

Living Waters

February/March 2026



**St. Paul's
Anglican Church**

Opening Hearts and Minds to God's Grace



**Lenten
services P 6**



**Historic
Archbishop
named P 7**



**'Tis the
season for
pancakes P 18**



**Angelic
pageant P 20**



So much food!
St. Paul's African
Christmas Dinner
was an unbelievable
feast. See photos
Page 16 & 17.

St. Paul's information



7 Sunmills Green SE
Calgary, Alberta T2X 3P6

Phone
(403) 256-1428

Email: office@stpaulscalgary.ca
Website: www.stpaulscalgary.ca



Sunday service

Our 10:00 am Sunday Services can be shared in-person or online (live streamed on our website and YouTube

(<https://www.youtube.com/channel/UClxdfHv5pFYST--j8as1GVg>) to access Services on our website, please click on the Sermon tab in the top right-hand corner of the home page).

Incumbent

The Rev. Tony Hilling

Assistants

The Rev. Sean Devlin
The Rev. Cyril Haynes
The Rev. Deacon Betty Nadurak

Parish Council 2026

Incumbent's Warden -
Muyi Ekomwenrenren
Deputy People's warden - TBD
People's Warden - Paul Bourgeois
Deputy Incumbent's Warden - TBD

Parish Council Clerk - Bill Hart
Community Connection - Cec Sparrow
Hospitality - Abby Ekomwenrenren
Maintenance - Muyi Ekomwenrenren
Newcomers - Gloria Ford
Pastoral Care - Deacon Betty Nadurak
Outreach - John L'Ecuyer
Christian Education - Prosper Omagoro
Youth - Cheryl Scott
Sunday School - Onyinye Oyeka
Youth Representative - Cameryn Scott
Worship - TBD
Stewardship - Kerin Spaargaren

Members at Large

Emeka Nweke
Joan McCartney

Synod Delegates

Barb Leinweber
Cec Sparrow
Vacant

MCES Designated Directors

Barry O'Flynn
Ingrid Bolton (Treasurer)

Treasurer

Ingrid Bolton

Parish Ministries

Worship Ministries

Altar Guild - Barb Leinweber
Sacramental Assistants - Ed Mullaney
Choir - Paul Bourgeois
Prayers of the People - Dinah Breu
Readers - Robbie Coller
Servers - Cheryl Scott/Father Cyril
Sidespeople - Suzanne Wray
Prayer Team - Dinah Breu
Envelope Secretary - Debra Brisbin
Counters - Roxie Hall

Fellowship Ministries

Greeters - Roxie Hall
Coffee Time - Hospitality
Ladies' Luncheon - Gloria Ford
Men's Breakfast - Paul Bourgeois
Secret Friends - Julie Wilson

Christian Education

Nursery - Cheryl Scott
Youth - Cheryl Scott
Adult Education - Clergy & Lay
Stewardship - vacant
Anglican Fellowship of Prayer
- Dinah Breu
Sunday School Co-ordinator
- Onyinye Oyeka

Youth Ministry

S.P.Y - Cheryl Scott

Pastoral Ministries

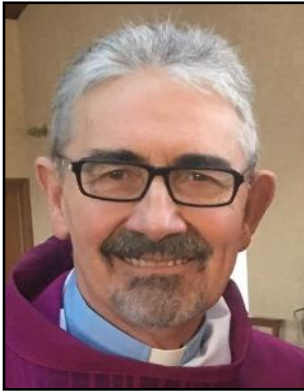
Pastoral Care Team - Betty Nadurak
Hospital Visiting - Clergy
& Pastoral Care Team
Home Visiting - Clergy
& Pastoral Care Team
Casserole Ministry - Linda Hubert
Prayer Group - Dinah Breu
Prayer Chain - Dinah Breu
Father Lacombe Care Centre Sunday
Eucharist - Kathleen Robinson
Card Ministry - Pauline Payne
Grief Support Group - Laura Anne Fink
Quilt/Shawl Prayer Ministry
- Laura Anne Fink

Outreach Ministries

Alongside Hope - Doreen Peters
Outreach Committee - John L'Ecuyer
(Age Care Seton, Calgary Food Bank,
CAWST, Mainsprings, Veteran
Association Food Bank etc.)

Living Waters - Chizoba Ezeani

Traditional Land Acknowledgement: *Creator, you made all people of every land. In the spirit of respect and truth, we honour the traditional Treaty 7 territory of the Blackfoot Confederacy, including the Siksika, Kainai and Piikani Nations, the Stoney Nakoda, including the Chiniki, Bearspaw, and Wesley Nations, and the Tsuu T'ina Nation. We acknowledge the Métis Nation of Alberta, Region Three. In the spirit of reconciliation and because we are all treaty people, we also acknowledge all people who make their homes in the traditional Treaty 7 territory of Southern Alberta.*



The Rev'd Tony Hilling

INCUMBENT'S MESSAGE

BEING MISSIONAL

As we prepare for our Annual Meeting and look ahead to our tasks in this new year of 2026, I can report that we will be offering a workshop on Saturday March 21st to meet with some diocesan coaches who will lead us in the subject of Mission. It is no coincidence that our Annual Meeting is on the Feast of the Conversion of St. Paul, our parish patron. In the context of the "Communion of the Saints", we ask him to join with us in prayer that the Parish of St. Paul's would reflect his holy zeal in proclaiming the Gospel of Christ to his world.

There is no subject under the heading of Faith that seems to daunt Christians so much as evangelism. This is particularly so for Anglican Christians. We tend to leave the topic aside for the fundamentalists, so that we can continue with our mute, cautious piety. And yet, the mission to spread the Gospel is at the core of what it means to be a Christian disciple. At this very moment, in Nigeria, China, Iran, Pakistan and other countries, Christians are giving their lives to be faithful to the command that Jesus gave his disciples in [Mark 16:15](#), "...Go into all the world and preach the Gospel to all creation..." Can we continue to play it safe in the West when they are sacrificing everything for Christ?

Can we continue to play it safe in the West when they are sacrificing everything for Christ?

How do we begin to change our behaviour in this matter? Two things spring to mind. On the 25th of January we followed the readings from the Third Sunday after the Epiphany. The feast of St Paul's conversion has been transferred to the next day, Monday. But I'd like to take some time to share the first reading from that feast, [Acts 26:9-23](#) where Paul testifies to King Agrippa and speaks of why he has been arrested. Paul starts by explaining how he had been an enemy of Christ and the church until the Damascus experience when he met the Lord Jesus and was given a commission to preach the Gospel to the Gentiles. This encounter with the

Risen Lord transformed him and he proclaims the truth to the King so passionately that Festus the governor interrupts him and accuses him of insanity. Paul has simply told the court his own story of how the Lord turned him around.

