

# The Contact

Connecting With Your St. Paul's Family



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## When Gluten Does Not Leap

Notes from a Newcomer at the Altar

*Rev. Vernon Foster*

There are certain cultural adjustments one anticipates when moving from South Africa to Canada: winter that requires strategy, a national reflex to apologise, and the unsettling discovery that ice hockey is not merely a sport but a civic virtue. What I did not expect was to encounter a steep learning curve involving wheat.

Before coming to Canada, I had never heard the word celiac. Not once. Bread was bread. Communion bread was... well, holier bread. But still bread. One received it gratefully and carried on with one's day.

Then came a recent Sunday at the altar.

Anticipating that someone might request a gluten-free wafer, I decided to be pastorally proactive. I took one and placed it neatly into the paten alongside the other hosts before communion began. Efficient. Inclusive. Forward-thinking. A model of liturgical preparedness.

*Continued on the following page...*

## When Gluten Does Not Leap Cont'd...

At which point our ever-vigilant deacon, Rev. Helen, observed my action with the kind of expression normally reserved for open flames near dry vestments. In a tone that was admirably restrained but unmistakably urgent, she informed me that this was not how things are done.

Now, when one is in the midst of distributing the Body of Christ, it is not the ideal moment for a symposium on food science. I could hardly pause and announce, “Before we proceed, a brief inquiry into the migratory properties of gluten.”

But internally, that was precisely my question: Can gluten jump? Would it vault invisibly across the paten? Was there some microscopic Olympic event taking place beyond the reach of the naked eye?

The short answer, I have since learned, is no – gluten does not leap. But crumbs travel. And for someone with medically diagnosed celiac disease, even trace amounts – quantities measured in parts per million – can cause genuine harm. Not discomfort. Not fussiness. Real harm.

This was new to me.

Part of my surprise was practical. If I cannot see it, taste it, or detect it, how can it matter so much? Yet modern medicine regularly reminds us that some of the most powerful forces in the world operate below our perception: viruses, allergens, radiation, and, it turns out, gluten.

Part of my reaction, if I am honest, was theological. The Eucharist proclaims shared life – one bread, one body. The idea of separating wafers felt, at first glance, like introducing division at precisely the place meant to express unity.

But I am learning that unity is not the same as uniformity.



*Rev. Vernon at the Family Christmas Service*

If what nourishes most of us causes real harm to another, then careful handling is not fussiness; it is love taking detail seriously. Keeping wafers separate is not about fear or food-policing. It is about trust – trust that the Church will act on knowledge it may not personally feel in its own body.

Moving countries has a way of exposing one's blind spots. What is commonplace in Nanaimo may be entirely unfamiliar in Pretoria. Sometimes growth comes through small, mildly embarrassing moments at the altar – and gentle correction from a colleague who knows more about crumbs than you do.

For the record: gluten does not leap. But crumbs conspire. And hospitality, it turns out, can be measured in parts per million.

# Warden's Corner

*Greg Brown*

As I write this report, Vestry and Lent are on the horizon. Thought I was just catching my breath from a joyous, busy and blessed Christmastide and Epiphany. Busy means many blessings, and much involvement by the St Paul's parish. Whether it's a worship service, community lunch, marketplace or ministry, all are God's ministry in action, bringing us closer together.

Writing my Vestry reports (which I'm sure made for captivating reading) made me reflect on my first year as Warden. It made me realize and appreciate how special, welcoming, dedicated St Paul's truly is. Vestry is the equivalent of our Annual General Meeting. Both a time to note our current state of affairs and explore our future possibilities. We vote in new officers for a variety of positions tasked with overseeing the many ministries that make St Paul's so special to carry on God's mission in our community.

I thought I'd take a minute to outline the role of a Warden (through my eyes, after one year). I'll tell you what may not be in the canons, but what occupies our days. As Warden (there's two of us – myself and Joy Adams Bauer), Wardens have overall accountability for St Paul's. We are St Paul's Diocesan representatives. We are responsible and accountable for the financial, structural operations, human resources and spiritual life of St Paul's. We are your congregational representatives. Celebrating 165 years in downtown Nanaimo is not a mission neither I nor Joy take lightly.

