



Gathering on the ancestral lands of the Snuneymuxw First Nation

We are the Anglican Parish of St. Paul located in downtown Nanaimo. Welcome!

Our Heart

- Our people and the gifts they bring
- A strong level of devotion to the parish by the parishioners
- A love for our rich musical program
- A dedicated front door/street ministry

We proclaim Christ's love and welcome all as we serve God and God's creation. We are all God's children. Come as you are and who you are.

Located in the heart of downtown Nanaimo, we embrace many opportunities to share the love of God with those who come through our doors. This is your church, a place of hospitality, refuge and hope. St. Paul's is a welcoming church for the LGBTQIA2S+ community.

Each day is a "new day" in living out the good news of Jesus Christ. At St. Paul's we love the gift of story and humour and we look forward to welcoming new people through our doors. People often say, "What I like about St. Paul's is that although the parish is traditional, you illustrate how in the midst of "traditional" you can still have fun and be a welcoming community." We like to say we are steeped in tradition, not mired in it.

Our History

St. Paul's Anglican Church is one of the oldest Anglican churches in British Columbia and is situated on the traditional lands of the Snuneymuxw First Nation. The foundation of the first church building was laid in 1861.

At the beginning of the 20th Century, a larger building was needed. The first church was torn down in 1906 and the cornerstone of the second building was laid. In July 1930, a fire destroyed a large portion of downtown Nanaimo. Six blocks were totally destroyed, including St. Paul's Church. In August 1931 the foundation stone for the third church was laid. In May 2009, the parishes of St. James and St. Paul amalgamated into one new parish in the name of

St. Paul, Nanaimo. In 2011 we celebrated our 150th anniversary in grand style. In 2024 we have been working and worshipping in downtown Nanaimo for 163 years! The history of St. Paul's is a rich mosaic of many people of faith. To this day, we are proud to continue to serve Nanaimo as a downtown church. May we continue to *Lift High the Cross* for the next 150 years and beyond!

Opportunities for Worship

Sunday	8 am Holy Eucharist (Book of Common Prayer) 10:30 am Choral Eucharist (in person and live streamed)
Tuesday	7 pm Contemplative Prayer
Wednesday	11 am Holy Eucharist
Monday to Friday	8:30 am Morning Prayer on Zoom

We keep the church open for prayer during office hours.

Check out our website at: www.stpaulsnanaimo.ca, or follow us on Face Book

Email: admin@stpaulsnanaimo.ca

Telephone: 250-753-2523

Mailing address: 100 Chapel Street, Nanaimo V9R 5H2
our front doors are located at 29 Church Street

Our Ministry Plan

Presented at our Annual Vestry Meeting in February 2023, our parish ministry plan provides a picture of where we believe God is calling us to be as a parish. It gives us the ability to listen to the call that God is placing on the lives of individuals in our parish, the gifts God has given, and the passion to serve God's mission. All aspects of our ministry plan must align with our goals and aspirations. This plan is a living document which will change as things change in our community, in our lives and in God's call to us.

Our goals

- ✓ **Collaboration** – with each other, with community groups who use our space; with our neighbours, with the wider community; with surrounding Anglican parishes and parishes of other denominations.
- ✓ **Creating Community** – continuing to foster community amongst ourselves and with those in the wider community.

- ✓ **Educating ourselves** about ongoing spiritual formation; about being good stewards; about wider issues in the community and the world, and about ministry partners who align with our goals and aspirations.

Our aspirations

- ✓ Working in collaboration with groups and individuals in our community who align with our goals and aspirations to offer services including the use of our space.
- ✓ Providing genuine hospitality for our parish family, and for the wider community.
- ✓ Creating a safe environment where all feel comfort, belonging and interconnected in our space.
- ✓ Being strategic about how we market our facility in order to offset the costs of operating our Centre for Ministry and Community Service and achieve our goals and aspirations.

Our Values

- ✓ Tradition. We are steeped in it, but we are not mired in it.
- ✓ Hospitality and the importance of connection, with one another and with our surrounding community.
- ✓ Relationships, community, warmth, and respect for all.
- ✓ Having fun together.
- ✓ Being curious, open-minded, and continually educating ourselves about who we are and why we do what we do.
- ✓ Being disciples and witnesses to the gospel and being visible and accessible.