How do we apply this to our own lives? Paul's testimony contains those two things: Each one of us needs to experience the call of Jesus in our time and space and then tell the story of what He has done for us. This is our calling as disciples and our mission as a church. It is sometimes summarized as BC/AD: we share our own state of mind prior to meeting the Risen Lord, then show how His transforming love gave us a new life. That is exactly what Paul did before Festus and King Agrippa. The only insanity in the court was displayed by Agrippa and Festus: they thought they could avoid conversion and cheat death. The definition of insanity according to A.A. is expressed in this way: to continue to do what we have always done and expect different results.

In 2026, let's take the risk of doing something different. Our broken world continues to unravel before our very eyes. May we be true disciples of Christ and proclaim the story of what He has done for us and so fulfil our calling and the vision and mission of St. Paul's Anglican Church.

Fr. Tony

Regular Activities at St. Paul's:

- Sunday:** Holy Eucharist: 10 a.m.
Hand chimes Practice: 11:30 – 12: 30p.m.
Word to World Ministries Canada: 2 p.m.
Philippines Independent Church: 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: 7:00 p.m. (2nd Tuesday of the month)
- Wednesday:** Morning Prayer: 9:30 a.m.
Morning Bible Study: 10:30 a.m. (Studying Hebrews)
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 by Zoom: 7:00 p.m. (Studying the Book of Philippians.)
- Thursday:** TOPS (Taking off Pounds Sensibly): 6 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.) **Meetings are currently on hold.**
Coffee House: 7 p.m. second Friday on alternate months. **Next date is March 13.**
- Saturday:** Ladies Luncheon: 11:20 a.m. - 4th Saturdays of the month. **Next dates are Feb. 28 & March 28.**
Men's Breakfast: 8:30 a.m. - 3rd Saturdays (We meet at St. Peter's some months. Check the church website to confirm location.) **Next dates are Feb. 21 at St. Peter's and March 28 at St. Paul's.**

Welcome newcomers

This is a list the names of anyone who has officially joined the parish recently by completing one of forms in the pews that asks if you would like to make St. Paul's your Parish Home. These are the names added since the last publication of Living Waters.

If there are any errors or omissions, please contact Chizoba at office@stpaulscalgary.ca

- Marnie McGrath
- Debbie Wells



'Ten lords a-leaping'

Bill Hart, centre, holds up the 'ten lords a-leaping' card on Dec. 28, as the song The Twelve Days of Christmas was sung. Twelve brave volunteers took the spotlight, each holding up and reading from cards to explain a verse. Given the robust singing, the congregation loved every minute of it.



ROSTER FOR SERVICES (10 a.m. unless noted otherwise)

DATE	OBSERVATION	PRESIDING	PREACHING	ASSISTING	SPECIAL THEMES
Feb. 1	4th Sunday after Epiphany	Tony	Tony	Betty	Birthdays and Anniversaries
Feb. 8	5th Sunday after Epiphany	Sean	Sean	Betty	
Feb. 15	Transfiguration Sunday	Tony	Tony	Betty	
Feb. 18 - 11 a.m. 7 p.m.	Ash Wednesday	Tony	Tony	Betty	Imposition of Ashes Imposition of Ashes
Feb. 22	1st Sunday in Lent	Tony	Tony	Betty	
March 1	2nd Sunday in Lent	Tony	Tony	Betty	Birthdays & Anniversaries
March 8	3rd Sunday in Lent	Tony	Tony	Betty	Daylight Saving Time
March 15	4th Sunday in Lent	Sean	Sean	Betty	
March 22	5th Sunday in Lent	Tony	Tony	Betty	
March 29	Palm Sunday	Tony	Tony	Betty	Presentation of the Passion Palm Crosses
March 31 7:30 p.m.	Tuesday in Holy week	Tony	Tony	Betty	Compline @ Historic Chapel



UPCOMING EVENTS

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.

Office closed Wednesday, Feb. 11: The St. Paul's office will be closed for one day due to a power outage scheduled by Enmax from 9 a.m. - 3 p.m. that will affect our building.

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. Please see Page 6 for the Holy Week schedule.

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. Tickets are \$7/person to a maximum of \$35/family of up to 6 people.

Men's Breakfast: The next dates are Saturday, Feb. 21 at St. Peter's and March 28 (please note date change for March) at St. Paul's – both at 8:30 a.m. All men 13+ are invited to join great food and fellowship!

Ladies' Luncheon: The next dates are Saturday, Feb. 28 and March 28 starting at 11:20 a.m. Please note the date change to fourth Saturday of each month for 2026. Please see Pages 24 & 25 for more details.

Coffee House: The next St. Paul's Stringers Coffee House will be Friday, March 13 at 7 p.m. Come enjoy our own house band, open mic and snacks. This is family friendly. All welcome!



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.

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

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.

Living Waters: The deadline for the April/ May issue of *Living Waters* is Wednesday, March 18. Please submit materials as early as possible to office@stpaulscalgary.ca

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.

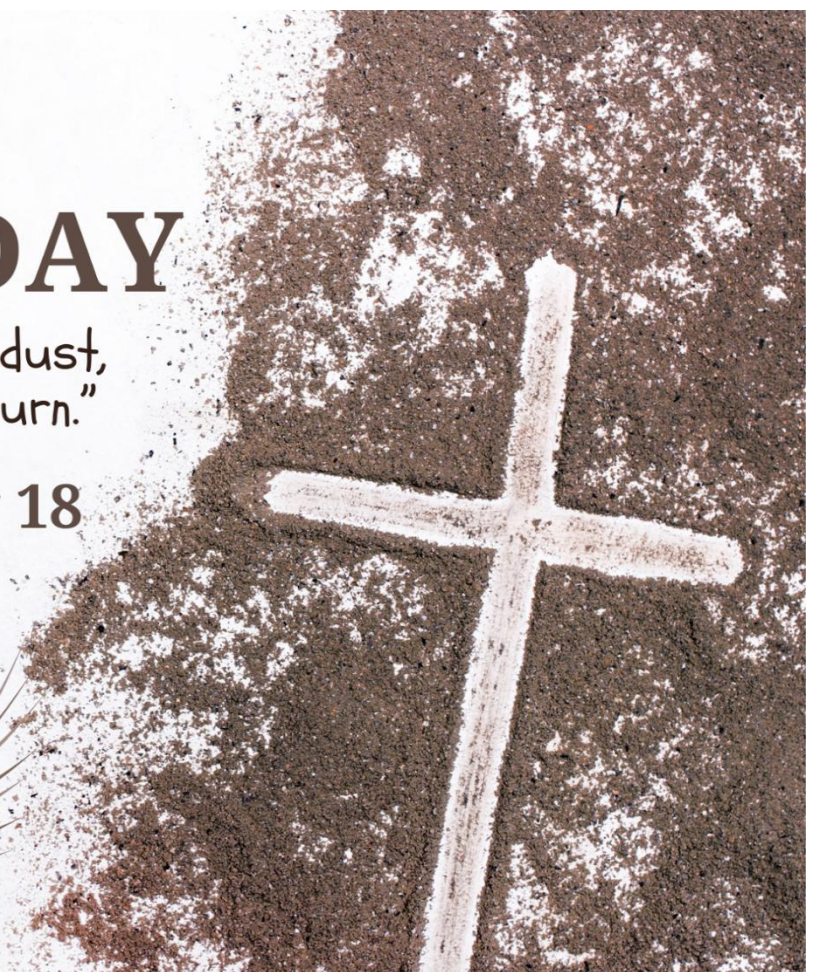
Scent-Free Parish: We try to be scent-free out of respect for those whose health is threatened by fragrances. Please avoid wearing perfumes, colognes or any fragranced products to church.

