Living Waters

October/November 2025 St. Paul's Anglican Church Opening Hearts and Minds to God's Grace





Pet project



Cleanup Day P 15



Rev. Betty's story P 34

Alpha prayer vigil P 21





Welcome celebration!



SHOCKINGLY GOOD NEWS!

Cheryl shows off St. Paul's AED – an automated external defibrillator. The portable device can be used to treat a person whose heart has suddenly stopped working, and it can be used with no special training. Cheryl – a member of Parish Council and a nurse – championed the cause. See Page 33.

St. Paul's information



7 Sunmills Green S.E Calgary, Alberta T2X

Phone (403) 256-1428

Website: www.stspaulscalgary.ca

Email: office@stpaulscalgary.ca



Service times

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

(https://www.youtube.com/channel/UCldxfHv5 pFYST--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 Mullanev

Choir - Paul Bourgeois

Prayers of the People – Dinah Breu

Readers - Robbie Coller

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

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

THE FRANCISCAN WAY

On October 4th, we will celebrate the Blessing of the Animals (pets) in honour of St. Francis. Here are some details about Francis that may not be widely known. I heard that one psychologist opined that he was the most "well-put-together" saint among the panoply; he just seemed to exude a well-balanced, likeable, yet practical persona. He certainly had his feet on the ground, yet he also was numbered among the mystics of Christianity. He was one of the few saints to minister among Islamic people of the 12th Century and live to tell the tale. His memory and sainthood are shared among Roman Catholics, Anglicans, Lutherans and (I believe) the Eastern churches. The Oxford Dictionary of the Christian Church explains that a Calvinist pastor in Strassburg, P. Sabatier, did research into his life and writings and warmly endorsed his ideals. Francis is just one popular "dude". What was is that has led to this interest in Francis?

One clear response to this could be his devotion to the animal kingdom. There are a number of stories about Francis's love for animals. Some may have been the subject of embellishment. In his time there was a wolf in Gubbio, Italy that was terrorizing locals. It had killed livestock and even people. Francis went out and prayed for the wolf, communicated somehow with it, and it was transformed into a playful puppy. But not before Francis had called the locals to mutual respect of the creature. His focus was not just on animals, but on creation itself. His vision was to see all things as part of the human family, hence "Brother Sun and Sister

He sensed the Lord say to him: "Francis, rebuild my church!"

Moon." He even saw death itself not so much as a foe, but a brother that brought him to his final journey.

He was born in 1181 as Francesco Bernadone, the son of a rich cloth merchant. He led a rather riotous life and in one of the many inter

city battles between Perugia and Assisi; he was captured and spent some time in prison. On his release, he returned but became dissatisfied with his worldly lifestyle, and after some inner turmoil he resolved to give his life to prayer and the service of the poor. He spent some time in the wilderness and discovered the peace and joy of poverty. He had a spiritual experience before a cross in the ruined church of San Damiano. He sensed the Lord say to him: "Francis, rebuild my church!" He then started to use his father's money to buy the bricks and mortar to rebuild the church walls: only later did he understand the real significance of the vision.

This led to strife with this father and a public dispute before the local bishop. Francis' response to his father's entreaties was to strip himself naked and cling to the bishop's cloak, symbolising leaving behind his earlier life and dedicating himself to the service of the church by ministering to the poor. Later he drew up a simple rule of life based on the Gospels, and in 1209 he secured papal approval from Pope Innocent III. Sometime afterwards, he met Clare, a noble lady of Assisi, and she founded a similar society for women, centered on the church at San Damiano. Francis even founded a Third order of Franciscans among Christian lay people living in the world but embracing the Franciscan ideals.

In September of 1224, Francis took a retreat at Mt. Alvernia in the Apennines and there received the stigmata, the physical evidence on his body of the wounds of Christ. He died on the 3rd of October 1226 and was canonized just two years later. Francis was a powerful witness of the Gospel lived out in a decadent, worldly time. His life shows a deep spirituality born of passionate prayer and devotion to the Crucified Christ but matched with an unprecedented zeal, serving the marginalised. He is unique among saints in combining "Martha and Mary": the contemplative and the active. He is an icon for our generation as we do our part in rebuilding Christ's church.

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.

Walking Group: 1 p.m. (see the St. Paul's website under events for locations) Monday:

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)

Girl Guides: 6:30 - 8 p.m. **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)

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

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 Nov. 14 Ladies Luncheon: 11:20 a.m. —2nd Saturdays. Next dates are Oct. 11 & Nov. 15

Men's Breakfast: 8:30 a.m. —3rd Saturdays (We meet at St. Peter's some months.

Check the church website to confirm location.) Next dates are Oct. 18 at St. Paul's & Nov. 15 at St. Peter's

Welcome newcomers

Saturday:

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

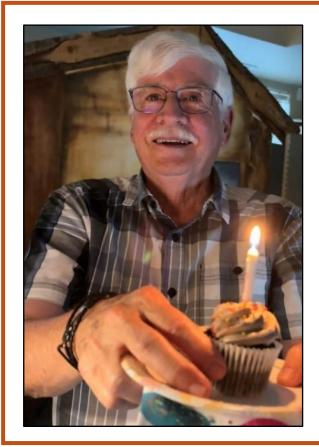
If there are any errors or omissions, please contact the Chizoba in the office at office@stpaulscalgary.ca

Thomas & Sue Krogman

Chiedozie & Chinenye Anyaoha:

Chidubem; Chikanyima; Munachimso **Christopher Schaffter Katherine Luders Donna Cornelius Sherry Martens**

Derrick Brinkworth: Elizabeth; Benjamin.



Best wishes to Paul

The date of the September St. Paul's Stringers music evening coincided with Paul Bourgeois' birthday. To mark the occasion, there were birthday cupcakes for Paul and the entire audience. Paul wears many hats at St. Paul's including Stringers singer/guitarist, organist and Music Group Leader. Communications, webmaster and People's Warden. Happy Birthday Paul & thank you for all vou do.

ROSTER FOR SUNDAYS

DATE	OBSERVATION	PRESIDING	PREACHING	ASSISTING	SPECIAL THEMES
October 5	17 th Sunday after Pentecost	Tony	Tony	Betty	Birthdays and Anniversaries
					Blessing of Pets
October 12	18th Sunday after Pentecost	Sean	Sean	Betty	Decorate altar with food
	Thanksgiving Sunday				Sheaves of wheat
October 19	St. Luke the Evangelist	Tony	Tony	Betty	Healing focused
					Extra songs for communion
					time for anointing with oil
October 26	20 th Sunday after Pentecost	Tony	Tony	Betty	
November 2	All Saints Day	Tony	Tony	Betty	Birthdays & Anniversaries
	21st Sunday after Pentecost				
November 9	22 nd Sunday after Pentecost	Sean	Sean	Betty	
November 16	23 rd Sunday after Pentecost	Tony	Tony	Betty	
November 23	Last Sunday after Pentecost	Tony	Tony	Betty	
	Reign of Christ				
November 30	1st Sunday of Advent	Tony	Tony	Betty	

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.

Alpha Prayer Vigil: Dinah is looking for volunteers for an Alpha prayer vigil. They will pray for participants and leaders from home for 90 minutes each Wednesday evening until Dec. 10. Volunteers would sign up for one week only. Materials with prayer suggestions will be provided. There will also be prayer vigils on

Friday, **Nov. 7** & Saturday, **Nov. 8**. Please look for the signup sheet in the Parish Hall.

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

Movie Night: Save the date, **Friday, Oct. 10** is movie night at 7 p.m. There will be free popcorn and beverages. The choice of movie will be communicated later.

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.

Ladies' Luncheon: The next dates are Saturday, Oct. 11 and Nov. 15, starting at 11:20 a.m.

Men's Breakfast: The next dates are Saturday, Oct. 18 at St. Paul's and Nov. 15 at St. Peter's - both at 8:30 a.m. All men 13+ are invited to join great food and fellowship!