Joy and I split our responsibilities. Joy focuses on human resource matters and I focus on structural and operational matters. I make sure the doors stay open, the lights stay on, things get paid, that our physical plant operates as efficiently as possible. Occasionally that means baiting and emptying mouse traps, fixing broken windows and air conditioners, cleaning up donations left behind by evening visitors, responding to alarms, etc. It is a 7/24 position. We have a beautiful but complex and expensive facility. Our annual budget is \$400,000 and growing. I've learned much in my first year and am blessed to be supported by a wonderful parish council team, Warden partner, amazing administrators and ministries. All whom keep me in line. I draw much inspiration from Rev Vernon's devotion and enthusiasm. We are so blessed.

I hope you all read and reflect on the vestry reports. If you have any questions or suggestions, please reach out to the appropriate persons. If you see a ministry of interest, consider getting involved. Our mission as God's disciples grows as do the needs of our parishioners and community. Our light shines brightly and may we continue to be a bright beacon in Nanaimo.

# Behind the Scenes in the Church Office

*Gillian B. & Sólveig H.*

Recently I had opportunity to contact Sue G. to ask if she recognized the name of a lady who might have been a parishioner here at St. Paul's, over 10 years ago! Not surprisingly she was a big help and able to point me in the right direction to help the estate trustee who had called. Sue was not only St. Paul's Parish Administrator for 37 years, she was also a dedicated and very involved member of the congregation. A face that people recognized. What a blessing!

For many of you, Solveig and I are just names who sit in the office during the week and perform all those administrative tasks that help our rector and ministerial leaders take care of the flock and ensure a vibrant faith life. But do we also provide a spiritual aspect when we go about our daily tasks? I believe the answer is yes. At least we try our best to reflect the welcoming, loving face of St. Paul's.

When someone who has been away from the Church for decades has to plan their parent's funeral, who will they interact with initially and ongoing? When a support group is looking for space to hold their meetings, but don't know what they can afford, who will discuss this with them? When someone calls in need of help, who directs them to services which can be of assistance? As parish office staff, our job might be as simple as listening to the rotten morning someone just had. It is all about recognizing the human soul at the end of the phone line or in front of the desk and doing whatever small thing can be done for them, with a smile and joy of service.

It would be ideal to know each one of you by face and name. Still, we hope that the part we play "behind the scenes" here at St. Paul's is a meaningful part of your ministry.

## Scenes from 'Ironing Out the Creases'



# News From Your Stewardship Team

*Joy A. B., Rev. Vernon Foster, Will H., and Carol S.*

We give freely because God gives us His blessings freely. He gives us everything we have in trust. We in turn, share the gifts we have been given. What are you giving to God?

We are experiencing exciting times with the growth of our parish and the arrival of our new organ! I know many of you made a donation to the organ fund. We hope this generosity will not affect your regular giving to St. Paul's. We pray that any donation to the organ fund will be made in addition to what you are already giving to your church.

While stewardship is about time, talent and not just treasure, we want to highlight some of our monthly expenses.

- Elevator maintenance - \$417 a month (up \$70)
- Photocopier lease - \$321 a month (up \$13)
- Electricity - \$1,750 a month (up \$470)
- Sewer and water - \$292 a month (up \$32)

We have a beautiful church and Centre for Ministry and Community Service, but they are very expensive to run. We thank you for your continued generosity and support.

And thank you for volunteering your time and your talents with your church family. It is greatly appreciated! We have so many incredibly talented and generous people in our parish.

Thanks be to God!

*Photos to the left: Joy A.B. & Carol S. Volunteering at the Christmas Marketplace*

***“Stewardship is everything you do, after you say you believe in God, the father almighty”***



# Treasurer's Report

Syd G.