Our Clergy



Reverend Vernon Foster (Rector)



Reverend Patricia Horrobin, (Honorary Assistant)



Reverend Helen Lingham, (Deacon)

Being Anglicans

As a partner in the worldwide Anglican Communion and in the universal Church, the Anglican Church of Canada proclaims and celebrates the gospel of Jesus Christ in worship and action. We value our heritage of biblical faith, reason, liturgy, tradition, bishops and synods, and the rich variety of our life in community. We acknowledge that God is calling us to greater diversity of membership, wider participation in ministry and leadership, better stewardship in

God's creation and a stronger resolve in challenging attitudes and structures that cause injustice.

Guided by the Holy Spirit, we commit ourselves to respond to this call in love and service and so more fully live the life of Christ. The Anglican Church of Canada does not define its doctrine in a single confession. Our beliefs are articulated in our liturgies, as well as in these selected statements:

- Anglican tradition affirms three historic creeds: the [Apostles' Creed](#), the [Nicene Creed](#), and the [Athanasian Creed](#).
- The [Solemn Declaration](#) (1893) united the Anglican Church of Canada as a national church and defined its relationship to the worldwide Anglican Communion.
- The [Lambeth Quadrilateral](#) (1888) defined the commonalities of churches in the Anglican Communion and has also served as a basis for ecumenical discussion.
- The [39 Articles of Religion](#) were a foundational document for the Church of England during the Reformation.
- Our current work is shaped by the [Five Marks of Mission](#), used widely throughout the Anglican Communion.

The Five Marks of Mission are:

1. To proclaim the Good News of the Kingdom
2. To teach, baptize and nurture new believer
3. To respond to human need by loving service
4. To seek to transform unjust structures of society, to challenge violence of every kind and to pursue peace and reconciliation
5. To strive to safeguard the integrity of creation and sustain and renew the life of the earth

(www.anglican.ca/about/beliefs)

Anglican Worship

Common prayer is an important part of how we worship together. Our services draw from a rich tradition of set prayers, either from the *Book of Common Prayer*, based on 16th century rites, or the more modern *Book of Alternative Services* (1985). The Eucharist (also known as the Lord's Supper or Communion) is a central part of our Sunday and Wednesday services.

Anglican services also follow a pattern that begins with the gathering of the community, then listening to and reflecting on the Scriptures. The community then brings the needs of the world and the community to God in prayer, and the group partakes in the holy meal of bread and wine, before being sent forth into the mission of daily life.

Our services follow the six seasons of the church year (Advent, Christmas, Epiphany, Lent, Easter, and Pentecost) and the lectionary, a set list of Bible readings for the year.

Regardless of location, Anglican worship is enhanced by the presence of symbols. Our worship space includes symbols of our two sacraments—an altar or table for the Eucharist and a font for baptism. We also have crosses, the symbol of Christ's death and resurrection, and candles, which remind us of the light of Christ and the fire of the Holy Spirit.

(www.anglican.ca/about/beliefs)

The worldwide body of Anglicans currently numbers over 70 million members in 38 self-governing churches in 164 countries. The Archbishop of Canterbury, the head of the Church of England is accorded a “primacy of honour” among Anglican bishops worldwide. (www.anglican.ca/ask/fag/definitions)

Our structure and leadership model

Here are some terms you will hear as a member of the Anglican Church:

- **Congregation** - a gathering of Christians for worship in a particular place.
- **Parish** - a self-supporting church community led by a Rector or Incumbent and a **vestry** comprised of elected members of the parish. (A vestry is also called a parish council).
- **Diocese** - A geographic area under the jurisdiction of a Diocesan Bishop as chief pastor. There are currently 30 dioceses in the Anglican Church of Canada.
- **Incumbent (Rector)** - clergy appointed by the bishop to serve in a parish.
- **Churchwarden** – part of the core leadership of the parish.

The roles of incumbent and churchwarden in the Anglican Church were established centuries ago. Each parish has one incumbent and two churchwardens. The responsibilities of a churchwarden are outlined in the canons (laws) of the diocese. The churchwardens are elected by the congregation at its annual “vestry” meeting (sometimes referred to as the annual general meeting). Deputy churchwardens may also be elected. Their role is to assist the churchwardens with their duties. Together, the incumbent and churchwardens form the group of dedicated people who provide the core leadership for the local congregation.