Living Waters: The deadline for the December/January issue of *Living Waters* is Wednesday, **Nov. 19.** Please submit material to office@stpaulscalgary.ca

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.

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.

Fall Clean-Up Day: Join us on Saturday, Oct. 4, from 9 a.m. to 3 p.m. as we clean both the inside and outside of the church. Whether you can stay for an hour or the whole day, all are welcome! Lunch will be provided.

Sundance on the Green – Vendors: Vendor tables are available for a craft and bake sale at Sundance on the Green on Saturday, **Nov. 1**, 9 a.m. to 1 p.m. The deadline to reserve a table for \$20 is **Sept. 30**. Contact Cheryle at chejah367@gmail.com

Altar Guild needs new members: Help is needed preparing for services by setting up and cleaning up the communion vessels, flowers, candles, linens. etc. Training is available. Contact Barb Leinweber or the Parish Office if you can help.

Flower Chart: The 2025 Flower Chart is available in the Parish Hall. The cost is \$30. To make a dedication, fill out a form under the chart or contact Chizoba at the office by email.

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.

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

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

BUILDIN HOPE

By KATHLEEN ROBINSON

Building relationships is the key to making meaningful change in the world.

That was a key message from Alongside Hope's executive director Will Postma, speaking at St. Paul's Aug. 3 Sunday morning service.

Alongside Hope (formerly known as the Primate's World Relief Development Fund) is the Anglican Church of Canada's agency for sustainable development and relief to assist vulnerable people around the world.

Postma said Alongside Hope's success is based on working with and meeting with local individuals and partner organizations to ask how to help.

He described an encounter on a visit to Kenya.

"Recently I met someone....This was an elderly man. He held my hand and you didn't want to let go.

"He said to me: 'I am so glad you are visiting. The fact that you are with us means so much. Thank you for your prayers.' "

They know you are praying for them in Kenya and many parts of the world, said Postma, where abrupt cuts in international development funding from the U.S. government has come as a shock.

"But we've come alongside and brought hope ... so thank you for your support. Thank you for your prayers."

Postma was introduced by Lois Reid, the Alongside Hope representative for the Diocese of Calgary.

"You had me as a guest speaker for your ladies luncheon in June," said Reid, "about the trip to Kenya and the

work that Alongside Hope does there, and you were so generous. So when the executive director, who lives in Toronto, said that he was coming to Calgary and he'd like to go to a church and share a few words about Alongside Hope, I thought: Who deserves to have the executive director, but St. Paul's?"

Postma echoed his thanks to both St. Paul's and everyone who volunteers for Alongside Hope, including St. Paul's own parish representative - Doreen Peters.



Will Postma, Executive Director of Alongside Hope, brought a message of thanks and stories of successes to the St. Paul's parish on Aug. 3

"I want to just share some things with St. Paul's in the community here because you have been such faithful supporters, and prayerful supporters, including for our Resilience Fund, which was there to support partners in East and Southern Africa, whose programs were cut short."

The abrupt removal of funding by the U.S. was a severe blow to "the support that partners needed, to care for orphans, those who were HIV positive, others who just

needed that care and counselling.

"So with that support having been cut so short, we set up this Resilience Fund. St. Paul's has been very faithful and prayerful for us as Alongside Hope to respond in good ways to those partners. We actually went over target!

"I have to say, I'm just really grateful not just for the church, but our volunteers as well who can raise not

just support, but prayerful support."

"We've come alongside

for your support. Thank

you for your prayers."

and brought hope ...

and so thank you

Postma pointed out both Doreen and Christ Church parish representative Jocelyn, who was also in attendance. They are among more than 800 Alongside Hope volunteers. "Our volunteers are such an asset.

"One of the groups that we supported with the funds that we raised ... Church World Service, is an organization that works in eastern Africa. We work with them in care of

refugees and, most recently, those refugees who were on their way ... to a new home in the United States. When they got to the airport, because of changes ... they were told they were no longer welcome to go to the United States.

"We in Alongside Hope worked with Church World Service to care for those refugees and to see what was possible to help them to go to another safe place, another country, where they could raise their children.

"We just developed another relationship with them in support of a program in the Democratic Republic of Congo

in Kasai province. and this is a spinoff of these important relationships. They're working with 2,000 households. It's a program to care for those who are insecure because of hunger in their area and because of conflict in their area.



Alongside Hope

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

He expressed appreciation for "just being here at St. Paul's, here in Calgary in this beautiful service, and being able to share those important stories with the Anglican Church of Canada" as well as support of the work "around the world

"An additional benefit of the Resilience Fund was in Burundi (in East Africa), where a partner is now making peanut-based therapeutic food to care for those in their community. It's great therapeutic food. It's healthy. It's vitamin-rich and kids and Burundi are really benefitting.

"But the additional spinoff ... benefit is that it has created jobs. It's strengthened livelihoods and it's become a small

social enterprise in which people are really enthused.'

In this way, the Alongside Hope Resilience Fund has created a program that will be sustainable and caring for people in new ways.

Another new program is with the Rape Hurts Foundation in Uganda.

"They care for survivors of rape with legal aid, with psychosocial counselling, with help ... perhaps finding a new location, with help in terms of education, but certainly help to find dignified lives returning to them. So, all these benefits of a program that we began together with volunteers like Lois and Jocelyn and Doreen - has provided even additional benefits."

Postma shared a statement from the director of the Rape Hurts program in Uganda - Hellen Lunkuse W. Tanyinga:

"We outlined a plan to deliver lifelong and lifesaving support. Every

with us, as Alongside Hope, and with our partners, and with the help of volunteers and prayer warriors like yourselves, it just means so much to me.'

dollar counts and it means shelter for the homeless. It

means therapy for the broken and medical aid for the

wounded. It means dignity for those that society wants to

It's about recognizing the humanity and the pain behind

every case. These are our mothers. These are our sisters.

This, said Postma, is more evidence of the work of

Our daughters ... and they deserve better."

Alongside Hope in supporting local initiatives.

forget. It's not just about support to victim survivors of rape.

To find out more about how to support Alongside Hope, please talk to Doreen, check out the Alongside Hope displays on the shelves near the south door, or visit alongsidehope.org



Executive Director Will Postma poses after the Aug. 3 service with Alongside Hope representatives, from left, Jocelyn from Christ Church, Lois Reid from the Diocese of Calgary, and St. Paul's own Doreen Peters.

Happy Heritage Day!









It was a day of celebration on Aug. 3 as we celebrated Heritage Day with a potluck lunch. Congregation members were invited to bring a dish that represented their own heritage, and the results were vast in both amounts and variety... not to mention delicious. Thank you to all who participated.

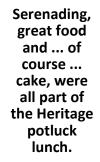




















Blessing of Pets Sunday, October 5th

Bring your pets or a photo of them for a special blessing









Everyone – not just the newcomers – had fun on Sept. 14 as we officially welcomed the newcomers to our congregation.













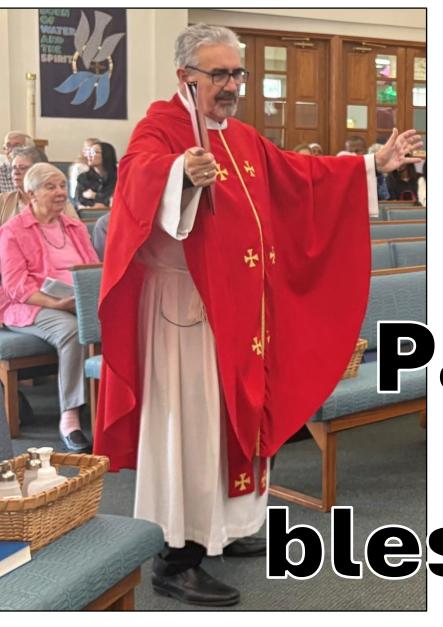
Newcomers celebrated!

It was a joyous day on Sept. 14 as we celebrated newcomers joining St. Paul's. Joan McCartney, in the front row above wearing pale blue, is the Newcomers representative on Parish Council. She would be happy to answer questions.