The financial statements for the period ended December 31, 2025 represent a “good news – bad news” scenario. The good news is we ended the year with an operating deficit of \$69,955 vs a budgeted deficit of \$65,950 (so only \$4,005 greater than we budgeted). But, this is also the bad news! We simply can't continue to operate with such large deficits (more on this subject later). Worthy of note is that we are now funding our operating bank account deficit with an advance from our investments account to the tune of \$70,000 at December 31<sup>st</sup>. So, we are no longer using our project accounts to fund this deficit. Alleluia!

Our 2026 budget reflects an operating deficit of \$91,950 (an increase of \$22,000 over the budgeted deficit for 2025). Folks, we are moving in the wrong direction!

Are our prospects really that dim?? Do you know that in 2025 we brought in \$826 each day of the year (that includes weekends, holidays, every day!)

Now more bad news – each and every day, it cost us \$1,018 to keep the lights on and the doors open. That means, every day we are \$192 further in the hole.

We simply can't continue to carry on like this (I repeat myself). So, the challenge is what do we do about this? I believe we have to address this situation this year with some workable plan to improve this. Can we do it? I believe we can. Look at the success we have had with the organ fundraising project. So, be prepared for further discussion on this topic – your ideas, your energy and your participation in this discussion will be thankfully received.

Last but not least, I am always available to answer questions about our finances. Please feel free to talk to me or e-mail me (treasurer@stpaulsnanaimo.ca). I may not know the answer, but I promise to find it for you.

## **We ask you to prayerfully consider making a donation**

*How:*

1. By cheque (made payable to St. Paul's Anglican Church)
2. Credit or debit card
3. E-transfer to treasurer@stpaulsnanaimo.ca (please note the purpose of the transfer in the comments & include your contact information if you wish to receive a receipt)
4. Online via Canada Helps at <https://www.stpaulsnanaimo.ca/pages/give>.

# The Beginning of St. Paul's

In celebration of our 165<sup>th</sup> anniversary

*Taken from Don Sale's History of St. Paul's (1986)*

*Edited by Sue G.*

In the early 1860's, Nanaimo was a small mining hamlet on the traditional unceded territory of the Snuneymuxw people, with buildings made of hewn and round logs. There was a nearby Snuneymuxw village, the Bastion, a saw mill, a store and warehouse, two carpenter shops, a blacksmith shop, and a stable. The Hudson's Bay ship Beaver called every six months from Victoria, and a smaller boat, the Otter, made more frequent trips. A half ounce letter to England cost 30 cents (the records don't show how long the letter took—hopefully mail has sped up a bit since then!)

The community of miners was requesting the services of an Anglican minister, and the Rev. Richard Lowe was dispatched from Victoria in 1859, when St. Paul's registers start. He held services in the schoolhouse. When the HBC set aside one of the best town lots overlooking the harbour for the purpose of building a church, Reverend Lowe made a start on the parsonage before moving back to Victoria. He was succeeded in 1861 by Canon John Booth Good who kept careful records and diaries, providing us with much of the information we have about the start of St. Paul's Parish.)

Canon Good moved into the parsonage vacated by the Lowes, and this building served as the Rectory for the next forty years. He also leased a triangular piece of property immediately adjoining the most central part of the city, and it was on this site that the church and new school were erected. The church-minded populous readily agreed on the name of St. Paul for the parish. Many had left their homeland and had travelled many miles to a strange new land, as did St. Paul when he travelled overseas to establish the seven churches in New Testament times.

According to Canon Good's journal: "Plans and specifications for the erection of a church were obtained from Messrs. Wright & Saunders, and a Subscription List opened, which would include grants from the two Parent Societies in England, and from various persons of influence throughout the then infant Colony. A Nova Scotian builder by the name of Huestes tendered some \$1000.00 less than others to complete the building according to plans." This low bidder carried out the construction with no profit for himself.

In 1861, the Alpha (a ship launched in 1859 from the banks of the Millstone River) salvaged a cargo of lumber, which was purchased at half price for the construction of the church. On Christmas Day, 1861, the Foundation Stone was laid by Manager Mr. Charles S. Nicol of the Vancouver Coal Co. The first anniversary was held on January 25, 1862.