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.

ASH WEDNESDAY

"Remember that you are dust,
and to dust you shall return."

Join Us – February 18
Service Times:
11a.m. and 7 p.m.



Holy Week SCHEDULE

March 29 - Palm Sunday 10 a.m.

March 31 - Tuesday 7:30 p.m.
(Compline at Midnapore Chapel)

April 1 - Tenebrae - Wednesday 7:30 p.m.

April 2 - Maundy Thursday 7:30 p.m.

April 3 - Good Friday 11:00 a.m.

April 4 - Saturday Easter Vigil 8:30 p.m.

April 5 - Easter Sunday Sunrise Morning Prayer 7:03 a.m.
(at Midnapore Chapel)

1st Easter Sunday Service at St. Paul's 8 a.m.

2nd Easter Sunday Service at St. Paul's 10 a.m.

Historic time for Anglicans worldwide

The Installation of the 106th Archbishop of Canterbury, Sarah Mullally, will mark the first time a woman has held the office in 1,400, years.

The installation, called an enthronement, will take place at Canterbury Cathedral in southeastern England, on Wednesday March 25, 2026, the Feast of the Annunciation, which celebrates the day the Angel Gabriel told Mary she would be the mother of Jesus.

The service will mark the symbolic start of the Archbishop of Canterbury's public ministry across the Anglican Communion.

Rooted in centuries of tradition, the service will look forward with the hope of Jesus Christ - and celebrate the diversity of the Anglican Communion today.

The choice of Archbishop Sarah, 63, for the new role was announced in October of 2025. She legally became the Archbishop of Canterbury at her Confirmation of Election at St. Paul's Cathedral in London on Jan. 28.

She was the Bishop of London since 2018 - the first woman appointed to that role. Prior to her ordination in 2001, she was the Government's Chief Nursing Officer for England - the youngest person ever to be appointed to that role at the age of 37 - having previously specialized as a cancer nurse. She has described nursing as "an opportunity to reflect the love of God."

She is widely perceived as an advocate for openness and inclusion.

The Archbishop of Canterbury's ministry combines many roles including *primus inter pares* - or first among equals - of the Primates of the global Anglican Communion, which consists of approximately 85 million people, across 165 countries, including Canada. About every 10 years, the Archbishop of Canterbury convenes the Lambeth Conference, a meeting of worldwide Anglican bishops.

She succeeds Justin Welby, who stepped down in November after a report criticized the church's handling of sexual abuse allegations.



The first female Archbishop of Canterbury, Sarah Mullally, took over the role at the end of January with a formal ceremony to take place March 25.

"As I respond to the call of Christ to this new ministry, I do so in the same spirit of service to God and to others that has motivated me since I first came to faith as a teenager," said the new Archbishop. "At every stage of that journey, through my nursing career and Christian ministry, I have learned to listen deeply - to people and to God's gentle prompting - to seek to bring people together to find hope and healing.

"I want, very simply, to encourage the Church to continue to grow in confidence in the Gospel, to speak of the love that we find in Jesus Christ and for it to shape our actions. And I look forward to sharing this journey of faith with the millions of people serving God and their communities in parishes all over the country and across the global Anglican Communion.

"I know this is a huge responsibility, but I approach it with a sense of peace and trust in God to carry me as He always has."

- courtesy the Anglican Communion
at [anglicancommunion.org](https://www.anglicancommunion.org)

"I look forward to sharing this journey of faith with the millions of people serving God and their communities in parishes ... across the global Anglican Communion."

Serving up holiday spirit

The St. Paul's Christmas Tea & Market, held on Saturday, Nov. 29, was a fun way to kick off the holiday season. The tea featured a variety of small sandwiches, dainties and cookies. The mini-market featured a raffle, books and a wide array of gently used Christmas decorations. Thanks to everyone who donated and attended.





Other than one brief scuffle (at left) over the only egg salad sandwich on the plate, everyone seemed to have a good time at the Christmas Tea and Market.



Prayers

Collected and shared by Dinah



THE WAY OF PRAYER

"Jesus..... went off to a solitary place where he prayed"
- Mark 1:35

I am reminded today, Lord, that prayer is not a posture; it's a conversation between You and me. Whether I look to the heavens or have my face to the ground, whether in a room full of people or in my closet at home, open my ears that I might hear You. When I follow Jesus in prayer, I simply come to You, Father, wherever I am, and open up my heart. Amen.
-Susan Senechal

O God of peace, who has taught us that in returning and in rest we shall be saved, and in quietness and in confidence shall be our strength: by the might of Your Spirit, lift us, we pray, to Your presence, where we may be still and know that You are God; through Jesus Christ our Lord. Amen.
- J. W. Suter

By the prayers of Jesus, Lord, teach us how to pray.
By the gifts of Jesus, Lord, teach us how to give.
By the toils of Jesus, Lord, teach us how to work.
By the love of Jesus, Lord, teach us how to love.
By the cross of Jesus, Lord, teach us how to live.
Amen.
- Unknown source

What We Bring

Lord, we come with our lives, our thoughts, our hopes, and our fears.
We come with our plans, our dreams, and our memories.
We come with our time, our gifts, and our skills.
We come with our family, our friends, and ourselves.
We come to offer everything we have and are.
We come to glorify Your holy Name. Amen.