Loads of kids (of various ages)
brought their backpacks to church
on Sept. 14 for the annual Blessing of
the Backpacks by Father Tony. The
blessing is a symbolic way of letting
each person know that... along with all
the books & shoes & snacks &
assignments ... they carry the love of
God each day as they head off to learn.
And they also have a whole lot of
people in their parish family who care
about them and pray for them as they
go about their academic work.

Have a great school year everyone!

Packed with blessings





Join us as we clean and refresh both the inside of the church and the surrounding grounds for the fall season. Whether you can stay for an hour or the whole day, every helping hand makes a difference! Lunch will be provided.

Open to Blessings fundraiser



Are there blessings in your life that have come from walking through St. Paul's doors? If yes, would you like to be a part of keeping those doors open?

We will create a wall of blessings beside the front door consisting of heart-shaped (Super Sticky) Post-it Notes. For a donation of \$30, you get a Post-it note and may write on it the name of a person, ministry or event at St. Paul's that has been a blessing in your life - and add it to the wall.

The goal is to raise up to \$5,000 toward the replacement of the hardware/opening mechanism on the main doors.

You can pay with cash, cheque or e-transfer. Please clearly mark "Doors" on the payment. This fundraiser will run Oct. 12 to Nov. 9. See Kathleen or Chizoba.





Prayers

Collected and shared by Dinah



"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Thess.5:16-18

Lord, I know not what I ought to ask of you. You alone know what I need. You know me better than I know myself. O Father, give to your child what I know not how to ask. Teach me to pray. Pray yourself in me. AMEN

-Archbishop Francois Fenelon

A MORNING PRAYER

Almighty God, you fill all things with your presence. In your great love, keep us near you this day. Grant that in all our ways and doings we may remember that you see us and may always have grace to know and perceive what things you would have us do, and give us strength to do the same, through Jesus Christ our Lord. Amen.

Source: An Ancient Collect, fifth century; Source of this version: Freely modified from Prayers

of the Early Church, edited by J. Mannina Potts. 1953

"Yours, Lord, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, Lord, is the kingdom. you are exalted as head overall. "

1 Chron. 19:11

Before Worship

Father, we come with a great sense of anticipation; we come expecting to meet you here. We come, and we know that you will not disappoint us. We come seeking your face, longing to give you praise and glory. We have come that we may be made strong in Christ and be renewed by the power of your Holy Spirit.

AMEN -David Clowes

Peace for Our World

Dear God, thank You for overcoming the world. Thank You that in all things we are more than conquerors because of You and Your love for us. Today and every day, help us to "turn away from evil and do good; to seek peace and pursue it."

(Ps. 34:14)

Make us eager to maintain unity, and slow to become angry. Let the words of our mouths and the meditations of our hearts be pleasing to You. (Ps. 19:14)

Guide our feet in the way of peace and "teach us to number our days so that we may gain a heart of wisdom."

(Psalm 90:12)

Heal our lands Lord and bless Your people with peace.

-author unknown

A Prayer for Refugees

Give comfort, O Lord, to all who are torn away from their homes and their loved ones, by war, famine or the cruelty of their fellows. Grant that we who dwell secure in this insecure world may be generous in caring for our displaced sisters and brothers. AMEN

-Quarterly Intercession Paper No.322

A Prayer for World Leaders

"Let all peoples know that God is Ruler, even to the ends of the earth." Based on Psalm 59:13

Lord God, all wise, all merciful, hear us as we pray for those who bear the responsibility of leadership among the nations of the world. Give them in all their deliberations wisdom to know your will, regard for your laws, and respect for human rights: that they may seek to lead all people in the

paths of truth, freedom and peace, for the glory of your Name, through Jesus Christ our Lord.

AMEN

-Frank Colquhoun (adapted)

A Prayer When the World Feels Chaotic

"God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea."

Ps.46:1-2

How comforting, steadfast God, to know that you tend us as we move through life's extremes. You are there with us in births and deaths, in stillness and activity. We find the courage to live through these present moments and to move into the future, knowing that we cannot want

far in any direction that you are not already there.

Thank you for your unwavering faithfulness. AMEN

-author unknown

"The Lord is near to all who call on him "Psalm 145:18" God you are invisible but not unseen. You reveal yourself in creation and demonstrate your kindness in a stranger's sincere smile You are intangible but not unfelt. You caress our faces with the wind and embrace us in a friend's arms. We look for you and feel your presence. AMEN

-author unknown

"I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all no one can snatch them out of my Father's hand. I and the Father are one."

-John 10:28-30

Lord, through weariness and hurt. through disaster on the news, through headaches and depression, I am still yours. I do not understand, but I believe that you are here in the dark places of human life, and that nothing can take us out of your hands. AMEN -Angela Ashwin

May the Peace of the Lord be with you

"Do not be anxious about anything, but in every situation, 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. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me or seen in me - put it into practice. And the God of peace will be with you." PHIL. 4:6-9

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." -Romans 15:13

Prayer for our Spiritual Leaders

Great Shepherd, you have committed your flock to those who serve you as pastors and teachers; strengthen, protect and encourage them; give them wisdom and discernment; give them the ability to lead gently, teach wisely, and to bring their people to maturity of spirit and holiness of life. This we pray for all bishops, priests and other ministers, in Jesus' Name. AMEN

-adapted from a prayer of Michael Saward

A Prayer for Our Confirmation Candidates

Lord, we lift up to you those being prepared for Confirmation. May this be a time of spiritual growth and drawing closer to you. May the commitment that they make be a deep and meaningful step in their faith journey. This we ask in the name of our Lord & Saviour, Jesus Christ. **AMEN** -D.B.

A Prayer for Evening

May the song of your Spirit soothe me, your gentle arms cradle me, your tenderness ease my tiredness, and your welcome enfold my weariness, this night and all my nights -**AMEN** -Author unknown

PRAYERS AND SCRIPTURES FOR HEALING (OCT.18-ST. LUKE) "I will restore health to you, and your wounds I will heal," says the Lord.

-Jeremiah 30:17

"O Lord, you're wonderful, your touch is all I need for when your hand is on this child your healing I receive."

-from a song by Keith Green

O Lord God, who looks with compassion on the needs of all people: grant your grace to all you have called, like Luke, the beloved physician, to be sharers in your own work of healing; that they may learn their art in dependence on you, and exercise it always under your sanction and for your glory; through Jesus Christ our Lord. AMEN

-unknown source

God of the desert, suffering God, bless your child (name) who is suffering and longs for the day when he/she will be free of all distress in mind and body. God of healing and

wholeness, fill his/her empty places with hope and embrace him/her with your comfort and courage. Like the woman ill for twelve years who touched the hem of Jesus & garment may he/ she touch the garment of your compassion and feel your spiritual power flow through his/her body and spirit. We place our trust in you, God of tender love. AMEN -source unknown

Lord, you invite all who are burdened to come to You. Allow Your healing hand to heal me. Touch my soul with Your compassion for others. Touch my heart with Your courage and infinite love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to you in my need and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which You have created, now and forever. AMEN -source unknown

Lord, look upon me with eyes of mercy, may your healing hand rest upon me, may your life-giving powers flow into every cell of my body and into the depths of my soul, cleansing, purifying, restoring me to wholeness and strength for service in your Kingdom. AMEN -unknown source

A Prayer for Those Who Are III

Jesus our Healer, we place in your gentle hands those who are sick. Ease their pain and heal the damage done to them in body, mind or spirit. Be present to them through the support of friends and in the care of doctors and nurses and fill them with the warmth of your love, now and always. **AMEN** -Angela Ashwin

A Prayer for Those with Dementia and Their Caregivers

God of all wisdom, your mind contains the breadth and depth of all human joys and sorrows: We lift up before you all whose minds are clouded by dementia, together with those who love and care for them. Sustain them with the remembrance of your infinite mercy, shine the clear light of your guidance on the obscurity of the path before them, and bind them together in the knowledge of your love, that they may walk in your presence in the land of the living. This we ask in the holy Name of Jesus, the Rock of Ages. AMEN -source-Anglican Fellowship of Prayer

Walking With Grief

Do not hurry as you walk with grief, it does not help the journey. Walk slowly, pausing often do not hurry aa you walk with grief. Be not disturbed by memories that come unbidden. Swiftly forgive; and let Christ speak for you unspoken words. Unfinished conversation will be resolved in Him. Be not disturbed. Be gentle with the one who walks with grief. If it is you, be gentle with yourself. Swiftly forgive, walk slowly, pausing often. Take time, be gentle as you walk with grief. -Northumbria Community

HEALING SCRIPTURES

"O Lord my God, I cried out to You, and You healed me" Psalm 30:2

"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven."