The church was described as a beautiful edifice with a tall graceful spire that could be seen by ships as they entered the harbour. It had an ornate beamed ceiling and a stained glass window in memory of Elsie Benson, wife of Dr. Alfred Benson. The altar was flanked on either side by five Commandments. The structure was built entirely of wood. The cost of the church was approximately \$2,500.00, of which \$2,300.00 had been subscribed. However, the entire sum had to be raised before the Bishop would consecrate the building, which did not happen until the summer of 1865. The cemetery in use at that time was the Pioneer Cemetery (now Pioneer Park). Some of the original gravestones may still be seen there.

*Continued on the following page...*

## The Beginning of St. Paul's Cont'd.

Canon Good served the parish until 1866, when Rev. Percival Jenns took over. Rev. Jenns was a tall, thin energetic man in his mid-thirties who had emigrated from England with his family. He was an amateur scientist and astronomer, as well as a skilled gardener and woodworker. While he was Rector, he carved and presented to the Church a beautiful eagle lectern which stood at the foot of the Chancel for many years.

In 1868, Bishop Hills said in his journal: "Saturday, July 25, 1868 - Embarked this morning at seven on board the HMS Scout for Nanaimo, where I arrived at five pm, and was received by Rev. Mr. & Mrs. Jenns. Sunday, July 26 - Preached morning, afternoon, and evening at St. Paul's, Nanaimo. Held a Confirmation at the afternoon service; there were twenty candidates. I was much pleased at the orderly and reverent manner of the congregation. Under Mr. Jenns there has been much improvement. Although many persons belonging to the Church have left the place [Nanaimo], the congregation has increased and there is an excellent Sunday School. The Church is very prettily decorated and in good order. The grounds of the parsonage are laid out in flower beds, and there is a greenhouse. Mr. Jenns has shown much taste in this, and the effect has been to produce a love of gardening and flowers amongst the inhabitants. We never know when our actions become a ministry."

Rev. Garrett succeeded Reverend Jenns, on Aug. 2, 1868. Following is an extract from one of Rev. Garrett's reports, after his first two months here: The town of Nanaimo is the seat of the operations of the Vancouver Coal Co., a fact which at once explains the character of the population. The miners, for the most part a hardy and industrious class; the shopkeepers who supply their wants; and a few farmers in the neighbourhood, comprise in all 800 hardy souls... A Wesleyan chapel stands close to the church and affords accommodation to numerous and respectable congregations.



The Presbyterians have a church at a little distance, and obtain also a considerable portion of the inhabitants. The Roman Catholics have a chapel close to the Presbyterians but no resident priest. The Church {St. Paul's} stands among them like a mother among her wayward and self-willed offspring, desiring to gather them all round the altar of her pure and primitive worship, and lamenting the sad divisions which distract the body and keep the members of Christ at variance. [So much for the spirit of ecumenism!] My average congregation is sixty in the morning and fifty in the evening; Sunday School, forty. There are many who never attend any place of worship."

Rev. Garrett was succeeded by the Reverend Owen who held his first services at St. Paul's on December 19, 1869.

**Look for part 2: St. Paul in the 1870 & '80s in the next issue of the Contact!**

# One Year of Sunday Lunch

*Dolph P.*

On January 11th 2026 we celebrated the 1 year anniversary of our Sunday Lunch Ministry with a lovely cake. This community outreach program, which began as a 6 week pilot project, has grown into a vibrant weekly event. Its unique structure brings together parish members, visitors, and community members from a variety of circumstances and backgrounds, for a time of food and fellowship. During its first year over 26 individual volunteers from St. Paul's have given their time and energy to the project, cooking, preparing, setting up, decorating the hall, serving meals, clearing tables, washing up, cleaning, greeting community members, scheduling, budgeting, shopping, and more.