This leadership triumvirate is quite Anglican in its creation—it is a pragmatic form of governance. The churchwardens, by and large, look after the **“temporal” affairs** of the congregation: money, property and governance. They always act jointly, never one without the other. The bishop has the chief responsibility for oversight of ministry in all parishes in the diocese. The incumbent, as the bishop’s representative in the parish on a day-to-day basis, has primary responsibility for the **“spiritual” affairs**: liturgy, education and pastoral concerns. That might seem like a clean and simple way of delegating responsibilities and authority. There is, however, often not such a simple or easy separation of duties. There is very little, if anything, we do in our churches that can be separated from our mission and God’s holy work. Therefore, the churchwardens will always work very closely with the incumbent as nothing we do is totally “temporal” and everything we do here on earth is at least in part “spiritual.” (Churchwardens Manual, Diocese of British Columbia)

Church Office and Reception Area

The office is open Monday to Friday from 9:30am to 12:30 pm. In the reception area you will find a area with a small library for you to browse and a comfortable seating area. A volunteer receptionist welcomes visitors and answers questions. The parish volunteer also provides information on services available in Nanaimo through cold weather shelters, the Loaves and Fishes food bank, the City of Nanaimo and many other non-profit organizations in the city.

Gillian is our **Parish Administrator** (admin@stpaulsnanaimo.ca) and she works 15 hours a week, Monday to Friday from 9:30 am to 12:30 pm. Her duties include:

- Handling parish mail, answering and returning/referring telephone calls, and emails sent to parish administrator.
- Overseeing and coordinating office volunteers who assist with front-line reception duties and other basic office support.
- Preparing worship and/or Sunday bulletins and our weekly announcement sheet.
- Maintaining and updating parish lists, electronic mailing lists and office file records.
- Helping with weddings, funerals and baptism administrative duties including completion of certificates and leaflets under the direction of the Rector.
- Liaising with our Facilities Coordinator, delivery personnel, building maintenance workers for inspections and maintenance.



Our church is used by many local choirs and musical groups as both a rehearsal and a performance space.

Our **Facilities and Communications Coordinator** (facilities@stpaulsnanaimo.ca) is Solveig who works Monday to Friday from 9:30 am to 12:30 noon. Her responsibilities include:

- Maintaining the facility use calendar for parish facilities and liaising with internal and external users
- If a rental request fits with our Ministry Plan, meeting with the renter(s) to tour the building, and complete the required paperwork
- Maintaining user group records and files and parking lot stall rentals.
- Maintaining short-term user agreements and coordinating key distribution to facility users
- Ensuring all external user groups have current insurance coverage and maintaining records of deposits, payments and receipts for all user groups in co-operation with the Treasurer
- In conjunction with Rector and wardens, developing and maintaining our online and social media communications.

Our Centre for Ministry and Community Service

Our Centre for Ministry and Community Service, which opened in 2016, is a fully accessible two story building with a full commercial kitchen, a large hall, and four meeting rooms that can be used by the community for a fee. It's a pretty busy place with many different groups using the space. The Centre replaced our aging and non-accessible hall that served us for sixty years. It was fully funded by members of our parish, and thanks to the forgiveness of a \$300,000 loan by our Diocese, is mortgage-free.



Centre for Ministry and Community Service

Our Ministries

Altar Guild

St. Paul's Altar Guild consists of a group of parish women who dedicate themselves to serve God in love, thankfulness and joy. They work closely with the Rector and "are servants of God, servants of God's people, servants of the Liturgy, and servants of the Worship Space."
(*Grace Wiki*).