David Clowes

PRAYERS FOR THE WORLD

Loving God, we see people all over the world whose lives and well-being are affected by political chaos. Change the hearts, Lord, of all Your human family, that we may learn to live in Your ways of peace and justice. Your Word tells us that the leaves of the tree of life are for the healing of the nations. May these leaves fall throughout the earth and bring peace and freedom from fear for all Your people. We long for the day when unity is brought to all things in heaven and on earth under Christ. May those who govern the nations of the world use their authority in wisdom, kindness, and peacefulness. Awaken in all who govern a thirst for justice that embodies Your care for Your human family. May the leaders at all levels of government in our country be given the strength, wisdom, courage, and discernment necessary to lead us through these difficult times. We ask Your guidance for them in all their decision-making. We pray for peoples all over the world who suffer from famine, wars, violence, and oppression, that You, Lord, will provide for the hungry, the sick, the homeless, and those who have given up hope. We pray, Prince of Peace, that You bring justice to all and an end to conflict. Amen.
—D. B.

Prayers for Ourselves and Others

"God is our refuge and strength, an ever-present help in trouble." Psalm 46:1

Out of the depths we cry to You, O Lord. We know You hear us. You are never so far away as we imagine. Put Your words on our lips in times of darkness and suffering, Spirit of God. May those words have power to capture hearts. We trust You, Lord Jesus, to know our very sorrow, fear, and pain. Help us be messengers of Your compassion for all in need. Amen.
- Frederick Neidner

Lord Jesus, when You walked among hurt and lonely people, You looked at them with understanding and approached them with arms outstretched, showing them that they were truly loved. Come now and touch all who are in pain and distress. Heal those who have stopped believing in themselves, comfort those who are at the end of their tether and pour into their hearts the gentle balm of Your Spirit. Amen.
-Angela Ashwin

A PRAYER FOR RELATIONSHIPS

Waiting can be an arduous task, O Lord. Though I want life to happen on my time, I recognize that often I must wait for Your time. While I wait for my relationships to grow deeper, give me a steadfast faith. While I wait for damaged relationships to heal, give me patience. Teach me how to carry the crosses of relationships so that I can wait patiently for Your will to be done on earth as it is in heaven. Let me cry out to You, Heavenly Father, as You incline Your ear to me. Amen.
- Source unknown

PRAYERS FOR HEALING AND COMFORT

O Lord, only You know how hard life has been for me. Only You have seen each moment of my day and night. Only You feel my pain and understand my discomfort. Only You are beside me through my grief and sorrow.

Only You have been within each moment to comfort me. O Lord, break through the loneliness of my suffering. You have encountered sorrow and laid a glorious path of hope, healing, and the promise of heaven in my heart. Amen.
-lords-prayer-words.com

God of my life, the darkness of my grief cannot shut out the light of Your comforting love. It glows softly, warmly, even as I weep, and I know that You are holding me close. Thank You for staying with me through this dark night. I know that You will carry me to a place of consolation and then, one day, to joy again. But for now, I am satisfied just to know the soothing tenderness of Your presence that causes me to know I am not walking this path alone. **Amen.**

-taken from "You'll Never Walk Alone"

Lord, I am one of Your people, the sheep of Your flock. I pray for You to heal those who are wounded; touch those who

are in pain; cleanse those who are soiled; warm those who are cold. Help me to know the Father's love through Jesus the Shepherd, and through the Spirit. Help me to lift up that love and show it all over this land. Help me to build love on justice and justice on love. Help me to believe mightily, hope joyfully, and love divinely. Renew me, that I may help renew the face of the earth. Amen. -Daily Prayer Ministries

A DAILY PRAYER TO OUR LOVING GOD

O God of love, we ask You to give us love: love in our thinking, love in our speaking, love in our doing, and love in the hidden spaces of our souls; love of those with whom we find it hard to bear, and love of those who find it hard to bear with us; love of those with whom we work, and love of those with whom we take our ease; that so, at length, we may be worthy to dwell with You, who are eternal Love. Amen. -William Temple

AT THE END OF THE DAY

At this evening hour, O Lord our God, we remember with thankful hearts Your care and protection and all the blessings we have received in the day that is past. In Your mercy, forgive us any wrong we have done, any evil thoughts we have harboured, and any unkind words we have spoken. Have in Your safekeeping this night those we love; comfort and relieve the sick, the suffering, and the sorrowful; and give us all the benediction of Your peace, through Jesus Christ our Lord. Amen. -source unknown

WE GIVE THANKS

Lord, we thank You for all the blessings You have poured out upon us: for answered prayer; for the many healings You have provided; for Jesus, Your Son, who is our Redeemer; for Your love freely given; for Your promise to be with us always; for our church family; for family and friends; for our homes; for this country, Canada; and for our freedom. There is no end to all You have done for us. We give thanks.

A PRAYER FOR OUR PARISH

Bless, O Lord our God, the worship and work of this church, that it may be a house of prayer, a centre of Christian teaching, a community of service, and a witness to Your redeeming love; through Jesus Christ our Lord. Amen. -New Parish Prayers

PRAYERS FOR OUR SPIRITUAL LEADERS

Lord God, we thank You for raising up among us faithful servants for ministry of Your Word and Sacraments and leadership in Your Church. We pray that Archbishop Greg, and our clergy Tony, Cyril, Betty, Sean, and Garry may be godly examples to us in word and action, in love and patience, and in holiness of life. Grant that they may serve You now and always rejoice in Your glory, through Jesus Christ our Lord. Amen. (Adapted from BAS, Page 650—Ordinations of a Priest)

Heavenly Father, give to your servants grace and power to fulfil their ministry. Make them faithful to serve, ready to teach, and constant to advance Your gospel; and grant that they may continue strong and steadfast in Your Son, Jesus Christ our Lord. Amen (Adapted from BAS, Page 657- Consecration of a Deacon)

PRAYERS FOR OUR PARISH COUNCIL

Father, we give You thanks for those who form our Parish Council. We ask you blessing upon them as they offer themselves, their time, and their talents to your parish of St. Paul. Give them wisdom and understanding; strengthen and encourage them; and give all of us in the parish the desire both to help and support them in their ministry. AMEN -D.B.

Father, may Your Holy Spirit guide them in all the business that lies before them. In planning for the future, give them vision; in matters of finance, give them responsibility; in dealing with people, give them love. Help them in all things to honour Your Name, to advance Your kingdom, and to carry out Your will, through Jesus Christ our Lord. Amen. -New Parish Prayers

PRAYERS DURING LENT ASH WEDNESDAY - FEBRUARY 18

"You are dust and to dust you will return."

This ancient formula will be heard by millions of Christians all over the world this Ash Wednesday as the sign of the cross is made in ashes on their foreheads. This symbolic act is both a solemn reminder and an invitation to renewal. "Lord God, this Lent help me to do my best to keep my mind fixed on You and Your kingdom." Amen. - Henri Nouwen

Christianity tells people to repent and promises them forgiveness. It therefore has nothing to say (as far as I know) to people who do not know they have done anything to repent of and who do not feel that they need any forgiveness. It is after you have realized that there is a real Moral Law, and a Power behind the Law, and that you have broken that Law and put yourself wrong with that Power—it is after all this, and not a moment sooner, that Christianity begins to talk.