We have been joined in our efforts by several partner organizations. Every week the Loaves and Fishes Food Bank provides our team with a variety of reclaimed produce and other foods, which our team transforms into lovingly crafted meals for our parish and guests to enjoy. Youth and leaders from Volunteer Nanaimo dropped by to assist with serving and clean-up. The Nanaimo Irish Session made a guest appearance, providing us with live entertainment on St. Patrick's Day. Special holiday meals were provided on Thanksgiving and Christmas Eve, in partnership with Foodshare and the 7-10 Club. Together our parish volunteers and partners (excluding the Irish Session, and Volunteer Nanaimo) have given over 1640 hours towards the success of this project.

The program has supported its own costs through generous community and food bank donations, the sale of handmade aprons, and catering a paid event at the church hall. In the coming year we hope to use some of this income to offer weekly care packs to community members in need.

In 2025 we offered 49 Sunday Lunches, plus Thanksgiving and Christmas Eve. We served 2,861 plates of food, and welcomed 1,585 community members through our door. Many of these individuals have become regular visitors, some joining us for Sunday worship, and some volunteering their time to help us set up and prepare every week.

In addition to our wonderful team of volunteers, we wish to thank everyone who has stayed to eat lunch with us. Your spirit of hospitality makes our community guests feel seen, welcomed, and valued each week. We were able to witness the fruits of this effort on January 11th, as one of our regular community guests came forward to cut the cake and kick off the one year anniversary celebrations.

**Please join us on Sundays at 12:30pm for lunch!**



*Chef Dolph!*

# Prayer Shawl Ministry

Yvonne O.

The Prayer Shawl Ministry brings comfort and prayerful support to those experiencing illness, loss, loneliness, or good times, such as improved grades, new jobs, birthdays, anniversaries, and special events. Members of the ministry knit or crochet shawls, which are then blessed and distributed to individuals in need.

Our shawls are made with love, and if you know anyone who could use a warm hug, let us know. The creation and presentation of a prayer shawl enrich both the giver and the recipient. I wanted to share that our prayer ministry also knits or crochets baptismal blankets for every person baptized here in our St. Paul's Church.

**The Prayer Shawl Ministry meets to pray, share, knit or crochet on the first and third Thursday of each month at 1 - 3 pm in the St. Mark room. All are welcome.**  
Contact the office or Yvonne for further information.

*“Spirituality is not some external goal that one must seek, but a part of the divine core of each of us, which we must reveal.”*