Guild members are divided into four groups. Each group (usually 3 members) take turns each week in preparing the worship space and the holy vessels for the Eucharist. Flowers which have been donated for the main or side altar in memory of a loved one or in thanksgiving for a special blessing and to the glory of God are carefully arranged and placed in the appropriate places. Liturgical colours according to the colours of the church year and for special occasions are changed in accordance with the traditions of the Anglican Church. At the end of Eucharist, the holy vessels are washed and everything is cleaned and put away. Preparation

September 2025

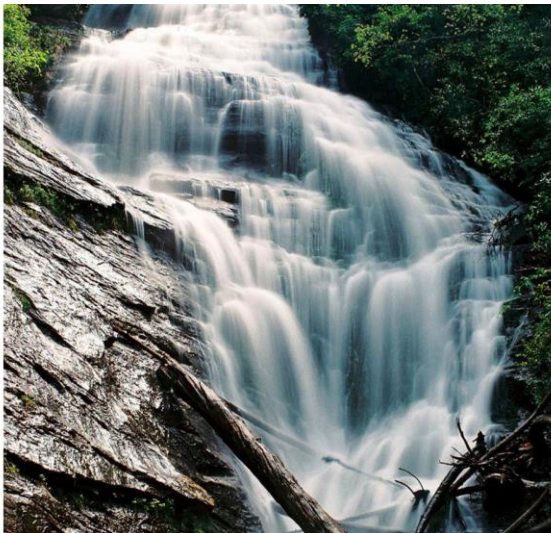
for special services, such as baptisms, weddings, funerals, and the Maundy Thursday stripping of the altar, is also the responsibility of the Altar Guild.

Special Duties

Individual members or small groups assume the responsibility for housekeeping duties: taking care of all the linens including laundering and pressing; cleaning the silver and brass, and keeping the candles ready for lighting. One of the most joyous duties is the decorating of the church at festival times: Christmas, Easter, Pentecost, and Harvest/Thanksgiving.

Contemplative Prayer Group

“Contemplative prayer is not so much the absence of thoughts as detachment from them. It is the opening of mind and heart, body and emotions – our whole being – to God, the Ultimate Mystery, beyond words, thoughts and emotions.” (Thomas Keating).



The Contemplative Prayer Group meets regularly at 7pm every Tuesday evening. We meet in the Chancel, entering from the parking lot through the Sacristy into the church. During the summer months, we try to fit in a couple of contemplative walks of the labyrinth at Bethlehem Retreat Centre.

To practice Contemplative Prayer a set format is used. We begin with a selection of music as we centre ourselves into silence. We hear the Gospel selection read aloud and when the reverberation of the Singing Bowl dies away Silence 20 minutes pass and the music draws us out of the silence, the Gospel is read again, and we close with the Lord's Prayer.

Sometimes there is short reflection on what we have heard in the reading or we spend a little time catching up on one another's lives. All are welcome who join in this oasis of peace for this contemplative time.

The Old Crocs

This is a men's group that has been around for many years. Most of the members are in their 70s, 80s and 90s – hence the name! They meet for fellowship over coffee, a beer or a meal.

Front Door/Food Card Ministry



Food Card Ministry

As a downtown church, St. Paul's has been involved in a front door ministry for over 25 years. This ministry distributes gift cards (worth \$20 each) from Thrifty Foods, the Superette Grocery and Country Grocer twice a month to 80 folks who are members of the working poor, unemployed or living on the street. This ministry also distributes bus passes to help people get to medical appointments. Everyone is very appreciative and the two parish volunteers, and our parish administrator who run the program, meet many wonderful members of our community and develop relationships with them. This ministry is funded by donations from parishioners and from the till tape program at Country Grocer.

The Garden Party

Our church garden is an oasis of peace and calm in downtown Nanaimo. Many people living and working downtown enjoy sitting on one of our benches and enjoying a quiet time of reflection. Our church grounds feature a number of native trees, bushes and plants. This place of tranquility is lovingly cared for by our volunteer gardening team.

Prayer Shawl Ministry

Over the centuries, the prayer shawl has come to symbolize shelter, peace and spiritual sustenance to believers in times of both joy and sorrow. This ministry's message of caring is simple and universal. The creation and presentation of a prayer shawl enriches the giver as well as the recipient. Beautiful colours and silky softness shaped into a prayer shawl give us a tangible reminder of God's promise to always be with us. We also knit or crochet baby prayer blankets for baptisms.

A group of women at St. Paul combine their love for knitting or crocheting with their desire to reach out to others to offer prayer and comfort through this ministry. Once completed, the prayer shawls are also blessed by our Rector before distribution assuring that those who have made them and those who receive them are "covered in prayer."

