



St. Paul's News Bulletin

Oct. 5 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.

Thanksgiving food donations: We will be gathering food donations for charity on **Thanksgiving Sunday, Oct. 12**. Please bring donations and place them under the altar as you arrive.

Movie Night: 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.

Grief Support beginning: A new group will begin on Thursday, **Oct. 9** at 1 p.m. See Laura Anne or check at the office for information.

Ladies' Luncheon Karaoke: Enjoy the fun on Saturday, **Oct. 11** starting at 11:20 a.m. Bring your own lunch. Join the fellowship and laughter. You can take the mic or just cheer on others.

Open to Blessings Fundraiser: Watch for details next week as more information is unveiled!

Handchimes performing: Make sure you get to church early on Oct. 12. The Handchimes will be performing prior to the service.

Operation Christmas Child: Last year St. Paul's filled 51 shoeboxes with gifts to share the Good News of Jesus. Watch for update or talk to Laure.

Men's Breakfast: The next date is Saturday, **Oct. 18** at St. Paul's starts at 8:30 a.m. All men 13+ are invited to join for great food and fellowship!

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

Coffee House: The next St. Paul's Stringers Coffee House will be **Nov. 14** at 7 p.m. Come enjoy our own house band, open mic and snacks. This is family friendly. All welcome!

Ladies Christmas Party: A potluck supper and exchange of Made in Canada gifts (optional) will be just part of the fun on **Dec. 16** at 6 p.m. Please RSVP to Julie by Dec. 12. See Living Waters or posters in the parish hall for details.



Pledge Cards: Tell Out My Soul is the theme for this year's Stewardship campaign. It's about telling others the Good News about the world and the One who made it! The cards encourage members to prayerfully commit their financial support to St. Paul's for the year ahead to help Parish Council budget realistically for 2026. When you make your promise to the church, please pray about it, discuss it with your family and discern how God is calling you to share your gifts. Cards are available from the sidespeople, as well as on our website under Stewardship. **Pledge cards are to be returned on All Saints' Sunday, Nov. 2.** They can be placed on the collection plate during the offertory hymn. To return your card early, please leave it with Chizoba in the parish office.

Sundance on the Green Craft Fair: A craft and bake sale will be held at Sundance on the Green on Saturday, **Nov. 1**, 9 a.m. to 1 p.m.

Alpha Prayer Vigil: Volunteers are needed to pray for participants and leaders from home for 90 minutes each Wednesday evening until Dec. 10. 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 or see Dinah.



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

Phone: 403 256-1428

e-mail: office@stpaulscalgary.ca

website: www.stpaulscalgary.ca

Incumbent: The Rev'd Tony Hilling

Assistants: The Rev'd Cyril Haynes

The Rev'd Betty Nadurak

Wardens: Paul Bourgeois & Ingrid Bolton

Deputy Warden: Muyi 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

This time of year, we give thanks for our many blessings - especially for good harvests and the abundance of food. It's also a moment to remember that millions around the world face severe food shortages and even starvation. Please consider sharing your good fortune by supporting *Alongside Hope* and its food security programs. Your generosity can help bring nourishment and hope to those in urgent need.

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.

Check out these opportunities to participate

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

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

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

Card Ministry: If you know anyone who is grieving, unwell, or celebrating a birthday or anniversary, and would appreciate receiving a greeting card from the St. Paul's Family, please contact Pauline Payne at 403-988-2546 or email her at

Pauline_payne1@yahoo.com.

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

Sign: To change the outdoor sign more regularly, we need helpers. ***If you can help, please contact Paul Bourgeois or the Office.***

We are looking for volunteers to be **Sacramental Assistants.** Please contact Ed or the Parish Office for more information.

Regular Activities at St. Paul's:

- Sunday:** **Holy Eucharist** 10 a.m.
 Handchimes Practice 11:30 –12 p.m.
 Word to World Ministries Canada: 2 - 3 p.m.
 Philippines Independent Church (IFI): 4 p.m.
- Monday:** **Walking Group:** 1 p.m. (see the St. Paul's website under events for locations)
 St. Paul's Stringers rehearsal: 7:30 p.m.
 Prayer Group - meetings held both in person and online: 1:30 p.m. (2nd Monday of the month **in-person**) 7:30 p.m. (4th Mondays of the month **via Zoom**)
- Tuesday:** **Girl Guides:** 6:30 – 8 p.m.
 Parish council: 7 p.m. (2nd Tuesday of the month)
- 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:** 1:00 p.m.
 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 is Oct. 11.**
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate month
 Check website to confirm location). **Next date is Oct. 18 at St. Paul's.**



Welcome to newcomers and visitors

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

Visitors, please sign our guest book, which is on the standby by 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. There are also welcome packages available after the service. 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. Search Youth Group To register use this QR code

Oct. 5 – Game Night, starts at 6:30 p.m.

Nov. 21 – Craft Supply Fair, 5:30 – 9: p.m.

Nov. 22 – Craft Supply Fair, 10 – 4 p.m.

Our Ministries

SIDESPEOPLE: Suzanne Wray

At every service one or two people are needed to hand out leaflets, make people feel welcome and comfortable, count the congregation, collect the offering, take up the bread and wine for communion, usher the congregation up for communion and refill the cardholders in the pews.

It requires arriving early on your assigned Sunday to ensure everything is ready and tidying up before closing the doors after the service ends. Each new sidesperson is given a leaflet detailing duties and help from experienced sidespeople. To volunteer, or for more information, please call Suzanne or the Parish office.

GREETERS: Roxie Hall

The Greeters come about a half hour before the service. The job requires a smiling face, a warm greeting for those arriving, and helping newcomers find name tags and giving them general help. This ministry doesn't require much time, but it is very important.

Stewardship Reflections:

"For God did not give us a spirit of cowardice but rather of power and love and self-control."
2 Timothy 1:7

Many of us compartmentalize our Faith, we bring it out only when we attend Mass or when we attend a parish event. Being a good steward requires discipline and striving to put God first in everything - all the time. The next time you are at a neighborhood party or at work or out shopping, would your words and actions signal to others that you are a good and faithful servant of our Lord?

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.



Diocesan Office Open House

All are invited to St. Edmund's House Open House, taking place on Saturday, **Nov. 1** from 1:30 to 5:00 p.m. There will be a Eucharist Service followed by a Wine & Cheese.

October Anglican Journal is available online

The October issue of the Anglican Journal is now online. To read online, visit anglicanjournal.com/#currentissue