— B.K.S. Iyengar, *Light on Life*

## Scenes from the Newcomers Tea

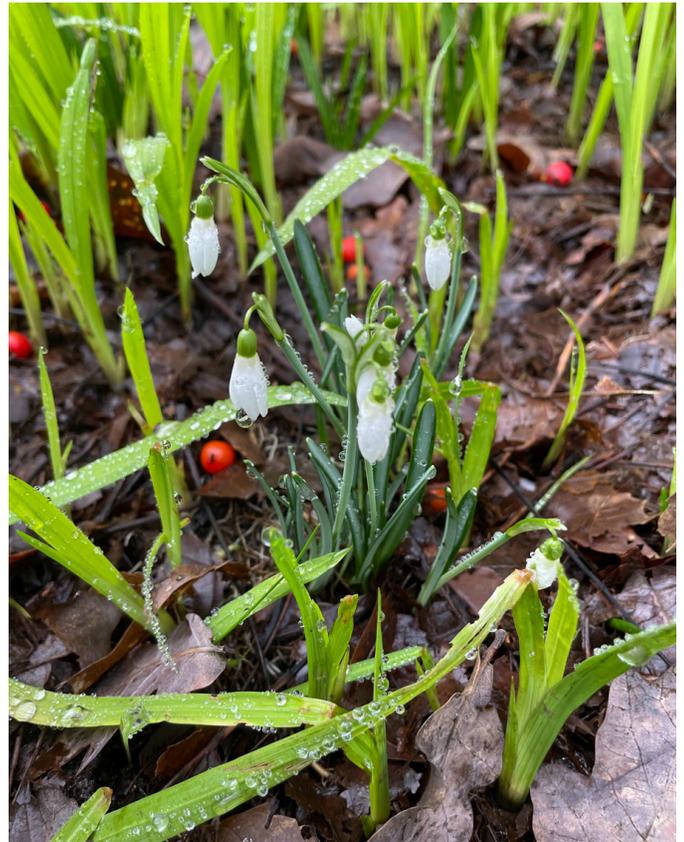


# News From the Garden Party

*Gwen I.*

As this warm winter continues, some plants in the garden are very confused. The pink rhodo out front is almost in full bloom, that yellow hellebore in the garden by the parking lot came out early and showed its beautiful colours and then of course snowdrops are appearing everywhere.

Other than the odd cleanup the garden crew have been 'planning' more than anything. Stay tuned to our 'Spring Cleanup Workparty' announcement in April and remember, **we are so, so interested in having new members join us.** Tues afternoons 1:30 - 3:30ish is our 'usual time' but please let Julia, Sarah, or Gwen know you may be interested in joining us for our usual work OR mowing the lawn....Yay! Call: 604-764-8186. Look forward to hearing from you!



## Alongside Hope: New Perspectives & Possibilities

*Julie F.*

I arrived in Nanaimo in October 2020. I was warmly welcomed by St Paul's, but after just two services the Church was closed due to COVID 19. In 2021 I became the parish representative for Alongside Hope (previously PWRDF) and have served on Parish Council for 4 years.

I am very thankful for having the positions, support and learning I have had over these years. It has been a wonderful way for me to deeply connect and get to know my parish family. Please think about these important roles for our Church. Talk with the nomination committee about the various positions and step forward to bring your gifts and talents.

It is time to have fresh ideas, new perspectives and possibilities! I hope people had an opportunity at the Newcomer's Tea and Mission in Action Sunday to learn about the global work that is being done by Alongside Hope and to consider contributing to that work.

**We will be holding an info session for Alongside Hope on March 23, 2026 at 10 am in the St. Mark room.** I hope to see you there!

# Christmas Marketplace

*Carol S.*

The St. Paul 2025 Christmas Marketplace was held on Saturday 29 November. To organize this event, we held monthly meetings starting back in July, with two in November. Heather and crew opened the doors, greeted everyone.

We dedicated the St. Matthew room to food items. Again, the Bake table, almost sold out in the first hour! The Deli needed more area this year due to the mass of preserves and we certainly did not lack for jams and jellies in the Library area. A new addition this year was the Children's Market run by Joanne, Marilyn, and Pat. In the St Luke room the Artisan Galley was filled with beautifully hand made items, a Mystery Bag table, and Christmas decor.

Two very talented parishioners stepped up and supplied a delicious Christmas Tea. The Tea service, under the direction of Joy, was served by our wonderful church men. Catherine K. kept the tea and coffee flowing, Bill W. was our chief dish washer and took care of clean up after. The hall was beautifully decorated by Marilyn and her crew. The Silent Auction did very well thanks to Bobbie, Rick and Flo. There were forty items donated to the Silent Auction table this year.

Much appreciation to the volunteers, often the same people that helped with the set up, take down, advertising, donations, kitchen crew, decorations, and the floaters who seemed to be there just when you needed them.

We made a little over \$10,000. Thank you to EVERYONE who helped make 2025 MARKETPLACE a success!



# The New Organ Arrives!

Tony B.

At the time of writing, after a physical journey of several thousands of kilometres, our Makin Thirlmere is in its final stages of installation (see photos to the right from the organ delivery & installation). The journey of discernment that led to its recommendation and delivery was over a year in the making. It was at our Vestry meeting exactly a year ago when the Organ Replacement Committee outlined a spectrum of avenues that were open to exploration.