"Lord Jesus, help me to recognize my sins and to ask forgiveness." Amen. - C. S. Lewis

Dust and ashes touch our face, mark our failure and our falling. Holy Spirit, come; walk with us tomorrow; take us as disciples, washed and wakened by Your calling. Take us by the hand and lead us, lead us through the desert sands; bring us living water. Holy Spirit, come. Amen. - Brian A. Wren

PRAYER FOR BEGINNING OF LENT

As we stand at the beginning of the Lent season, we reflect on the time Jesus spent in the wilderness and the temptations he faced there. He faced death, the lure of finding his satisfaction, success and significance outside of God. Lord, we pray that as you stood firmly against temptation, that you will help us to make good choices in our own lives. Help us to look to you for our comfort and satisfaction for our sense of purpose and for our value and significance. May we be given the strength to think, speak and act in ways that bring glory to your name and demonstrate your Love to those around us. In Jesus name. AMEN -Carolyn Lawrence-Methodist GB

Lord Jesus, we turn with confidence to you, knowing that that you were tempted in all respects as we are, yet without sin. Give us your help, that we may obtain victory over our temptations. We are ashamed that we have so little power in our lives and that we so often fall at the same old hurdles. Teach us to remember the promise that those who wait

upon the Lord shall renew their strength. May we wait and be made strong. We ask it in your name and for your sake. AMEN -based on a prayer of Peter Marshall

Lord, in these days of mercy make us quiet and prayerful. in these days of challenge, make us stronger in you in these days of emptiness, take possession of us; in these days of waiting, open our hearts to the mystery of your cross. AMEN (Angela Ashwin)

Joy with peace, amendment of life, time for true repentance, the grace and comfort of the Holy Spirit and perseverance in good works, grant us, O almighty and merciful Lord. AMEN

Grant, we beseech thee O Lord, that by the observance of this Lent we may advance in the knowledge of the mystery of Christ and show forth his mind in conduct worthy of our calling, through Jesus Christ our Lord. AMEN

Christ give us grace to grow in holiness, to deny ourselves, and to take up our cross and follow him: and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be with us and remain with us always. AMEN

PALM SUNDAY March 29

Jesus, King of the universe ride on in humble majesty

Lord, this Palm Sunday may I recognize in you the Lord who comes to his world and join with full heart in the children's "hosanna". Ride on, through conflict and debate, ride on through sweaty prayer and betrayal of friends. Ride on to the empty tomb and your rising in triumph, Ride on to raise up your Church, a new body for your service Ride on, King Jesus, to renew the whole earth in your image, in compassion come to help us. AMEN -Source unknown

HOLY WEEK BEGINS March 30

Lord Christ, who for love of our souls chose the costliest following of the Father's will forgive us, who have so often followed the easy path of selfish desire, and set your law of sacrifice within our hearts; that we may be ready to deny ourselves and courageously walk in your steps, our crucified Redeemer; who lives and reigns in the glory of the Father and the Holy Spirit, one God for evermore. -AMEN -Source unknown

OTHER SEASONAL PRAYERS

THE PRESENTATION OF CHRIST FEBRUARY 2ND

Lord God, you kept faith with Simeon and showed him the infant King; give us grace to put all our trust in your promises, and the patience to wait a lifetime for their fulfillment; through Jesus Christ our Lord. AMEN

We give you thanks and praise, O God, for the Gospel of the Presentation for the wisdom and insight of Simeon and Anna, for the loving care of Joseph and Mary, for the simplicity and innocence of the child Jesus. We pray for the different generations of our own day, that in offering their lives in service to you and to each other they may grow in mutual respect and understanding, and so enrich the life of all, for Jesus Christ's sake. AMEN -Basil Naylor

TRANSFIGURATION SUNDAY FEBRUARY 15

"Jesus was transfigured before them. His face shone like the sun and his clothes became as white as the light."
- Matthew 17:2

Almighty and all-loving God, through the fire of your Spirit you have drawn the hearts of men and women to share in the mystery of your being; by the power of the same Spirit infuse our lives with your presence so that, as your beloved Son was transfigured in prayer, we too may be transformed, and our lives become a flame of self-giving love. Amen
-Angela Ashwin

FAMILY DAY FEBRUARY 16

Father of all, accept our thanks for the joys of family life. Help us to live so that we may strengthen and enrich the life of the family. Help us to build with you the kind of family which welcomes the stranger, the lonely and the needy. Teach us through this small family to love the family of all humans and to realize our part in it. In the Name of Christ, we ask this. AMEN -Brother John Charles, SSF

ST. DAVID'S DAY MARCH 1

O God, who by the preaching of your blessed servant, David, caused the light of the gospel to shine in an age of darkness. Grant that having his life and his labours in remembrance, we may show forth our thankfulness by following the example of his zeal and his patience, through Jesus Christ our Lord. AMEN - F. Colquhoun

WORLD DAY OF PRAYER MARCH 6

Today we join in prayer with women all over the world: Lord, as we receive the profound truth that you made each one of us with love and care, our lives change and we shine forth that truth from within and speak forth our faith in you to all others. AMEN

MOTHERING SUNDAY MARCH 15

Thank you, Lord, for our mothers. We remember today their loving care and their ceaseless love for us. May we show by our words and actions that we love and care about them too. AMEN -M. Batchelor

ST. PATRICK'S DAY MARCH 17

May the strength of God pilot us, may the power of God preserve us, may the wisdom of God instruct us, may the hand of God protect us, may the way of God direct us, may the shield of God defend us, may the host of God guard us against the snares of Evil and the temptations of the world.

ST. JOSEPH OF NAZARETH March 19

O God, who raised up Joseph to be the guardian of your incarnate Son. Give us grace to follow him in faithful obedience to your commands, through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and forever. AMEN -from For All the Saints

THE ANNUNCIATION March 25

We praise you, our Father, for the marvelous news announced to Mary; for the grace of life that prepared her for her call; for her obedience to your will and her humility in accepting it; for her loving care and patience in fulfilling it; Give us such grace and obedience that we may be accounted worthy to bear the Good News to our world through Jesus Christ our Lord. AMEN -Basil Naylor

A BLESSING

May the grace of Christ our Saviour, And the Father's boundless love, With the Holy Spirit's favour, rest upon us from above. AMEN - John Newton



A sing-a-long led by Ingrid, quizzes and games – along with a great potluck meal – were just part of the fun at the annual Ladies Christmas Party. Thanks Julie for organizing.



