



St. Paul's News Bulletin

Nov. 2, 2025

Welcome Everyone! Please join us after the service for coffee & goodies. If you are new to St. Paul's, please ask for a welcome package.

Shoeboxes: The Operation Christmas Child boxes are on a table in the Parish Hall with brochures explaining how to fill them, including the shipping donation. You can fill a box as a family or bring donations for boxes that will be filled by the Sunday School. Boxes or donations are due by **Nov. 16**. See Laure with questions.



Tell Out My Soul: Pledge cards are due today. Please place them on the collection plate. If you didn't get a card but would like to pledge, please call the Parish office.

Open to Blessings: Our Wall of Blessings by the front door is a fundraiser to pay for the new handicap-accessible door hardware. For a \$30 donation, you get a heart-shaped Post-it to name a blessing, then add it to the wall. Please mark cheques or e-transfers with the word "Doors." The fundraiser will run until **Nov. 9**.

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' Luncheon: Saturday, **Nov. 15** starts at 11:20 a.m. **Please note the date change.** Brenda Hilling will be sharing her life and spiritual journey.

Men's Breakfast: The next date is on Saturday, **Nov. 15** at St. Peter's at 8:30 a.m. All men 13+ are invited to join great food and fellowship!

Christmas Market: A Christmas Market will be held Saturday, **Nov. 29** 10 a.m. to 3 p.m. with artisans, a hotdog café, raffle and prizes.

Blue Christmas: A service on Saturday, **Dec. 6** at 2 p.m. includes a time of sharing and support and a service of anointing & healing.

Mitten Basket: We're collecting mittens, toques, and scarves for all ages to support those in need. The basket is in the Hall. Donations welcome.



African Christmas Dinner: This year's Christmas Dinner, on **Saturday, Dec. 13 at 6 p.m.**, includes rich flavours of African cuisine and Christmas carols. If you would like to perform a carol, see Laura Anne.

Ladies Christmas Party: A potluck supper and exchange of Made-in-Canada gifts (optional) will be featured **Dec. 16** at 6 p.m. RSVP to Julie by **Dec. 12**. See posters in the parish hall for details.

Veterans Association Food Bank: We are collecting non-perishable food donations for veterans throughout November. Look for marked boxes in the hall.



Alpha Prayer Vigil: Volunteers are needed to pray during Alpha Wednesday evenings until Dec. 10, and Friday, Nov. 7 & Saturday, Nov. 8. See sign-up sheet in the Parish Hall.

Scent-Free Parish: We try to be scent-free out of respect for those whose health is threatened by fragrances. Please avoid wearing perfumes, colognes or any fragranced products to church.

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

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/UCIdxfHv5pFYST--j8as1GVg>

Outreach

Alongside Hope

(formerly PWRDF) works in many foreign countries, but also in Canada. There are many projects with First Nations, helping preserve languages, and secure safe drinking water for example. Your donations help, and together we are making a difference.



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 **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 Bags: 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. 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. **Meets Thursday at 1 p.m.**

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.

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

Card Ministry: If anyone who is grieving, unwell, or celebrating a birthday or anniversary, and would like a greeting card from the St. Paul's Family, 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 put in freezer.

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!

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 Nov. 15.**
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate month
 Check website to confirm location). **Next date is Nov. 15 at St. Peter'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 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 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

Donation Drop Off for *Craft Supply Fair* – Nov. 10 – Nov. 14 from 9 a.m. – to 3 p.m.

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

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

Dec. 12 – *Winter Celebration*, 6 – 9:30 p.m.

Our Ministries

SUNDAY PRAYER TEAM: Dinah Breu

The confidential Prayer Ministry provides brief prayer (not counselling) to individuals who desire prayer for themselves or for those close to them. Prayer Teams are available in the chapel most Sunday mornings during and after Communion. Each member is fully aware that they are channels of God's peace and love to others and are not operating in their own strength. Everyone who participates in this ministry has been deeply touched and is thankful that it is the Lord who provides the words.

COFFEE HOUSE: Paul Bourgeois

Come and join us for our bi-monthly evening of song featuring our own St. Paul's Stringers. There will also be an open mic available. This is a family-friendly event.

Stewardship Reflections:

"...because I came down from heaven not to do my own will but the will of the one who sent me...." JOHN 6:38

When praying the "Our Father", say the words slowly so you truly recognize what you are saying. Every day when praying this prayer, we repeat what Jesus said in the scripture passage – "thy kingdom come, thy will be done." Even though we say these words, do our actions reflect those words? This is the difference between saints and the rest of us. Saints were faithful and obedient to God's will. Start today – start aligning your words and actions with God's will for you.

Financial News

Our deficit at the end of September was \$14,143. Thank you to everyone for helping support our mission financially in these challenging times.



Fall Evensong service Nov. 16

The Cathedral Church of the Redeemer will be hosting Evensong Services on Sunday, Nov. 16 beginning at 4:30 p.m. Please feel free to join this traditional and inspiring service.

Morning Prayer Services at St. Edmund's House:

The Diocese Office has resumed holding Morning Prayer services each Wednesday morning at 9:00 am. All are welcome to drop by and join.

Fall 2025 Cursillo weekend

The Women's Cursillo weekend runs Nov. 6–9. To register, please speak with Kerin Spaargaren, Debra or Dan Brisbin.