



# St. Paul's News Bulletin

## January 18, 2026

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



**Ladies' Luncheon – now 4<sup>th</sup> Saturday of each month: Ingrid Bolton**, our Incumbent's Warden and Treasurer, will be sharing God's plan for her life at Ladies' Lunch, on Saturday, **Jan. 24** starting at 11:20 a.m. **Please note the date change to fourth Saturday of the month moving forward for 2026.**

**Annual Meeting of Parishioners:** The St. Paul's AMP will be held in the Parish Hall on Sunday, **Jan. 25, 2026**, after the 10 a.m. service. A light lunch will be served prior to the meeting.

**Wednesday Evening Bible Study:** The Book of Philippians is being studied **via Zoom** at 7 p.m. each week. For more information, please see Prosper Omagoro or Michael McLaughlin. Please email the office to get the Zoom link.

**Living Waters:** The deadline for the **February/March** issue of *Living Waters* is Wednesday, **Jan. 21**. Please submit materials as early as possible to [office@stpaulscalgary.ca](mailto:office@stpaulscalgary.ca)

**Walking Group:** Join us for a walk on Mondays at 1 p.m. through one of our local parks. There is a schedule of locations on the St. Paul's website under events. We do not walk if the temperature is -15C or lower.

**Morning Prayer:** A weekly service of Morning Prayer is held each Wednesday at 9:30 a.m. All are welcome.

**Wednesday Morning Bible Study:** Morning Bible Study is held on Wednesdays at 10:30 a.m. New members are welcome.

**Flower Chart:** The 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.

**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.

**Church calendars:** The 2026 Canadian Church Calendars cost \$7 each. They are on a table in the Parish Hall near the nametags.

**Ash Wednesday Services:** There will be two services on **Feb. 18 – at 11 a.m. and 7 p.m.** – both with the imposition of ashes.

**Food for Others Sunday: March 29** 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 in the Parish Hall by the main door.

**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.

**Coffee Time Chart:** The Coffee Time Chart is available in the Parish Hall. Please consider volunteering for this vital part of our Parish family life. Training is available.

### St. Paul's Anglican Church

7 Sunmills Green SE T2X 3P6

**Phone:** 403 256-1428

**e-mail:** [office@stpaulscalgary.ca](mailto:office@stpaulscalgary.ca)

**website:** [www.stpaulscalgary.ca](http://www.stpaulscalgary.ca)

**Incumbent:** The Rev'd Tony Hilling

**Assistants:** The Rev'd Cyril Haynes  
The Rev'd Betty Nadurak

**Wardens:** Paul Bourgeois & Ingrid Bolton

**Deputy Warden:** Muyi Ekomwenrenren

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

**X:** [@stpaulscalgary](https://twitter.com/stpaulscalgary)

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

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

# Outreach

Why not make a New Year resolution to support Alongside Hope with regular monthly gift, either through your envelope or by Direct Debit. It's a great way to reach out as good neighbours to hurting people all over the world.



**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 **March 29**.

**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 the Rev'd Deacon Betty Nadurak to find out more about it.

**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 in person on the first & third Wednesdays of each month at 1 p.m. Contact Laura Anne 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 on Thursdays 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 official leader. We all take part in leading. If you wish more information, please contact the Rev'd Deacon Betty Nadurak at 403-818-9879.

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## Check out these opportunities to participate

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

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

**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](mailto:Pauline_payne1@yahoo.com)

**Casserole Ministry:** If someone would benefit from receiving a casserole, please **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.  
                 **Hand chimes Practice** 11:30 –12 p.m.  
                 **Word to World Ministries Canada:** 2 - 3 p.m.  
                 **Philippines Independent Church (IFI):** 4 p.m.
- Monday:**    **Walking Group:** 9 a.m. (see the St. Paul's website under events for locations)  
                 **St. Paul's Stringers rehearsal:** 7:30 p.m.  
                 **Prayer Group - meetings** held both in person and online: 1:30 p.m. (2nd Monday of the month **in-person**) 7:30 p.m. (4th Mondays of the month **via Zoom**)
- Tuesday:**    **Girl Guides:** 6:30 – 8 p.m.  
                 **Parish council:** 7 p.m. (2<sup>nd</sup> Tuesday of the month)
- Wednesday:** **Morning Prayer:** 9:30 a.m.  
                 **Morning 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)  
                 **Evening Bible Study:** 7 p.m. via Zoom.
- 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.
- Friday:**      **Hand chimes 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 March 13.**
- Saturday:**   **Ladies Luncheon:** 11:20 am – Changed from 2<sup>nd</sup> Saturdays to 4th Saturdays.  
                 **Next date is Jan. 24.**  
                 **Men's Breakfast:** 8:30 am - 3rd Saturdays (at St. Peter's alternate month  
                 Check website to confirm location). **Next date is Feb. 20 @ 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 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

# Our Ministries

**CHURCH BUILDING & GROUNDS:** Muyi Ekomwenrenren

We are always looking for people with special skills to help with various problems that surface at the church in ...

- plumbing
- electrical
- appliance repair
- odd jobs

... just to name a few. If you have skills which could be helpful and you are willing to share, please let us know so you can be added to our contact list. Other opportunities to help with maintenance are: lawn and garden maintenance and spring and fall clean up.

**GARDENS:** (Vacant)

Beautifying our garden and seating areas is important both to our congregation and to our neighbours who make frequent use of the benches. Help is always needed to maintain our garden areas — particularly with weeding and clearing away garbage.

This ministry also provides the beautiful pots that welcome us at our entrances.

# Stewardship Reflections:

*"Now the Lord has spoken who formed me as his servant from the womb..." ISAIAH 49:5*

God have given each of us different gifts. In order for God's plan to work, you have to do what God is calling you to do, and I have to do what God is calling me to do. Guess what? God has given each of us a different plan! So, stop comparing yourself to others. Don't let envy and jealousy enter your life. Be thankful for the gifts God has given you and become the saint that God is calling you to be.

## Financial News

Our deficit at the end of December was \$6,953. Thank you to everyone for helping support our mission financially in these challenging times.



## Diocesan News

### Anglican Journal available online

The January 2026 issue of The Anglican Journal is now available online. Please visit <https://anglicanjournal.com/#currentissue>

## Announcements

The Rev. Brandon Witwer will become incumbent of All Saints, Cochrane, as of March 1. The Rev. Danial Joseph has stepped down as Incumbent of St. Francis of Assisi, Airdrie.

Archbishop Greg will be on sabbatical until April 16. The Right Rev. Michael Hawkins, as Assistant Bishop of the Diocese of Calgary, will be Commissary for Episcopal acts. The Rev. Deacon Charmaine Evans, as Executive Officer, has been delegated oversight of the diocesan office.