provide our programs and services to Veterans and their families, in need.

Warmest regards, Marie Blackburn
Executive Director

Organizations share appreciation

Excerpts from letters we receive:



BROWN BAGGING FOR
Calgary's Kids

Dear St. Paul's Anglican Church, thank you for your decision to support Brown Bagging for Calgary's kids! We're immensely grateful for your generosity. With your help, we continue to provide lunch to over 7,500 kids in our community every school day. Your support means kids receive the food they need to reach their full potential. Your gift isn't just about food; it's about showing Calgary's kids that they are cared for, valued, and supported by their community. Your kindness is truly making an impact on their lives.

"These lunches are making such a difference for our students. Our students are nourished and so grateful knowing that the greater society is ensuring they are cared for and fed."

– A NE Calgary School Staff.

Thank you again for supporting Calgary's kids through BB4CK!
Bethany Ros, Executive Director
Brown Bagging for Calgary's Kid

kids canCER care

Thank you so much for your recent donation to Kids Cancer Care. Your generosity ensures kids and families affected by childhood cancer can access essential programs that will make their cancer journey more bearable.

Best Regards,
Ginna Caraballo



CALGARY FOOD BANK

To our friends at St. Paul's Anglican church, thank you for your recent donation! Your gift of \$500 ensures the Calgary Food Bank continues to make food accessible to everyone in our city.

In 2024, we touched the lives of over 36,000 children and their families through emergency food hampers. One parent told us, "I can go to bed at night knowing I can provide breakfast, lunch and dinner for at least 10 days and sometimes longer. And when I don't have that option to come to the food bank it is so stressful that I have had to keep my kids home from school due to shame and embarrassment and no access to food for lunch. So, it has changed a lot for me."

Sincerely,
Melissa CEO & President

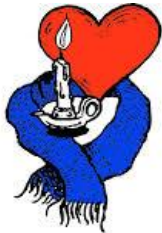


Dear St. Paul's,

On behalf of the families, staff & volunteers at Inn from the Cold, I offer our deepest gratitude for the gift of \$500. At Inn from the Cold, we are driven by the vision of a community free from homelessness, where no child or family faces the uncertainty of not having a safe place to live. Your support is vital in making this vision a reality.

Your donation is more than a gift; it's a lifeline for the families at their most vulnerable. Thank you for believing in our mission and joining the fight to end family homelessness.

Warmest regards,
Heather Morley, Chief Executive Officer



**Project Warmth
Society of Alberta**

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 the utmost to fulfill and satisfy the needs and requirements presented. We are succeeding in helping those in need, and this would not be possible without your support and most gracious and substantial donation.

Yours truly,
Gordon J. Hoffman Chairman, Project Warmth Society of Alberta



Dear St. Paul's Anglican Church,

As we celebrate *60 years of service* to the Calgary community, we are deeply grateful for your generosity and support. Your donation makes a real and lasting difference in the lives of those who depend on us. Thanks to caring individuals like you, we can continue to provide affordable and nutritious meals to Calgarians who need them most. Your support has a profound ripple effect. One of our clients recently shared: "Just received my first delivery to take to my dad, the meals look perfect, exactly what I've been doing for him, but a huge help now that I can order Meals on Wheels. Thank you for your help and to your entire organisation for all you do, so very much appreciated. I can't help but think full circle for my dad, once a volunteer and now receiving the help."

Sincerely,
Esther Elder, CEO



Dear Friend,

We are so grateful that you have 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. Thank you for your meaningful kindness.

Your partner in changing lives,
James Gardiner
Chief Executive Officer

FOND FAREWELL

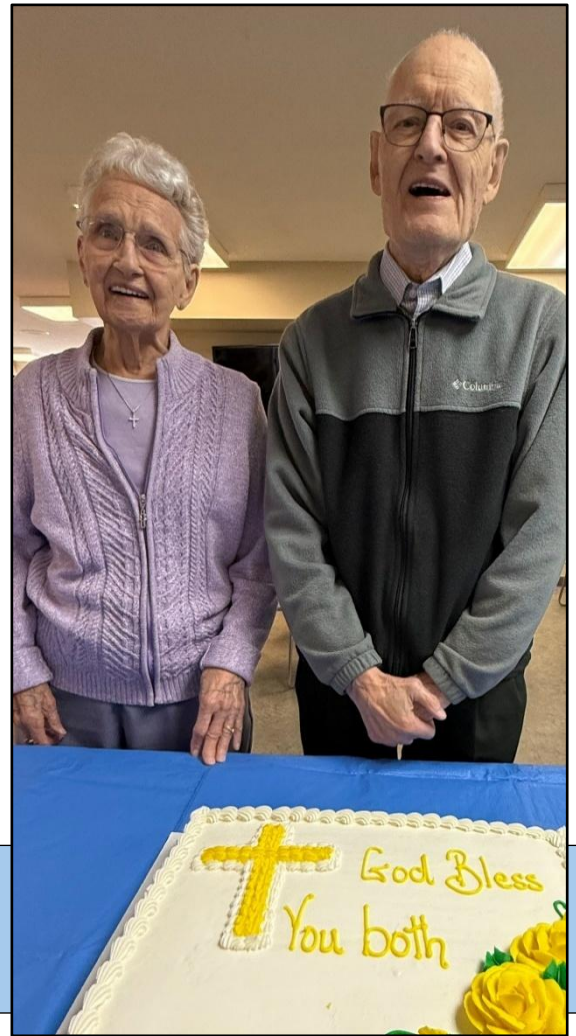
On Sunday, June 22, we came together to say goodbye to Lorne and Barb as they prepare to move to Nova Scotia to be closer to their children.