-James 5:13-15

"He heals the broken-hearted and binds up their wounds." Psalm 147:3 "Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise." -Jer.17:14

"When the sun was setting, all those who had any that were sick with various diseases brought them to Jesus; and He laid His hands on every one of them and healed them."

-Luke 4:40

"But when the multitudes knew it, they followed Jesus; and He received them and spoke to them about the kingdom of

God and healed those who had need of healing." -Luke 9:11 "For God hath not given us the spirit of fear, but of power and of love and of a sound mind. "
2 Timothy 1:7

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
ISAIAH 41:10

"Be of good courage, and He shall strengthen your heart,

all you that hope in the Lord. "- Psalm 31:24

"And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus."

Philippians 4:7

SEASONAL PRAYERS International Day of Non-Violence Oct. 2

God of peace, thank you for calling us to follow the nonviolent Jesus on the road to peace. Help us to become your holy people of Gospel nonviolence. Disarm our hearts that we might be instruments of your disarming love. Make our church a community of Gospel nonviolence, that rejects war and radiates your love and peace. Bless us to love one another and our enemies, to reconcile with everyone, to resist injustice and spread the practice of nonviolence. Give us a new world without war, poverty, nuclear weapons, global warming or violence. Give us your reign of nonviolence, here and now. We ask this in the name of the nonviolent Jesus, our brother and our peace. AMEN

— John Dear

Prayer For the Last Day of The Season of Creation Oct. 4

Fill us with a spirit of praise, gratitude, wisdom, and courage sisters and care for creation and not misuse it, ensure that its goods are shared in justice with all our brothers and sisters, and speak out on its behalf whenever it is threatened. -AMEN

-source: Catholic Charities USA

A Prayer of St. Francis Oct. 4

Lord, make us to walk in your way: "where there is love and

wisdom, there is neither fear nor ignorance; where there is patience and humility, there is neither anger nor annoyance. where there is poverty and joy, there is neither greed nor avarice; where there is peace and contemplation, there is neither care nor restlessness. Where there is the fear of God to guard the dwelling, there no enemy can enter; where there is mercy and prudence, there is neither excess nor harshness"; this we know through your Son, Christ our Lord. AMEN

-St. Francis of Assisi

Thanksgiving Day October 13

"Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods."

Psalm 95:2-3

"Let us give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things." Psalm 107:8-9

October 13
"Let us come before

Lord, your harvest is the harvest of love; love sown in the hearts of people; love that spreads out like the branches of a great tree covering all who seek its shelter; love that inspires and recreates; love that is planted in the weak and the weary, the sick and the dying. The harvest of your love is the heart that reaches through the weeds of sin and death to the sunlight of resurrection. Lord, nurture my days with your love, water my soul with the dew of forgiveness, that the harvest of my life might be your joy. AMEN

-Frank Topping

World Food Day October 16

Let us pray for our neighbors who will not eat enough this day, that they may be filled, and for our nation and those who shape its policies, that the elimination of hunger may truly become a national priority. And let us pray for ourselves that we may be filled with such love for those who hunger that we commit ourselves to unaccustomed actions that will send a strong, determined signal to world leaders to work for an end to hunger in our bountiful earth. AMEN (unknown source)

Ignatius, Bishop & Martyr October 17

Heavenly Father, who adorned your Church with the witness of your holy martyr Ignatius, grant to us, we pray, the gift of true and gracious unity, that your Spirit may direct our service and our offering may be your work in our midst.

We ask this in the Name of Jesus Christ our Lord. AMEN

-Prayer over the Gifts from "For All the Saints"

St. Luke the Evangelist (Oct. 18)

Almighty God, by whose grace your servant Luke, the beloved physician, was able to write in the Gospel of the love and healing power of your son: may your church today show the same love and power to a world in need by proclaiming the god news of your salvation, both in word and deed; through Jesus Christ our Lord. AMEN

-Roger Pickering

Jean de Brebeuf, Isaac Jogues & Companions, Martyrs Oct.19

Heavenly Father who gave your holy martyrs of Canada power to share in the sufferings of your Son, grant us such strength in our faith that we may never fear nor falter in our witness to your love for the sake of him who died and rose again, your Son Jesus Christ our Lord. AMEN

Prayer after Communion from "For All the Saints"

James of Jerusalem Oct.23

Let your people, O God, continually cherish the memory of James, who was a pillar in your Church supporting its witness to the resurrection; and grant that, following his example in the work of reconciliation, we may bring all who are at variance and enmity to peace and perfect unity in your Son; who lives and reigns with you and the Holy Spirit, one God, now and forever. AMEN

-Collect from "For All the Saints"

St. Simon & St. Jude, Apostles Oct. 28

We thank you for the glorious company of the apostles, and especially on this day for Simon and Jude. As they were faithful and zealous in their mission, so may we with ardent devotion make known the love and mercy of our Lord and Saviour, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever. AMEN

-Collect from "For All the Saints"

ALL SAINTS Nov. 1

"We are surrounded by such a great cloud of witnesses." -from Heb. 12;1

We praise you, Lord our God - for all the saints who went before us, have spoken to our hearts and touched us with your fire. For all the saints who live beside us, whose weaknesses and strengths are woven with our own. for all the saints who live beyond us, who challenge us to change the world with them. AMEN

-adapted from a prayer by Janet Morley

Almighty God, the God not of the dead but of the living: we praise and bless your holy name for your saints of every time and place who have served you faithfully in their generation and have enriched the world by their lives, their witness and their example. Help us by your grace to follow them as they followed Christ, that with them we may be partakers of your everlasting joy, through the merits of Jesus our Saviour and our Lord. AMEN -Writer unknown

ALL SOULS Nov. 2

Eternal God, Lord of heaven and earth, we remember with thanksgiving, and commend to your infinite love. Those faithful souls who having served you here on earth are now at rest in your presence especially those most dear to us. Give us grace so to follow their faith and good examples that we may share their joy, and at last be numbered with your saints in glory everlasting, through the mercy of our Lord and Saviour Jesus Christ. AMEN

Those whom we love and lose are no longer where they were before. They are now wherever we are. -St. John Chrysostom

REMEMBRANCE DAY Nov. 11

On this Remembrance Day we come, O Lord, in gratitude for all who have died that we might live, for all who endured pain that we might know joy, for all who suffered imprisonment that we might know freedom. Turn our deep feeling now into determination, and our determination into deed, that as men & women died for peace, we may live for peace for the sake of the Prince of Peace, even Jesus Christ our Lord. AMEN

-Leslie D. Weatherhead

We remember today, O Lord, all those who have died in any kind of war soldiers who perished in the horror of battle, householders buried beneath the rubble, men, women and children hacked to death in their villages. Today we especially remember and give thanks for those who served and died in wars past and the members of our Canadian Forces who serve now in other troubled places in the world, many of whom have given their lives in service. We also remember those who have returned home with terrible injuries, those who returned suffering in mind and spirit through the trauma of war and all those who have lost loved ones. Have mercy on us, Lord, for all the damage done to people by people in war and strengthen those who are striving to bring peace in our world now. AMEN -adapted/Angela Ashwin

PRAYERS FOR PEACE AND RECONCILIATION

"He will judge between the nations and will settle disputes for many peoples. They will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore."