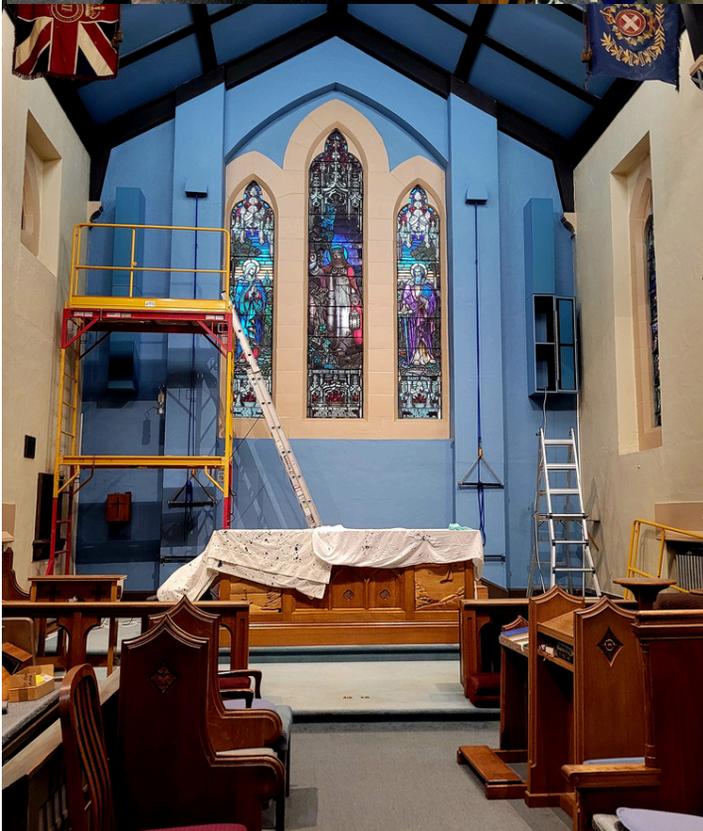
Our current committee was at least the third such committee that had been formed and charged with the mandate of recommending the optimal way forward given that our ageing Casavant was well beyond its reasonable life expectancy. One of these committees was struck eighteen years ago and led by former and much respected St. Paul Director of Music, Peter O., himself a former Organ Scholar at Sidney Sussex College, Cambridge.

His report outlined eleven options. Many of these options, especially option 8, is strikingly familiar:

“The eighth option is to replace the present organ with an electronic instrument. The purist in me revolts at the thought...but I also have to admit that the best electronic organs do a very good job of imitating pipe organ sound. . . .”

What Peter was unlikely to have anticipated, apart from the Casavant lasting almost two further decades, is the rapid improvement in the quality of digital organs in the years since his report. Most recently, and built into our Makin, is the development and implementation of DSCore technology. Wind-blown pipes are recorded per key, per stop using state-of-the-art recording equipment. With each key press, the organ reproduces the sound of an iconic British pipe organ.

Let the music begin!



# Threshold

*Michele C.*

In August of 2025, talk about putting a service together called 'Threshold' was a divergent adventure we embarked on, sparked by the desire for a fresh offering of worship to God. Musicians were invited to bring their instruments and play for the music part of the service and the journey began.

Kicking up our heels once in a while in song, we all have sung in Zulu, sung rounds in two and three parts, sung with great gusto and just as softly as a lullaby. Welcoming various musicians that play a diverse collection of instruments, has been a blessing. So far, we have had piano, guitar, flute, violin, alto sax, djembe drum, banjo, tambourine, maracas and the congregation are always invited to join in with percussive instruments.

Through Autumn and Advent this gathering has gradually become a household name at St. Paul's and Threshold musicians were invited to provide the music for the Christmas Eve Family service where a pageant was performed by our own St. Paul's children, adults and even some who arrived for the service. The tableau set in Bethlehem, played out around the delightful reading of the nativity story written and read by Father Christmas.

Threshold has pleasantly unfolded and continues to do so, held loosely in the Anglican tradition of liturgy. It is a gentle time of encountering God in music, prayer and a time of reflection. **Threshold services meet on the second Sunday of every month from 4 - 5 p.m.**

Come curious, come for peace, come and see.