Fun & Games



St Paul's Anglican Church

Income Statement January 1, 2025 to December 31, 2025

	2025		2024
	Actual	Budget	Actual
Income			
Offerings	250,709	263,365	228,354
Flower Donation	1,150	1,560	720
Fundraising events	2,447	3,600	1,981
Hall Rentals	17,755	12,520	12,475
Interest Income	2,031	2,000	3,726
Total Income	274,092	283,045	247,256
Expense			
Administration	67,858	60,610	47,282
Apportionment	25,183	25,183	26,416
Christian Education	3,903	5,200	3770
General Maintenance	37,669	36,100	30,504
Hospitality/Fellowship	3,378	3,330	1251
Insurance	5,869	7,000	6,545
Ministerial	101,062	100,000	79,167
Newcomers	285	0	0
Outreach	11,412	22,822	22,822
Pastoral Care	43	100	9
Utilities	14,498	12,700	11,946
Worship	9,885	10,000	13,879
Total Expense	281,045	283,045	243,591
Net (Loss)/Income	-6,953	0	3,665

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

To make a donation, you can use envelopes provided by the Envelope Secretary.
To donate electronically, the preferred method is **by e-transfer. Please use the email gift@stpaulscalgary.ca**
No password is needed.

To help our Envelope Secretary, please include your envelope number in the message, or your name and address. You can also donate via our website (<https://www.stpaulscalgary.ca/donate>). This is completely secure, with the highest level of PCI compliance.
You can also set up direct deposit. For the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations."





Tell Out My Soul

Bursting Forth: An Epiphany Reflection

Epiphany is an opportunity to read and learn how the spirit of the law, the new life that Jesus came to proclaim, spreads throughout the world. This Epiphany is all about the Truth being revealed. It is a Truth that not everyone welcomes the same way - when Jesus reveals the wisdom of the scrolls, or when he tells us we must love those who wish us harm - these are hard truths to accept. It's not all wedding wine and divine blessings in the Temple - Truth settles on each of us.

The thing about the Truth that Jesus brings is that it is so wonderful, so different, so transformative, that it needs to be shared. It can barely be contained. Our hearts, our mouths, our souls cannot hold back. "Tell out my soul," Mary sang to the Angel. It is as if to say, I have learned something so beautiful that I simply must share it, it is impossible to keep to myself.

The Epiphany asks much of us. It asks us to reflect on an internal moment of awareness, of spiritual awakening, and find the words and ways to share it with the world. As Christ is made manifest to the whole world, unbound by social convention, religious authority, or political geography, we too are called to seek the neighbor beyond our immediate vicinity to accompany, to teach, to love.

The theological mystery of the Epiphany calls us to have one foot in the spiritual, deeply personal realm of revelation and the other foot in the world, learning how to seek and serve those who most need our help. We learn about the movement of the Spirit through Jesus and are motivated into ministering with him to the outcast, the stranger, and to those who most need to feel the warmth and light of His love. TENS.org



Questions for Reflection

What are some ways that ministering to others has helped you leave your comfort zone?



Cn. J. Davey Gerhard serves as Executive Director of TENS: The Episcopal Network for Stewardship and has a particular fondness for the season of light and love.



THE EPISCOPAL
NETWORK FOR
STEWARDSHIP



Flavorful Christmas



The Christmas dinner took on a flavourful twist in 2025, with African food being served. What a treat! Many thanks to Abby for organizing, Laura Ann for her guidance and the dozens of people who pitched in to make it such a success.





So much food! And so many wonderful smiles! St. Paul's first African Christmas Dinner was a huge success with an enormous buffet. And all those well-fed patrons also got to enjoy a talent show and carolling after the meal. Thank you to everyone who contributed.





source: www.archbishopofyork.org

Lenten Webinar with Archbishop Stephen Cottrell

Hosted by the Anglican Fellowship of Prayer

You are warmly invited to join us on
Saturday, March 7, from 1:00–3:00 PM (Eastern Time)
for a special Lenten webinar led by
Stephen Cottrell, Archbishop of York

Throughout his ministry, Archbishop Cottrell has been inviting people to rediscover The Lord's Prayer—not as familiar words to recite by habit, but as a bold, life-shaping call to transformation. He reminds us that this prayer is meant to stir the heart, challenge the spirit, and draw us into deeper relationship with God.

In this two-hour session, the Archbishop will share fresh insights from his recent teaching tour across northern England, offering a thoughtful and inspiring exploration of this central Christian prayer. This gathering provides a meaningful way to enrich your Lenten journey and reflect on a prayer we often say—but don't always stop to truly hear.

All are welcome. Mark your calendars and plan to join us for an afternoon of reflection, learning, and spiritual renewal.

<https://us06web.zoom.us/j/83298720043?pwd=WRD1u0zEqjblKwxi7xatdHni61vF9U.1n>

ST. PAUL'S *Pancake Supper*

Join us for our Shrove Tuesday
Pancake Supper Feb. 17. Come
any time between 5 and 7 p.m.
Cost is \$7 per person, to a maximum
of \$35 for a family of up to 6.





COFFEE HOUSE



**FRIDAY
MARCH
13 AT
7 P.M.
OPEN
MIC!**

ALL WELCOME!

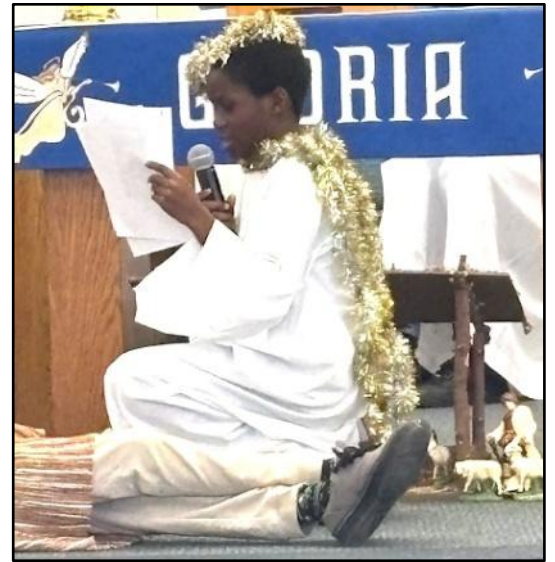
Men's Breakfast

All men age 13 and up are invited.
If possible, let us know if you plan to
attend so we know how many to expect.

**The next dates for Men's Breakfast
are Feb. 21 at St. Peter's, and March 28 at
St. Paul's both at 8:30 a.m.**

Please note the date change for March.