Lord, as we remember with sadness the horror of war, help us to work for a better understanding between races and nations. Open our eyes to see our own part in discord and aggression between people now; forgive us our pride and divisions, and renew in us the search for peace, so that trust may replace suspicion, friendship replace fear, and your spirit of reconciliation be known among us. AMEN

-author unknown

Grant to us to look with your eyes of compassion, O merciful God, at the long travail of mankind the wars, the hungry millions, the countless refugees, the natural disasters, the cruel and needless deaths, man's inhumanity to one another, the heartbreak and hopelessness of so many lives. Hasten the coming of the messianic age when the nations shall be at peace, and all peoples shall live free from fear and free from want and there shall be no more pain or tears, in the security of your will, the assurance of your love, the coming of your Kingdom, O God of righteousness, O Lord of compassion. AMEN

O Lord, whose power to heal was tested against the power which destroys, and proved stronger: Open our eyes to the signs of your strength in this modern world, and open our hearts to the Kingdom of God, which has come upon us through the power of your Holy Spirit. AMEN

-author unknown

REIGN OF CHRIST

Hallelujah! "For the Lord our God, the Almighty reigns! Let us rejoice and be glad and give him glory!" Rev. 19: 6-7

All power glory and honour be to Jesus - Name above all Names Lamb of God, Redeemer, Living Word, Alpha and Omega, King of Kings and Lord of Lords. Almighty God and Father, we thank you that the head that once was crowned with thorns is crowned with glory now. We celebrate with joy the kingship of Jesus. Give us grace to acknowledge his rule in our lives as well as with our lips, and to serve his worldwide kingdom; that the day may be hastened when all nations shall own him Lord, and He shall reign forever. AMEN

-F. Colquhoun

ST. ANDREW Nov. 30

Lord Jesus Christ, who called Andrew from his nets to become a fisher of men and a messenger of your good news; may we so find in you our Saviour and our Lord that others through our testimony may come to put their trust in you and rejoice in your salvation to the honour of your name. AMEN

-Leo Stephens-Hodge

ADVENT NOV. 3

Come, Lord Jesus. Come into our hearts. "For God, who said, "Let light shine out of darkness, has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. "-2Corinthians 4:6

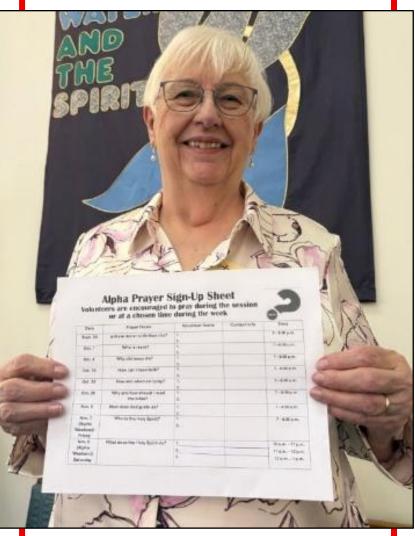
Lord Jesus Christ, thou Son of the Most High, Prince of Peace, be born again into our world. Wherever there is war in this world, wherever there is pain, wherever there is loneliness, wherever there is no hope, come, thou long expected one, with healing in thy wings. Holy Child, whom the shepherds and the kings and the dumb beasts adored, be born again. Wherever there is boredom, wherever there is fear of failure, wherever there is temptation to strong to resist, wherever there is bitterness of heart, come thou blessed one, with healing in thy wings. Saviour, be born in each of us who raises his face to thy face, not knowing fully who he is or who thou art, knowing only that thy love is beyond his knowing and that no other has the power to make him whole. Come, Lord Jesus, to each who longs for thee even though he has forgotten thy name. Come quickly! AMEN Frederick Buechner

A BLESSING

The Lord bless you and keep you. The Lord make his face shine upon you and be gracious unto you: in your going out and in your coming in, in your rising and in your lying down,

in your mourning and in your peace, in your labour and in your leisure, in your laughter and in your tears, until you come to stand before him in the day to which there is no sunset and no dawn. In the name of the Father and of the Son and of the Holy Spirit. AMEN

-Phillip W. Williams



Prayer vigil for Alpha

Dinah is looking for volunteers to support the Alpha course with a prayer vigil. The Alpha course is running at St. Paul's each Wednesday evening until Dec. 10. Dinah explained the goal is have two people provide prayer support for both leaders and participants each time they are meeting. Volunteers would sign up for one week only.

The prayer support can be done from home and would require 90 minutes of prayer, starting at 7 p.m. Materials with prayer suggestions will be provided. Dinah asks: "Please consider taking part in this important ministry as we pray for our fellow parishioners."

If you aren't free on a Wednesday evening, there will also be prayer vigils during the Alpha Weekend on Friday, Nov. 7 & Saturday, Nov. 8.

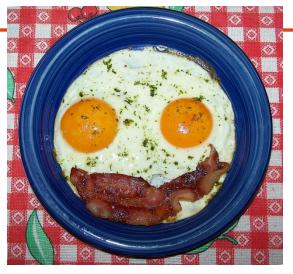
Please look for the signup sheet in the Parish Hall, see Dinah for more information, or check with the Parish Office.



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 next dates for Men's Breakfast are Oct. 18 at St. Paul's and Nov. 15 at St. Peters. Both start at 8:30 a.m.



Coffee House



Friday Nov. 14 at 7 p.m.

Open Mic!

All Welcome!



We are blessed: Even if we are not celebrated

The parable of the Prodigal Son resonates with us because it is so relatable. It is such a human story of selfishness, greed, squander, loss, return, and love. In most families a version of this story, perhaps in less dramatic terms, plays out as children try to claim their place in the world. I never appreciated home as much as when I came back to it after having tried and failed in my first post-college experience.

The parable that we hear Jesus tell us about a misguided son, a doting father, and a jealous brother is most often understood from the perspective of the prodigal. Some focus might be on the father, but the jealous son gets almost no thought, save for his complaint. I think this is a shame, because all three characters in this story have a profound lesson for us. The prodigal teaches us about gratitude, the father models unconditional love even if we don't understand his motives, and the jealous brother shows us the face of steadfast loyalty and faith.

I grew up singing the hymn Farther Along. It's a story about one day knowing all the reasons why things happen to us even if they don't make sense in the present. It contains the line "Then do we wonder why others prosper, living so wicked year after year." I hear the jealous brother in this line. Some of the most hardworking members of our churches are the overlooked brother-type of member: loyal, faithful, honest, doing our portion of the work that is needed, no flash or hype needed. The hundreds of volunteer hours that we contribute, the countless ideas and talents that we share, the steadfast showing-up make us faithful stewards of the gifts we have been given, whether someone throws us a party, or not.



Questions for Reflection:

How do you feel about recognition for service or ministry? Does it inspire you or motivate you to serve? Or does it embarrass you?



Cn. J. Davey Gerhard
serves as Executive
Director
of TENS: The Episcopal
Network for Stewardship
and reminds us that
planned giving is the
perfect way to ensure that
an inheritance is
not squandered.



THE EPISCOPAL NETWORK FOR STEWARDSHIP

St Paul's Anglican Church Income Statement January 1, 2025 to August 31, 2025

	2025	2024	Budget
Income			
Interest Income	7,874	2,271	1,336
Offerings	160,701	135,770	175,576
Other Income	15,699	2,807	11,784
Total Income	184,274	140,848	188,696
Gross Profit	184,274	140,848	188,696
Expense			
Administration	44,710	20,189	40,408
Apportionment	16,792	17,608	16,792
Christian Education	2,500	2,325	3,472
General Maintenance	29,194	24,456	24,064
Hospitality/Fellowship	1,216	541	2,224
Insurance	3,799	4,333	4,664
Ministerial	66,712	47,058	66,664
Outreach	15,216	13,576	15,216
Pastoral Care	43	9	64
Utilities	9,480	7,521	8,464
Worship	5,958	8,146	6,664
Total Expense	195,620	145,762	188,696
Net Income (Loss)	-11,346	-4,914	0

Our deficit at the end of August was \$11,346. 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 etransfer. 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."



