



# St. Paul's News Bulletin

## September 14, 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.



**Newcomers Special Coffee Time:** Today we're having cake to celebrate our new parish family members. Please help us welcome:

**Men's Breakfast:** The next date is Saturday, **Sept. 20** at 8:30 a.m. at St. Peter's. All men 13+ are invited to join great food and fellowship!

**Back to Church Sunday:** On **Sunday, Sept. 21**, let's bring a friend or invite your neighbour to learn what St. Paul's is all about. Invitation cards are available from the sides people.

**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](mailto:office@stpaulscalgary.ca)

**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.



**Blessing of the Pets:** On **Sunday, Oct. 5** bring your pets or a photo of them for a special blessing!

**Food for Others Sunday: Nov. 30** is Food for Others Sunday, to draw attention to our collection of non-perishable items for the Calgary Food Bank. Donations may be left in the marked box.

**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.

**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.

**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.

**Brian & Cheryl Stagg.**  
**Thomas & Sue Krogman.**  
**Nnenna Ekweronu:**  
**Joshua, Daniel, Esther.**  
**Arinze & Chinonyelum**  
**Ezebialu: Ifechukwu,**  
**Chimgozirim,**  
**Umehukwu.**  
**Vassell Johnson.**  
**Sherry Martens.**

**Bernice Adusah &**  
**Edward Nelson: Ian.**  
**Andrea Zambo.**  
**Chiedozie & Chinenye**  
**Anyaotha: Chidubem,**  
**Chikanyima,**  
**Munachimso.**  
**Christoffer Schaffter.**  
**Katherine Luders.**  
**Donna Cornelius.**

**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.

**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 to support Prison Fellowship. If you can donate a used tree in good shape, please contact the parish office.

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

**e-mail:** [office@stpaulscalgary.ca](mailto:office@stpaulscalgary.ca)  
**website:** [www.stpaulscalgary.ca](http://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

**Deputy Warden:** Muiy Ekomwenrenren

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

**X:** @stpaulscalgary

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

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

# Outreach

## Alongside Hope Anniversary

In September 1959, the Anglican Church of Canada's General Synod created the Primate's World Relief Fund, named for the Primate (Archbishop of Canada). In 1969, "and development" was added to reflect the link between long-term development and disaster relief. PWRDF believes those affected are best suited to find lasting solutions. Now renamed **Alongside Hope**, the work continues. Won't you help?

**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, **Nov. 30**.

**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.

**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 Oct. 9.**

**Hunger for Healing, a Christian Twelve Step Programme,** meets every Wednesday 11:30 a.m. to 1:00 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.

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## 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](mailto: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](mailto: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:** Girl Guides: 6:30 – 8 p.m.

**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:** Grief Support Group: 1 p.m. (Starts **Oct. 9**)  
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 Nov. 14**

**Saturday:** Ladies Luncheon: 11:20 am -2nd Saturdays. **Next date Oct. 11**  
Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate month  
Check website to confirm location). **Next date is Sept. 20 at St. Peter'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

Exciting opportunity for the Youth of our Parish! S.P.Y. Group is a social group. All youth are welcome!

## 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

POP youth volunteer program is now on **hold indefinitely**. Thank you to all the dedicated youth and parents who supported our mission over the last 3 years - you have richly blessed many people in our community, including myself. Thank you and God bless you always.

-Laura

## September Anglican Journal is available online

The September issue of the Anglican Journal is now available. To read online, visit [anglicanjournal.com/#currentissue](http://anglicanjournal.com/#currentissue)

# Our Ministries

## CONFIRMATION

Confirmations take place once a year. Please contact the church office if you are interested in Confirmation.

## WEDDINGS

If you are planning a wedding at St. Paul's, you must contact the clergy for an interview to set the date and to find out about preparation classes.

## ST. PAUL'S IS A SCENT-FREE PARISH

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.

## Stewardship Reflections:

### The Exaltation of the Holy Cross

*"For God so loved the world that he gave his only Son."*  
John 3:16

God created us to be in relationship with Him. Sin broke that relationship. Jesus came to earth so that we may reconcile our relationship with God. Following Jesus' example, we can be blessed with a joy-filled life on earth and eternal life in Heaven. These four points are known as the "kerygma" – the first proclamation of the Gospel. This core message is the basis of our Catholic faith. How do you live this out in your daily life?

## *Financial News*

Our deficit at the end of August was \$11,346. Thank you to everyone for helping support our mission financially in these challenging times.