## Join the next Threshold Service!

**When:** Sunday March 8, 2026 at 4 pm

**Where:** 29 Church St. Nanaimo, B.C.

**How:** Come & listen in enjoyment & sing along. If you wish to play an instrument, please contact [admin@stpaulsnanaimo.ca](mailto:admin@stpaulsnanaimo.ca) to receive sheet music.

# Clement's Corner

*Our local church-mouse, Clement, otherwise known as Lynda A.*

You know me as the Director of the Organ Replacement Fundraising Committee. Unfortunately, I am having to keep a bit of a low profile these days, as “the big cheese” (he thinks he’s the big cheese) has ordered pest control to rid the church of all us resident mice. Quite a miserable action after all we’ve done for St. Paul!

Alas, I’m carrying on in the best mouse spirit to raise funds for the organ which I see has now arrived. And that’s another thing, the big cheese and an assortment of little cheeses, moved the old organ, thus forcing a few of our number to flee and find alternate homes. Yet another inconvenience we have had to endure. So difficult, the life of a church mouse!

Where was I? Oh yes, I am happy to report organ fundraising has been moving onward and upward. We have now raised approximately \$67, 000 in funds to pay for this extraordinary instrument. \$31,000 still to be raised! We are on the last lap, and we must not falter now. The fundraising committee is discussing further opportunities to generate funds and details will be made known in the near future.

Sad to say, we can’t do it alone. We are grateful to the generous souls who have already supported this exciting campaign, and I have faith that there are still many who will contribute, and help us to reach that magic number. Together, there is no stopping us, we will succeed!



## **You're Invited Sunday May 31st to the Dedication Day for our New Organ!**

**10:30 am** - Organ Dedication Service with Bishop Anna Greenwood-Lee

**2:00 pm** - Inaugural Recital with esteemed local Organist, Jenny Vincent



## 2026 Lent & Easter at St. Paul's

**Tuesdays Feb 24-Mar 24** - 6:00 pm Lenten Study (Online)

**Wednesdays Feb 25-Mar 25** - 12:30 pm Lenten Study (in person)

**Sunday March 1** - 4:00 pm Hymn Sing

**Sunday March 8** - 4:00 pm Threshold Service

**Thursday Apr 2** - 7:00 pm Maundy Thursday Service  
- 8:00 pm Watch of the Passion

**Friday Apr 3** - 12:00 pm Good Friday Service

**Saturday Apr 4** - 8:00 pm Service of Light - Easter Vigil

**Sunday Apr 5** - 8:00 am First Easter Sunday Service  
- 10:30 am Second Easter Sunday Service

**Thursday May 14** - 7:00 pm Ascension Service

### STAY IN TOUCH!

 [@StPaulsNanaimo](https://www.facebook.com/StPaulsNanaimo)

 [@StPaulsNanaimo](https://www.instagram.com/StPaulsNanaimo)

#### Join Our Mailing List

[admin@stpaulsnanaimo.ca](mailto:admin@stpaulsnanaimo.ca)

#### Visit Our Website

[StPaulsNanaimo.ca](https://StPaulsNanaimo.ca)

### REGULAR SERVICES

#### Morning Prayer

Mon-Fri at 8:30 am (*online*)

*\*Excluding stat holidays*

#### Wednesday Service

11:00 am Holy Communion

*Followed by Bible Study*

#### Sunday Services

8 am Holy Communion

10:30am Holy Eucharist

*(in person & online)*

Sunday services are followed  
by fellowship &

12:30 pm Community Lunch

*(by donation)*

#### Threshold Service

4 pm on the Second Sunday of  
each month

## Contact Us

**Parish Office Hours:** 9:30 am - 12:00 pm Monday-Friday

**Phone Us:** (250) 753-2523

**Email:** [admin@stpaulsnanaimo.ca](mailto:admin@stpaulsnanaimo.ca) for general inquiries  
[facilities@stpaulsnanaimo.ca](mailto:facilities@stpaulsnanaimo.ca) for room bookings