Women sharing God's wisdom

About 12 women gathered on Saturday, Aug. 9 to laugh and shed a few tears as we shared our experiences regarding God's wisdom in our lives. Here are a few examples:

Knock on wood! Where did that expression come from? What does it mean? Someone suggested, it means Hope. In a way, it does mean Hope because the wood you would be knocking on, would be the WOODEN CROSS of Christ, according to legend.

You can't live your children's lives for them.

Scripture tells us to ask for wisdom.

One woman was led by the Spirit to read Proverbs 3 to us. Powerful!

Prayer with professional help is the best way to support a child in addiction.

We have 2 ears and 1 mouth. Use them in that proportion.

Parents who were requiring excellence helped one woman to lead a disciplined life.

Robbie shared her notes with us:

Bridge builders

Here's to the bridge-builders, the hand-holders, the light-bringers, those extraordinary souls wrapped in ordinary lives who quietly weave threads of humanity into an inhumane world. They are the unsung heroes in a world at war with itself. They are the whisperers of hope that peace is possible. Look for them in this present darkness. Light your candle with their flame. And then go. Build bridges. Hold hands. Bring light to a dark and desperate world. Be the hero you are looking for. Peace is possible. It begins with us.

- L.R. Knost

Psalm 46:1-3

"God is our refuge and strength, a helper who is always found in times of trouble.

Therefore we will not be afraid."

Always pray to have eyes that see the best in people, a heart that forgives the worst, a mind that forgets the bad, and a soul that never loses faith in God.

Nobody is perfect.

We all make mistakes. We say wrong things, we do wrong things, we fall, we get up, we learn, we grow, we move on, we live and we thank God for always giving us another chance. Thank you God. Amen



Ladies shared examples of wisdom they have learned at the August meeting of Ladies' Lunch.

Kathleen shared: There is a song is called *It is Well with My Soul* that I first heard when Kerry Peters sang it with a male choir

The lyrics were written by Horatio Spafford. He was a successful businessman and a Christian.

But his only son died in childhood.

His business was lost in the Chicago fire. And then his four daughters died at sea.

He visited the site where his daughters died and then wrote these words:

When sorrows like sea billows roll; Whatever my lot, Thou has taught me to say, It is well, it is well, with my soul.

I will admit, when I first heard this song, I found it hard to believe someone could write those words in the midst of such pain.

I thought that maybe he was pleading for it to be true. But then I realized, he wasn't saying his <u>heart</u> was well. But his <u>soul</u>... that was separate from his heart. So, despite his grief, he could write:

It is well, with my soul, It is well, it is well, with my soul.

And I guess that is my simple wisdom, that even when your heart is broken, your soul can be at peace. And aren't Christians lucky to have that gift?



Angel Tree: Where Christmas Gifts Rebuild Family Ties

Based on the number of parents in prison, it is estimated that over 357,000 children in Canada are affected by parental incarceration. We think of these kids as the forgotten victims of crime.

The central feature of Prison Fellowship Canada's Angel Tree Christmas program is that the prisoner parent enrols in the program so that the gifts under the tree are from the parent – not from a program. This builds a connection with parents and their children that can be incredibly meaningful. With the help of prison chaplains, Prison Fellowship Canada collects from prisoner parents:

- ♥ The names of their children and their ages
- ♥ A list of gift ideas for a gift they would like to give to their child, and then,
- ♥ A handwritten gift tag to attach to the gift itself.

Sponsor churches and individuals who register on our website, will purchase gifts of up to \$40 per child, wrap the gifts, and then deliver or ship these gifts to the families. This way, children will have a gift from mom or dad under the tree on Christmas morning.

We as staff at Prison Fellowship Canada have the privilege of hearing many stories from Angel Tree families. Last Christmas, one of the caregivers said:

"Both of my daughters have had very little contact with their father over the past few years. I often worry if they will ever have any kind of relationship with their dad. And we usually don't talk about it too much as it brings up a lot of emotional pain. When they both found out that the gifts were from their dad they started tearing up. And it was the first time in a long time that I overheard them speak about their dad."

We need your help.

This Christmas, will you join us in offering the gift of connection?



Produce from our Garden

Pictures of some vegetables from our garden that went to the Calgary Food Bank













A new support group will be starting Oct. 9 at 1 p.m. and would run for 8 weeks.

It is 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.



Tuesday, December 16th at 6:00 pm St. Paul's Anglican Church

Local Craft Fairs

Canadian Christmas Exchange

Please bring a wrapped "*Made in Canada*" gift for the exchange, \$25 limit. (Gift exchange optional)

Potluck Dinner

Refreshments Provided

The Secret Friend reveal and gift exchange will take place at the party!

RSVP to Julie by December 12th. Please indicate if you are bringing a savoury or sweet dish to share. jthompsonwilson@shaw.ca

What is the Secret Friend Ministry?

- ♥ St. Paul's Secret Friend Ministry is open to all women of our parish. It is designed to bring the women of our parish closer together through the blessings of a "Secret Friend."
- ▶ A secret friend will take time to try and get to know their new secret friend. They will lift them up in prayer and bless them with regular correspondence and perhaps a small gift for special occasions, all secretly, of course.
- ▼ The reveal and choosing of a new Secret Friend will take place at our annual Ladies Christmas Party on Tuesday, December 16th. All the women of our parish are invited and you do not have to be a Secret Friend to attend. If you would like to join us please RSVP to Julie by Friday, December 12th.
- ♥ We look forward to another wonderful year of Secret Blessings!
- ♥ For more information and to receive a Secret Friend Questionnaire form please contact Julie Wilson at 403 630-1533 or by email at jthompsonwilson@shaw.ca

OCTOBER LADIES' LUNCHEON

ALL ladies are warmly invited to our fun and lighthearted event:

KARAOKE

Come enjoy fellowship, laughter, food, and the joy of singing together.

There is NO pressure; whether you love the mic or prefer to cheer others on, there is something for everyone!



11 October 2025

11:20 am - 1 pm St. Paul's church hall

Bring a friend Meet a friend Make a friend

NOTE: Date Change

NOVEMBER 15, 2025 @11:20 am

LADIES' LUNCHEON

We invite **ALL** women of St Paul's and your FRIENDS to join in a time of fellowship.



Brenda Hilling will be sharing her life/spiritual journey right into the Prison Fellowship Ministry and her leadership of the Angel

Tree Ministry, which addresses:

How can we bring Christmas Joy to the child of an incarcerated parent?



Please come prepared with your own bag lunch and beverage:

TABLE TOPIC:

How does the following poem affect you?

I Shall Not Pass This Way Again

I expect to pass through this world but once;

any good thing therefore that I can do,

or any kindness that I can show to any fellow-creature,

let me do it now; let me not defer or neglect it,

for I shall not pass this way again.

15 November 2025 @ 11:20 am – 1 pm

Bring a friend Meet a friend Make a friend

It's time to begin thinking about the ministry Operation Christmas Child.

This ministry delivers great joy and the Good News of Jesus Christ to children in need around the world through gift-filled shoeboxes. Last season St Paul's congregation generously sent 51 boxes.

The Shoeboxes and more information will be provided in October.

For more information talk to Laure





AED could save a life



Cheryl Scott, right, a member of Parish Council and a nurse, championed the idea of St. Paul's having an AED – Automated External Defibrillator. It is located in the hallway outside the kitchen, with a sign in the parish hall indicating its position.

In a cardiac emergency, seconds count. That's why St. Paul's now has an AED – Automated External Defibrillator - installed in the hallway by the kitchen.

With 80% of sudden cardiac arrests occurring *outside* a hospital, an AED can make a real difference. If used within the first minute of a collapse, survival odds are greatly improved. Yet, the majority of cardiac arrest victims don't receive early AED assistance.

St. Paul's hopes to improve the odds for anyone who has a sudden cardiac arrest in the building by making an AED readily available.

A sign in the parish hall indicates its location, which is just above the first aid kit in the hallway that leads to the restrooms.

The idea of getting an AED for St. Paul's was championed by Cheryl Scott, a nurse and Parish Council member.