The Prayer Shawl Ministry started over ten years ago and we have created and gifted over 200 prayer shawls since that time. We gather in a spirit of friendship and love to knit and crochet shawls to be given to people who could use a spiritual "hug". These lovely shawls are made by hand. We work on our projects, swap tips and ideas, and enjoy a time of fellowship. Prayerful knitting is a ministry that can be done from a church group, home or anywhere.

The Prayer Shawl Ministry meets to pray, share, knit or crochet on the first and third Thursday of each month from 1 to 3 pm..



Stewardship



“Stewardship is an expression of faith. It is not simply the Church’s way of raising money; it is a spiritual discipline that encompasses our very being as Christians. The Christian gives freely because that is what God did and because “God loves a cheerful giver” (2 Corinthians 9.7). Recognizing that God actually gave us everything we have in trust, we, in turn, share the gifts we have been given.” [Christ Church Cathedral, Victoria, *Stewardship: Our grateful response to God’s generosity*]

Stewardship (in its broadest sense) is about stewarding/taking care (collectively) of ourselves, our church, our Centre for Ministry, and our community. Stewardship is about our own sense of giftedness and what we give back to God. How do we create a spiritual commitment and how do we give back to our church and to our community?

The stewardship team at St. Paul’s is responsible for our St. Paul’s stewardship plan. The plan involves stewardship messages at services, parishioners sharing personal stewardship stories, a gifts inventory of parishioners, (time, talent and treasure), participation in our annual Ministry in Action weekend, and a dedicated yearly campaign to ensure everyone knows about our parish ministry plan and the ministries we fund.

Secondary goals of our stewardship campaign include:

- To pray about how we respond to God’s mission in Nanaimo
- To share stories from the parish of why people give
- To remind folks that “time” and “talent” are just as important as “treasure”
- To create sustainable funding in order to maintain our current ministries and fund emerging and new ministries
- To welcome 10 new givers and have 15 givers increase their gifts so total giving increases by 15% and the average gift increases by 10%
- A 15% increase in those giving through Preauthorized Remittance

Stewardship is not a program. It is a way of life. It is not an activity. It is an attitude.

Stewardship is not just a decision of the head. It requires a conversation of the heart. It is not a topic to learn. It is a process of becoming. **Stewardship** is everything you do after you say, “I believe.”

Christian Education

St. Paul's has regular study groups which include a variety of topics and book studies for those who are interested. During Advent and Lent we often have a specific study group with a focus of our Journey to the Crèche or Journey to the Cross.

Members of the parish have participated in "Education for Ministry", which is a program of theological education by extension for lay people. We also hand out "Forward Day by Day" booklets which include a daily Bible passage and reflection. Each Wednesday after our mid-week Book of Common Prayer service, we invite folks to a time of reflection on the Gospel for the coming week. You can enjoy a variety of Christian Education Programs at St. Paul's. For more information, please contact the church office at 250.753.2523.



Healing and Prayer

St. Paul's has a long connection with persons involved in healing prayer. The St. Paul's Prayer Wheel is dedicated to specific and immediate prayer requests. Contact the church office or email prayerwheel@stpaulsnanaimo with any prayer concerns to be passed on to the Prayer Wheel coordinator. The names of those who have requested healing prayers from the congregation are also listed in our weekly Sunday announcements sheet.



Ministry of Music

We have a long history of worshipping through music. Searching old parish records will always turn up either mention or photos (or both) of the church choir. We have a volunteer choir that sings most hymns in four part harmony (Soprano, Alto, Tenor and Bass). The choir sings an anthem each Sunday. Music is chosen to reflect the readings of the day, and is an eclectic mix of traditional and modern hymns. Anthems come from a variety of sources. While the pipe organ is the primary instrument, use is also made of the grand piano, as well as flute, guitar and French horn. The choir is always seeking to welcome new members.



