



# St. Paul's News Bulletin

## January 25, 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.

**Office closure - Thursday, Feb. 12:** The St. Paul's office will be closed on **Thursday Feb. 12** due to a power outage scheduled by Enmax from 9 a.m. - 3 p.m. that will affect the church building.

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

**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.

**Pancake Tuesday Supper:** The annual Shrove Tuesday Pancake Supper will be held on **Feb. 17**. Come any time between 5 p.m. and 7 p.m. Please watch the bulletin for updates on costs etc.

**Men's Breakfast:** The next date is Saturday, **Feb. 21** at St. Peter's at 8:30 a.m. All men 13+ are invited to join great food and fellowship!

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

**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.

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

**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.



**Bulletin:** Deadline for announcements or bulletin items is Tuesday of each week. Please submit by email to the parish office.

**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.

**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

**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

**X:** @stpaulscalgary

**Instagram:** stpaulsanglicancalgary

**YouTube:** <https://www.youtube.com/channel/UCIdxfHv5pFYST--j8as1GVg>

# Outreach

Epiphany is when we remember that Jesus and his family fled to Egypt as refugees. Today there are millions of refugees in the world and helping them forms a big part of Alongside Hope work. Your donations will help a lot.



**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.

## 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 Tony or the parish office 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 Feb. 28.**  
**Men's Breakfast:** 8:30 am - 3rd Saturdays (at St. Peter's alternate month  
Check website to confirm location). **Next date is Feb. 21 @ 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

Please note: Youth meetings are currently on hold

# Our Ministries

## HOSPITALITY MINISTRIES

Contact: Laura Anne

The Hospitality Ministry welcomes guests and newcomers by offering support with kindness, reliability, and sensitivity. It serves at events like Ladies Bag Lunch, Men's Breakfast, Fellowship & Food Group, Secret Friends, and other gatherings throughout the year. Volunteers are needed for setup, food contributions, and cleanup. If you'd like to help, contact Laura Anne. It's a great way to get involved, meet new people, and enjoy fellowship.

## COFFEE TIME — SUNDAY

Contact: office

This ministry involves helping on Sunday mornings and a little preparation beforehand. A sign-up sheet is available by the kitchen door—volunteer as often as you'd like (monthly, every other month, or once a year). Responsibilities include:

- Brewing coffee and setting out cups, cream, sugar, and optional treats before service.
- Setting up tea and refreshments after communion.
- Cleaning up afterward. You'll always have help, so you won't be alone.

# Stewardship Reflections:

*"He called them, and immediately they left their boat and their father and followed Him."*

Matthew 4:22

Just as Jesus called the first apostles, He calls each of us to follow Him, too. Not everyone is called to leave their business or family behind, but we are expected to put God first in everything. In gratitude to God, we should give our first and best of everything to Him: our time in daily prayer, our talent in participating in one of our parish ministries and our treasure to support the financial needs of our parish mission.

## 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

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.

Archbishop Greg Kerr-Wilson along with the Diocesan Council has announced that the 80th Convention of Synod has been called for Friday and Saturday, October 23 and 24, 2026, to be held at St. Peter Anglican Church, Okotoks.