They hold a special place in the heart of St. Paul's - not only are they among our longest-standing members, having joined in 2004, but they are also the oldest members of our congregation.

Over the years, they have become known for their warmth, hospitality, and genuine care for others. They took it upon themselves to welcome newcomers, always asking how people were doing, always ready with a smile, a kind word, or a listening ear. Their gentle, thoughtful presence has been a quiet but powerful blessing to our church family.

Though we will miss them dearly, we are so grateful for the time we've shared and the example they've set. We wish Lorne & Barb every blessing as they begin this new chapter of life with their family. St. Paul's won't be the same without them - but it will always carry their legacy of love and welcome.

Barb and Lorne Eason will be greatly missed but we wish them well on their move to Nova Scotia. Along with Lorne's impressive singing voice, they will be missed for their warmth and generosity and longtime service to St. Paul's.



A new support group will be starting at the end of September, open to anyone who is experiencing grief due to the loss of a loved one, ongoing illness, or other personal hardships. This group offers a safe, compassionate space to share, listen, and begin the healing process with others who understand.

If you would like more information or are interested in joining, please reach out to Laura Anne directly or leave your contact details at the Parish Office. All are welcome - you are not alone.

Walking group braved the rain

Not even the rain could stop our walk at Fish Creek Park! A core group of five, along with a few friends (and dogs!), meet weekly for an hour-long walk. We rotate between four scenic spots and enjoy great conversation and connection. New walkers are always welcome come join us! Visit Events on the website for schedule.



Bringing Light to Life: The Solar Suitcase Campaign

This year, Alongside Hope is turning its energy toward light. The Solar Suitcase is a bright yellow portable power system that brings light - and life-saving equipment - to maternal health clinics in rural communities. These clinics often lack reliable electricity or have none at all. As a result, nurses and midwives are often forced to deliver babies at night using candlelight or the flashlight on a phone.

That's where the Solar Suitcase makes a difference. Compact yet powerful, it includes a high-efficiency solar panel, a long-lasting battery, medical-grade LED lights, phone charging ports, and a fetal Doppler to monitor babies during labour. It's everything needed to safely support childbirth in places with no electricity.

Here's the exciting news: a generous donor has stepped forward with a \$150,000 matching gift. That means every dollar you give will be doubled, up to that amount. Visit the Solar Suitcase webpage to see the progress.

The Coming Alongside Hope with Light campaign aims to deliver 49 Solar Suitcases - 35 to clinics in Mozambique and 14 to Madagascar. Our goal is to raise \$320,000. With the matching gift, we now need only \$170,000 to reach our target. The first \$150,000 in donations will be matched dollar for dollar.

Ways to Give

- Donate online at pwrdf.org- every gift is matched.
- Call 1-866-308-7973 to donate by phone.
- Mail your gift to: Alongside Hope, 80 Hayden St., Toronto ON M4Y 3G2
- You can use your parish envelopes or the PWRDF envelopes found in the pews by the south doors.



Photo by Lucinda Conaolo



Alongside Hope



Alongside Hope summer intern and Youth Council member Heather Jenkins demonstrates the Solar Suitcase at General Synod in June.

Happy Birthday Betty!



On Sunday, July 27, our church family got to celebrate the 85th birthday of our wonderful deacon, Betty Nadurak. There were words of appreciation and a bouquet of flowers during the service. A special coffee time included cake, goodies, and heartfelt hugs along with smiles and gratitude for the joy she brings to our community. Thank you, Betty, for all you do for us!

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10 a.m. Holy Eucharist Heritage Sunday (Potluck Lunch) 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	4 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal	5	6 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing	7 6 - 7:30 p.m. TOPS	8 10-11a.m. Handchimes Practice	9 11:20 a.m. Ladies' Luncheon
10 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church 2:30 p.m. Father Lacombe Care Centre	11 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal	12 7 p.m. Parish Council	13 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing	14 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	15 10-11 a.m. Handchimes Practice	16 8:30 a.m. Men's Breakfast @ St. Paul's
17 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	18 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal	19	20 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing	21 6 - 7:30 p.m. TOPS	22 10-11 a.m. Handchimes Practice	23
24 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	25 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	26	27 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing	28 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	29 10-11 a.m. Handchimes Practice	30
31 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church			Holy Eucharist is in person and also lived streamed on our website https://www.stpaulscalgary.ca/			

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal	2	3 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing 1 p.m. Prayer Shawl	4 6 - 7:30 p.m. TOPS	5 10-11a.m. Handchimes Practice 6:30 p.m. S. P. Y.	6
7 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	8 9 a.m. Walking Group 1:30 p.m. Prayer Group in person 7:30 p.m. Stringers Rehearsal	9 7 p.m. Parish Council	10 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing	11 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	12 10-11 a.m. Handchimes Practice 7 p.m. Coffee House	13 11:20 a.m. Ladies' Luncheon
14 10 a.m. Holy Eucharist *Newcomers Welcome Sunday *Blessing of backpacks 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	15 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal	16	17 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing 1 p.m. Prayer Shawl	18 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	19 10-11 a.m. Handchimes Practice	20 8:30 a.m. Men's Breakfast @ St. Peter's
21 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	22 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	23	24 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1p.m. Hunger for Healing 7 p.m. Alpha Course	25 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	26 10-11 a.m. Handchimes Practice	27
28 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	29 9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal	30	Holy Eucharist is in person and also lived streamed on our website https://www.stpaulscalgary.ca/			