Pastoral Care Ministry

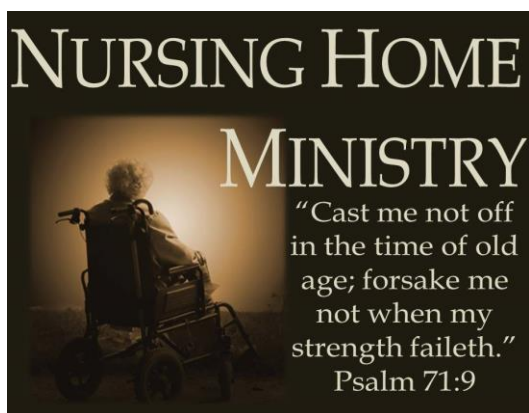
St. Paul's Pastoral Care Ministry is a group of volunteers providing a ministry of care to those who are unable to attend regular church services. Former church goers can often no longer attend church due to poor health or lack of transportation.

People can sometimes feel rejected and forgotten once they can't meet with church family as they did earlier in their life. We want people to know they are still appreciated and cared for by their St. Paul family.

As Jesus said: "Truly I tell you, what you did for one of the least of these my brothers and sisters, you are doing it to me." Members of the pastoral care team are assigned two to four people to contact on a regular basis through visits, phone calls and cards. Currently seven volunteers minister to 20 people who are visited or contacted regularly. Two members of our team are trained as Lay Eucharistic Ministers and they bring the Eucharist to our home bound parishioners.



Nursing Home Ministry



Our clergy and trained lay persons extend the regular Eucharist by taking the Reserved Sacrament to those parishioners who are unable to leave their home to attend church. Communion is also brought to those in hospital and those who live in care/nursing homes. We also hold a monthly service with Holy Communion at Dufferin House, Kiwanis Village and Origin at Longwood.

Parishioners visit local long-term care facilities to lead hymn sings, prayer and scripture readings. We share

our love and friendship with the residents in the name of St. Paul. We are so fortunate to have wonderful helpers who assist the residents find the hymns, and also share their love. We consider it a great privilege to visit these homes and share God's love with the residents and receive their love in return. Many of the residents are old friends as they have been coming to sing for many years.

Lay Eucharistic Ministry (Servers, Liturgical Assistants, Greeters)



Opportunities for lay ministry include:

- Greeters for the 8 am and 10:30 am Sunday services
- Lay readers for scripture
- Intercessors (prayers of the people)
- Lay Eucharistic Ministers (who take the reserved sacrament to home bound parishioners)
- Servers at the Eucharist
- Ministrants (who administer the sacraments at Sunday services)
- Liturgical assistants (who assist in leading the worship)
- Lay ministers (who lead ministry of the word services)

This ministry is coordinated by the Rector of the parish.

Women's Group

We unite women in a fellowship of worship, study and offering which deepens and strengthens their own spiritual lives. We host a tea or a similar event in the spring and fall to raise funds for our charitable commitments.

We provide financial support to the St. Paul Anglican Church fund for those in need, the Loaves and Fishes Food Bank, Nanaimo Foodshare, Alongside Hope and many other groups in our community who support women.

The women's group was an official chapter of the Anglican Church Women (ACW) of Canada until September 2023. The ACW has a long history of working to ensure women are involved in the Anglican Church doing the work of our Lord and has its roots in the Women's Auxiliary to the Missionary Society of the Church of England in Canada, started by its founder, Roberta Tilton, in 1885. We celebrated over 100 years of faithful service at St. Paul's in October, 2023.

Alongside Hope (Formerly known as Primate's World Relief and Development Fund)

Alongside Hope is the Canadian Anglican response for emergency relief, refugees, development, and justice. Working with 58 partners, Alongside Hope focuses on Food Security, Health Care, Humanitarian Relief and Refugee Support, Poverty Reduction and Human Rights and Peace.

St. Paul's is a generous parish and individual donations are regularly sent to the national agency. Recent activities at St. Paul's include, the Wild Ride fundraiser, an appeal for donations for Syrian relief efforts, refugees from the Ukraine, the conflict between Israel and Hamas and the Canadian Emergency Fund. We also support the Canadian Foodgrains Bank,

and sell Alongside Hope Christmas cards each year. Alongside Hope is grateful for everyone who walks side by side with them, caring for creation and honouring the dignity of all.

Sunday Lunch

Our Sunday Lunch began in the winter of 2024 as a way to help our brothers and sisters who live on the street by serving a hot meal during the cold and rainy winter. The lunch has grown to a weekly gathering of parishioners and members of the community who enjoy a hot homemade lunch together every Sunday at 12:30 noon. All are welcome!