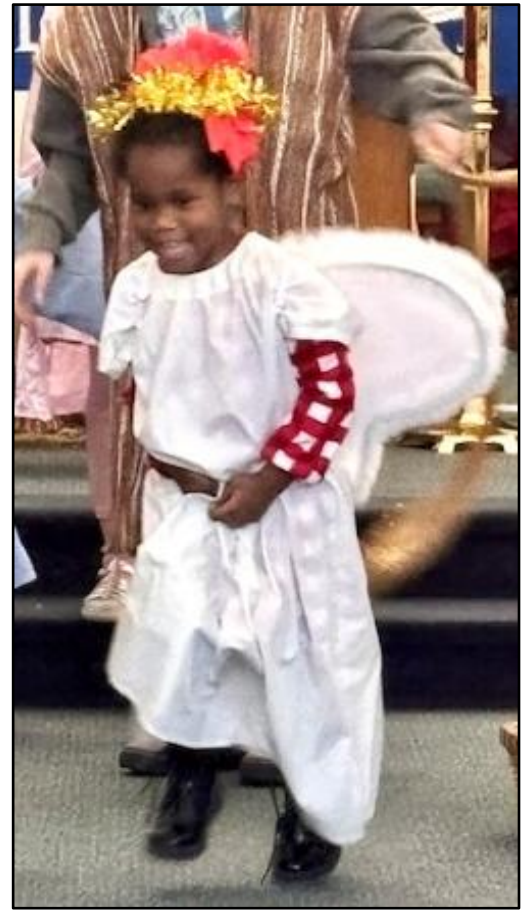




Story of hope told in pageant



The annual children's pageant was a highlight of the Lessons & Carols service on Dec. 21. Two narrators, angels, shepherds, plus Mary and Joseph all had a role in telling this story of hope, complete with audience participation. Thank you to everyone who made this delightful event happen.



ST. PAUL'S MEMBERS

We need your help with data & statistics!

We would like to keep our Parish List (the list of all members of St. Paul's) as current as possible.

The number of active members is an important statistic as it determines the amount of our apportionment, a significant component of our annual budget.

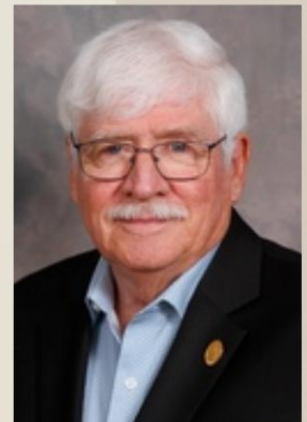
Also, if you change your home address, phone number or your email address, you need to notify the Parish Office so we can update our records. This is very important so we can communicate with you effectively. If you do not have an email address on file with us, please provide us with one. If we don't have your correct email address, then you probably aren't receiving our weekly Newsletters.

We are also interested in getting a better understanding of the demographics of our parish so we can serve you better. One way of helping us would be to make sure that we have your date of birth on file - don't worry, if you are concerned about us having too much information in our records, all we would like to have on file is the year of birth for each member of your family. That way, we can plan better for Sunday School, plan our adult education strategy, be it spiritual or just providing practical training for all ages.

Our new Church Management System allows us to create email groups of parishioners with specific interests or involvement in various ministries - just another reason for up-to-date email addresses.

With your help, we are looking forward to serving you better.

**Paul
Bourgeois
(People's Warden)**



Consider a different kind of Lenten Sacrifice

As we ponder what we might give up for Lent, we would do well to consider how many people don't have enough to live on, and certainly not enough to be giving anything up.

Alongside Hope and its partner organizations work to establish food security in many poor communities, ensuring people have access to clean drinking water and supporting sustainable agricultural practices. They also provide access to health care, including mother and baby care, as well as education initiatives.

In addition to these ongoing projects, Alongside Hope responds to disasters with immediate relief and continuing recovery support.

Maybe this Lent, you could support this work with a gift to Alongside Hope. Together, we can make a difference.

- submitted by Doreen Peters



Alongside Hope



CALGARY FOOD BANK update

The Calgary Food Bank – one of the charitable organizations that St. Paul's donates to regularly, has created a chart that shows its impact in the community. The chart shows a year-over-year comparison of some of the key stats showing how much the organization has grown in the past 12 months.

Well done St. Paul's for being a part of such important work that supports and feeds so many people in Calgary.

Also, the Calgary Food Bank has made the Top 5 Calgary Charities list based on demonstrated impact per dollar donated. The list was created by Charity Intelligence Canada, which researches Canadian charities to help donors be informed and donate intelligently.

Volunteer Hours Contributed

166,951

23/24 Fiscal Year



196,701

24/25 Fiscal Year



17.8%
Increase

Total Funds Raised

22.1M

23/24 Fiscal Year



26.7M

24/25 Fiscal Year



20.9%
Increase

Total Pounds of Food Donated

13.5M

23/24 Fiscal Year



14.5M

24/25 Fiscal Year



7.4%
Increase

Total Pounds of Food Distributed

15.6M

23/24 Fiscal Year



19.1M

24/25 Fiscal Year



22.4%
Increase

Pounds of Food Distributed through Food Link

1,595,985

23/24 Fiscal Year



2,490,803

24/25 Fiscal Year



56.1%
Increase

Welcome Home Hampers

445

23/24 Fiscal Year



313

24/25 Fiscal Year



29.6%
Decrease

Total Hamper Output

173,354

23/24 Fiscal Year



202,926

24/25 Fiscal Year



17.1%
Increase

LADIES' LUNCHEON 28 FEBRUARY 2026

*February....the month of love....sharing our love
with others....*



Inviting all ladies to consider and offer support and love to those in St Paul's congregation who, for various reasons, may no longer be able to attend our ***luncheons*** and ***services***. This is a time of sharing and caring as we send cards to those we miss.

Pre-made cards and card making supplies will be provided.

28 February 2026

11:20 am – 1 pm

St Paul's hall

Be a friend

Bring a friend

Make a friend

LADIES' LUNCHEON 28 March 2026

PILGRIMAGE into HOLY WEEK



Ladies: Begin your personal journey into **HOLY WEEK** with a meditative walk of the labyrinth.

Nicola Peden will offer a brief explanation of the history and uses of the labyrinth AND facilitate an experience of a simple labyrinth in St Paul's Hall.