But you don't need any special training. The life-saving tool is accessible and user-friendly - empowering anyone to step into this pivotal role with step-by-step instructions. Special pads allow the machine to analyze the patient and will only deliver a shock if needed.

Ideally an AED is used in conjunction with CPR – CardioPulmonary Resuscitation. But of course, always call 911 in the event of a suspected cardiac arrest.





Alongside Hope

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

PARTNERSHIP is at the heart of all Alongside Hope's work. For all projects, Alongside Hope partners with small and large organizations, faith-based or secular, that are rooted in community.

These partnerships with local organizations foster a more holistic and inclusive approach to development and humanitarian efforts.

This ensures that projects are effective, sustainable and respectful of the communities and people they aim to assist. Local partners have established relationships of trust within their communities. This trust is essential for effective communication and successful project implementation.

Local partners' understanding of values and sensitivities is crucial for ensuring that programs are culturally appropriate and respectful.

Partners in fostering Hope

By involving local partners and community members, they become empowered to take ownership of development initiatives. This participatory approach ensures the voices of community members are heard.

One way to support projects is through the World of Gifts by funding items of need for these programs. Please watch for the October issue of the *Anglican Journal* to find the 8-page World of Gifts guide with order form. You can also view or download the guide online then order by mail or telephone by calling 1-877-936-9199 (Monday – Friday 9 a.m. – 5 p.m. EST). For your convenience, you can also browse the gift items at the secure Alongside Hope online portal, allowing you to make your gifts any time of day.

This is also a great way to get an early start on Christmas shopping.



St. Paul's deacon shares faith & life journey at Ladies' lunch

Betty's story

"I was asked to talk a little about myself and my spiritual journey."

With those humble words, The Rev.'d Betty Nadurak - known to most of us as Deacon Betty – began the story of her life and faith journey at the September edition of St. Paul's Ladies Lunch.

"I grew up on a farm, north of Calgary, east of Red Deer. My dad was a mixed farmer, meaning he grew grain - mainly barley, some oats and wheat. We had cattle and milk cows that supplied us with milk, cream and buttermilk. Mom made our own butter."

As the herd of cattle grew, Betty's dad made silage to feed the cattle in the winter months. The silage was stored in pits in the ground. It was stinky, but less work than haying. Betty and her brother Philip, who was four years younger, were in tasked with packing down the silage.

"We would run the tractor together. It was a big John Deere R, one of the larger tractors at that time. Philip steered and ran the clutch. I ran the brake and the gear shifts. When we would come over the hill, my mother would be so thankful to see us because she was sure we would roll that tractor. We didn't!

"We also raised pigs, which I really didn't like and was afraid of them - especially the sows. There were also chickens - many hens.

"My mom used to crate and ship 24 dozen eggs every week. At first, we had to wash each egg by hand. You made sure there wasn't even a speck on them, and they were point down. If there was one speck on them, mom got charged. Later we got an electric washer, which was great!

"I had two brothers and two sisters. I was the second youngest.

"We didn't go to church much. It was 16 miles from Red Deer, and just too far. And the cows, chickens and pigs all had to be fed. They didn't take Sundays off.

"But we did always go at Christmas and Easter and sometimes at Thanksgiving - if the weather was bad. If the weather was good, we were harvesting."

"There was no swearing in our home, at least not in the house. And if we did hear dad swear, it was always in German, which I couldn't understand anyway!"

"Grace was always said at each meal. We always had hired men, but we said grace regardless; breakfast, dinner... which was at noon ... and supper.

"As kids, we had Sunday School by Post run by Marjorie McKinnon. We would get lessons in a little booklet sent out each week. We would mail back our answers, and they would be returned to us with corrected answers. I just wished I had kept a copy of them. It was a great program. I remember it very fondly."

There were also teachers who came around in the summer in an old army van to hold Bible classes. "Dad let them stay in our yard.

"I was confirmed, along with my sister, who was two years older, at St. Luke's Anglican Church in Red Deer. This is quite an undertaking for my parents because they had to drive in every Saturday morning for a year for us to take our lessons.

"A big influence on my knowing God were my mother's parents. They were English and lived in Red Deer. When we'd go into Red Deer on the weekend, right after breakfast, grandpa always read the King James version of the Bible ... never explained what he was reading! I never understood what he was reading! We went to church on Sundays when I was with them, morning and evening."

"I went to high school in Red Deer for two years and belonged to a Christian group. The closer I came to graduation, the more I really wanted to become a nun. We were Anglicans. My dad would have never allowed me to become a nun. We thought it would mean joining the Roman Catholic Church. At that time, I didn't know that there were Anglican nuns. So, then I went to university in Edmonton, but ended up quitting and working for the Royal Bank in Red Deer.

"A year later I got married and moved to a small village in eastern Alberta called Big Valley. There was an Anglican church there, we had services twice a month. I became active and joined the WA - Women's Association, which is now called ACW - Anglican Church Women.

"The church building is now a museum, and it was painted robin's egg blue. I was horrified! It didn't quite fit.

"We lived in Big Valley four years and then moved to Rimbey, Alberta, where there was also an Anglican Church. We stayed a little over a year, then off to Fort St. John, B.C., which is in the northern part of the province. We stayed there four years, and I was very active in the church, although we had a very small congregation. I was a warden and went to Synod."

They moved back to Red Deer, but within a year were off to Calgary: "That was 1969. I've been here for about 56 years. It's unbelievable.

"It was here where my faith really started to grow. I was able to take many Bible courses and classes. We joined St. Peter's right away and I became involved in all aspects of the church community. We attended church on a regular basis. All three children attended Sunday school and were confirmed.

"Brian, our oldest one, also taught Sunday school when he was a teenager. By the way ladies, don't lose heart, none of my children go to church now, but I pray some day they will. I do believe they believe in God, but in this world today, life seems to get in the way, which is no excuse, but the way it is.

"One of the best courses I ever took was called Disciple. Along came EFM - Education for Ministry, a four-year,

Dinah and Gloria pray for Betty before she delivers her speech at Ladies Lunch on Sept. 13.



challenging course. We met once a week except for the summer months. Many of you know our mentor and leader, - The Rev. Dr. Norman Knowles. I learned so much from the course, and also from the others taking it with me.

"In 2019 our priest at St. Peter's asked me if I had ever thought of becoming a deacon. I said yes, but I really thought I was too old. Then Archbishop Greg Kerr-Wilson got involved. He asked me to write a letter telling him why I wanted to become a deacon, and about the courses I had taken. A discernment committee was formed. They were given an agenda and asked me questions about my faith, my beliefs and why I was doing this. They pressed me to make sure I was doing this at the time, for the right reasons - that I had a clear vision and was not trying to fill someone else's shoes. I had to give written answers to the questions. The whole process was very engaging and I also learned a lot about myself... sometimes not very good things!

"I was ordained on June 29, 2021 during Covid. We were only allowed two guests - and the person who would present me. It was held at the cathedral, 30 C - no air-conditioning. I still have no idea how Archbishop Greg and Archdeacon Pilar survived. They were in their full robes - and Covid masks."

"On July 1, 2021, I came to St. Paul's and I'm extremely happy here. I'm still learning and exploring my faith. I love the Bible Study Lorraine Cairns leads each Wednesday morning. She puts so much work and research into it. I love it. Tony also leads a Bible study on Wednesday evenings. We are learning so much. Tony is a great follower of the N.T. Wright books.

"This fall we are going to do the Alpha course. Each time I take the Alpha course, I learn something new.

"I also belong to Hunger for Healing, which is a congregational Christian program, where we learn how to use God's lessons. It helps me to help others in our daily life.

"A lot of our courses, and pastoral care, is all about listening. All of these help me each day grow in my faith, and examine what I believe and especially how I live.

"One of my friend's said: 'I just want you to know that I'm your friend ... and then you're a deacon.' I hope all of you will think of me as a friend, not just as a deacon."