Saturday 28 March 2026 @ 11:20 am St Paul's Hall

Be a Friend

Bring a Friend

Make a Friend

LADIES' LUNCHEON PRAYER

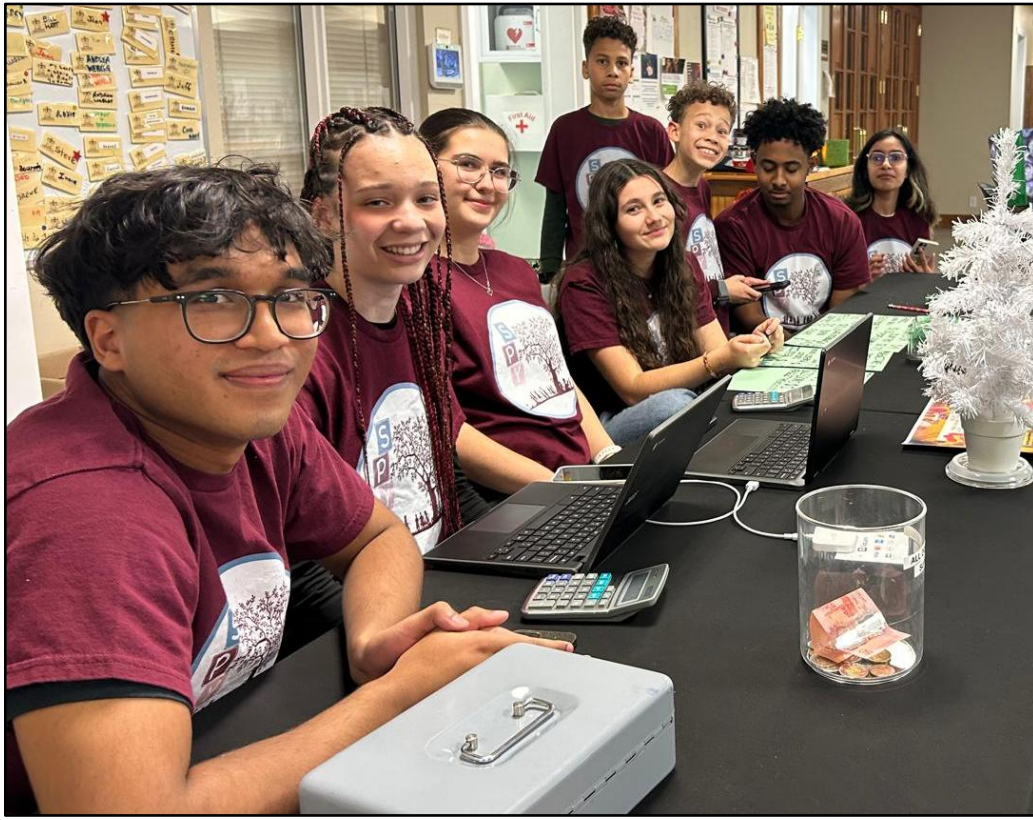
Most gracious God, we thank you for this gathering today. A time of sharing:

Fellowship
Faith
Food

Thank you for the unique gifts and

perspectives you have given each of us to share with our group. Holy Spirit, we ask that you fill this room with your presence and bless our time together, that we may be nourished to respond to the needs of others, with the love of Jesus. Amen

S.P.Y. Craft Supply Fair



S.P.Y.'s 1st Annual Craft Supply Fair went wonderfully, thanks to generous donations and the steady support of our volunteers and youth, says leader Cheryl Scott: 'Thank you to everyone who contributed time, supplies and encouragement to make this event a success. Our kids worked hard, had fun, and took real pride in doing something meaningful for our community.'

'To date, proceeds are \$510, with additional sales still coming in from generous parishioners. Once we confirm the final total, we will donate a portion to Variety Alberta, supporting children living with disabilities and special needs. 'Our youth are eager to continue partnering with Variety into 2026 - hoping to raise awareness, learn alongside this community, and help reduce stigma in ways that could truly matter to even one child in everyday life. Thank you for walking with them in this work.'



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	2 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	3 6:30 - 8 p.m. Girl Guides	4 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 1 p.m. Prayer Shawl 7 – 9 p.m. Evening Bible Study	5 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	6 10 a.m. Hand chimes Practice 1:30 p.m. Altar Guild Meeting	7
8 10 a.m. Holy Eucharist Daylight Saving Time 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministries 2:30 p.m. Eucharist at Father Lacombe Care Centre 4 p.m. Philippines Church	9 1 p.m. Walking Group 1:30 p.m. Prayer Group in person 7:30 p.m. Stringers Rehearsal	10 6:30 - 8 p.m. Girl Guides 7 p.m. Parish Council	11 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 7 – 9 p.m. Evening Bible Study	12 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	13 10 a.m. Hand chimes Practice	14
15 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	16 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	17 6:30 - 8 p.m. Girl Guides	18 ASH WEDNESDAY 11 a.m. Service with Imposition of Ashes 7 p.m. Service with imposition of Ashes	19 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	20 10 a.m. Hand chimes Practice	21 8:30 a.m. Men's Breakfast @ St. Peter's
22 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	23 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	24 6:30 - 8 p.m. Girl Guides	25 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 7 – 9 p.m. Evening Bible Study	26 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	27 10 a.m. Hand chimes Practice	28 11:20 a.m. Ladies' Luncheon
<div> Holy Eucharist is in person and also lived streamed on our website https://www.stpaulscalgary.ca/ </div>						

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	2 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal 1:30 p.m. Prayer Group in person	3 6:30 - 8 p.m. Girl Guides	4 9:30 a.m. Morning Prayer 10:30a.m. Bible Study 11:30 a.m. Hunger for Healing 1 p.m. Prayer Shawl	5 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	6 10 a.m. Hand chimes Practice	7
8 10 a.m. Holy Eucharist Daylight Saving Time begins 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	9 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	10 6:30 - 8 p.m. Girl Guides 7 p.m. Parish Council	11 9:30 a.m. Morning Prayer 10:30a.m. Bible Study 11:30 a.m. Hunger for Healing	12 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	13 10 a.m. Hand chimes Practice 7 p.m. Coffee House	14
15 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	16 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	17 6:30 - 8 p.m. Girl Guides	18 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing 1 p.m. Prayer Shawl	19 6 - 7:30 p.m. TOPS 7:30 p.m. Choir Practice	20 10 a.m. Hand chimes Practice	21 9:30 a.m. – 3:30 p.m. Missional Coaches Event
22 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministry 2:30 p.m. Eucharist at Father Lacombe Care Centre 4 p.m. Philippines Church	23 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	24 6:30 - 8 p.m. Girl Guides	25 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. Hunger for Healing	26 6 - 7:30 p.m. TOPS 1 p.m. 7:30 p.m. Choir Practice	27 10 a.m. Hand chimes Practice	28 8:30 a.m. Men's Breakfast @ St. Paul's 11:20 a.m. Ladies' Luncheon
29 10 a.m. Holy Eucharist Palm Sunday 2 p.m. Word to World Ministry 4 p.m. Philippines Church	30 1 p.m. Walking Group 7:30 p.m. Stringers Rehearsal	31 6:30 - 8 p.m. Girl Guides 7:30 p.m. Compline at Midnapore Chapel	<div> Holy Eucharist is in person and also lived streamed on our website https://www.stpaulscalgary.ca/ </div>			