Cell tower in place after several delays

The story of the Telus Cell Tower located in the southeast corner of our property near our St. Paul's sign began in October 2018, when the parish was approached by Telus Communications about the possibility of locating a cell tower on the church property to improve telecommunication coverage in the area within the community of Sundance.

Following submission of a lease proposal, St. Paul's set up a Task Force to review the proposal and provide information to the parish at a Congregational Meeting on Nov. 25, 2018.

The regulatory review of the Telus proposal commenced late in 2019, including a public consultation process with an Open House in January of 2020.

After receiving government approval later that year, Telus notified St. Paul's that the project had been shifted to 2021 or possibly 2022.

Some time elapsed before Telus resurrected the project last year, and it had to undergo another public consultation process before getting final approval to proceed. We were notified late last year that they planned to commence construction in 2025.

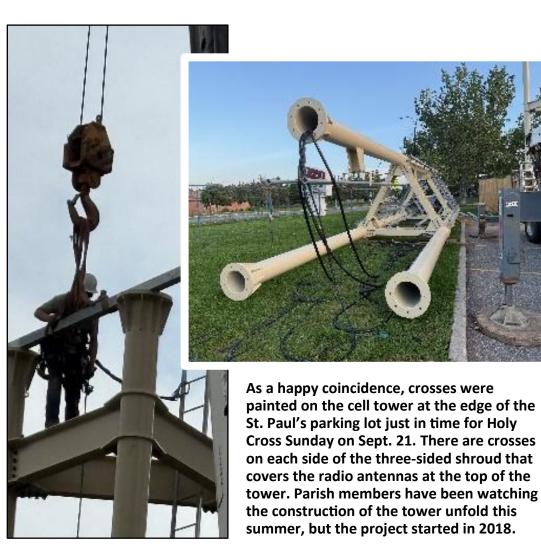
A site visit with potential contractors was conducted in March with plans to start construction mid-April with completion by mid-June. Following a few further delays, digging of the foundation for the tower began on May 29.

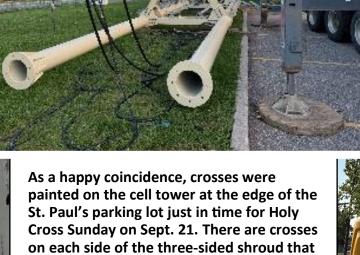
By mid-July the tower was on-site and being assembled and erected.

Shrouds to conceal the radio antennas at the top of the tower were installed by mid-August. Telus brought a portable generator on site for 10 days or so to provide power to proceed with programming and software updates while waiting for Enmax to provide power to the site.

Telus is still waiting on Enmax to provide permanent power to the tower. Coincidentally, the three crosses were painted on the tower shrouds on the Friday before Holy Cross Sunday!















Dear St. Paul's Anglican Church,

We're immensely grateful for your generosity. With your help, we continue to provide lunch to over 7,800 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're cared for, valued, and supported by their community. Our door is always open if you want to learn more about BB4CK. For more information, please visit our website at bb4ck.org or contact us at (403) 264-7979. Thank you again for supporting Calgary's kids through BB4CK!

Stephanie Gauthier Interim Executive Director Brown Bagging for Calgary's Kid



Dear Friend,

Thank you for your donation of \$640 and for your commitment to the Mustard Seed. Your kindness helps men and women in real need turn their lives around. Your gift sparks hope for new beginnings. Your generosity helps meet the physical, mental, and spiritual needs of people experiencing poverty and homelessness.

We could not continue our work without your faithful support.

Your partner in changing lives, James Gardiner Chief Executive Officer

Organizations share appreciation

Excerpts from letters we receive:



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

CALGARY FOOD BANK

To our friends at St. Paul's Anglican Church, Thank you for your recent donation! Your gift of 200 pounds of food and \$920 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

October2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Holy Eucharist is i streamed <u>https://www</u>	on our webs	ite	1 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 1 p.m. Prayer Shawl 7 – 8: 30 p.m. Alpha Course	2 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	3 10 a.m. Handchimes Practice 6: 30 p.m. S. P. Y Game Night	9 - 3 p.m. Fall Clean Up Day
5 10 a.m. Holy Eucharist *Blessing of pets 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	f p.m. Walking Group 7:30 p.m. Stringers Rehearsal	7 6: 30 - 8 p.m. Girl Guides	9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 7 – 8: 30 p.m. Alpha Course	9 1 p.m. Grief Support 7:30 p.m. Choir Practice 6 - 7:30 p.m. TOPS	10 a.m. Handchimes Practice 7 p.m. Movie Night	11 11:20 a.m. Ladies' Luncheon
10 a.m. Holy Eucharist Thanksgiving Sunday 2 p.m. Word to World Ministry 4 p.m. Philippines Church	13 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	14 1:30 p.m. Prayer Group in person 6: 30 - 8 p.m. Girl Guides 7 p.m. Parish Council	9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 1 p.m. Prayer Shawl 7 – 8: 30 p.m. Alpha Course	16 1 p.m. Grief Support 7:30 p.m. Choir Practice 6 - 7:30 p.m. TOPS	17 10 a.m. Handchimes Practice	8:30 a.m. Men's Breakfast @ St. Paul 's
19 10 a.m. Holy Eucharist *Healing Focused Service 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	21 6: 30 - 8 p.m. Girl Guides 7 p.m. Worship Committee Meeting	9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 7 – 8: 30 p.m. Alpha Course	1 p.m. Grief Support 7:30 p.m. Choir Practice 6 - 7:30 p.m. TOPS	10 a.m. Handchimes Practice 6:30 p.m. S.P.Y (Bingo Night	25 2 -5 p.m. Sundance Villa Rental
10 a.m. Holy Eucharist Confirmation Sunday 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	28 6: 30 - 8 p.m. Girl Guides	9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 7 – 8: 30 p.m. Alpha Course	30 1 p.m. Grief Support 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	31 10 a.m. Handchimes Practice	

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2:30 p.m. Eucharist at Father Lacombe Care Centre 2 p.m. Word to World Ministries 4 p.m. Philippines Church	3 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	6: 30 - 8 p.m. Girl Guides	9:30 a.m. Morning Prayer 10:30a.m. Bible Study 11:30 a.m. Hunger for Healing 1 p.m. Prayer Shawl 7 - 8:30 p.m. Alpha Course	6 - 7:30 p.m. TOPS 9 - 5 p.m. Alongside Hope 1 p.m. Grief Support Group 7:30 p.m. Choir Practice	7 10 a.m. Handchimes Practice 9 – 5 p.m. Alongside Hope 7 - 8:30 p.m. Alpha Course Weekend	8 10 - 4 p.m. Alpha Course Weekend 4 - 8 p.m. Alongside Hope
9 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	9 a.m. Walking Group 1:30 p.m. Prayer Group in person 7:30 p.m. Stringers Rehearsal	6: 30 - 8 p.m. Girl Guides 7 p.m. Parish Council	9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 7 – 8:30 p.m. Alpha Course	6 - 7:30 p.m. TOPS 1 p.m. Grief Support Group 7:30 p.m. Choir Practice	10 a.m. Handchimes Practice 7 p.m. Coffee House	8:30 a.m. Men's Breakfast 11:20 a.m. Ladies' Luncheon
16 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal	18 6: 30 - 8 p.m. Girl Guides	9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 1 p.m. Prayer Shawl 7 - 8:30 p.m. Alpha Course	6 - 7:30 p.m. TOPS 1 p.m. Grief Support Group 7:30 p.m. Choir Practice	10 a.m. Handchimes Practice All Day S.P.Y Craft Fair	All Day S.P.Y Craft Fair
10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	9 a.m. Walking Group 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	25 6: 30 - 8 p.m. Girl Guides	9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 7 – 8:30 p.m. Alpha Course	6 - 7:30 p.m. TOPS 1 p.m. Grief Support Group 7:30 p.m. Choir Practice	28 10 a.m. Handchimes Practice	29 10 - 3 p.m. Christmas Market
30 10 a.m. Holy Eucharist 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church			_	arist is in person ebsite <u>https://w</u>		