



St. Paul's News Bulletin

March 8, 2026



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

Ladies' Luncheon: The next date is Saturday, **March 28** at 11:20 a.m. Nicola Peden will explain the history and uses of a labyrinth and provide a simple experience. Please bring your own lunch and utensils.

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!



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

Missional Coaches Workshop: Missional Coaches from the Diocese of Calgary will be running a workshop for St. Paul's current and aspiring leaders on Saturday, **March 21**, from 9:30 a.m. to 3:30 p.m. Anyone interested in serving in a leadership role is welcome to attend.

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.

Holy Week Schedule:

Thursday, April 2 – **Maundy Thursday**

Friday, April 3 – **Good Friday**

Saturday, April 4 – **Great Easter Vigil**

Easter Sunday, April 5

**7:03 a.m. – Sunrise service
(at Historic Chapel in Midnapore)**

8 a.m. – Holy Eucharist

10 a.m. – Holy Eucharist

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

Morning Prayer: A service of Morning Prayer is held Wednesdays at 9:30 a.m. All are welcome.

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

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.

Parish Data & Statistics: We would love to know what year you were born... not to be nosy but to help with planning. Demographic information helps us plan better for Sunday School, adult education and other programs. Also, please tell the church office if you change your address, phone number or email address so we can keep our information up to date. If you would prefer online access to update your own profile, please contact Paul Bourgeois or the parish office. Thanks for your help.

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

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

People's Wardens: Paul Bourgeois

Rector's Warden: Muyi Ekomwenrenren

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

X: [@stpaulscalgary](https://www.x.com/stpaulscalgary)

Instagram: [stpaulsanglicanocalgary](https://www.instagram.com/stpaulsanglicanocalgary)

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

Outreach

A Grace for Lent from Alongside Hope

God of power and might, give bread to those who are hungry, and a hunger for justice to those who have bread.



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. The cost is \$30.

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

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

Card Ministry: If anyone who is grieving, unwell, or celebrating a birthday or anniversary, and would like a greeting card from the St. Paul's Family, contact Pauline Payne at 403-988-2546 or email her at Pauline_payne1@yahoo.com

Casserole Ministry: If someone would benefit from receiving a casserole, please **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. (2nd 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:** (See Laura Ann if you are interested.)
 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 2nd Saturdays to 4th Saturdays.
 Next date is March 28.
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate month
 Check website to confirm location). **Next date is March 28 @ St. Paul'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

PASTORAL CARE TEAM: Betty Nadurak

The purpose of this ministry is to help everyone feel cared for and loved as part of our Parish family. We don't want anyone to "fall through the cracks," and feel that no one knows or cares. This taking care of each other can be done informally, checking on each other. It can also be done more formally as part of the Pastoral Care Team — the ministry of human presence. Special training is available. On behalf of the congregation, the team members contact those in the parish in whatever their own circumstances, so that Jesus Christ can be present and bring healing, compassion and understanding.

It is a ministry requires someone who is willing to be present, and actively listening to the person, but not counselling.

If you have a Pastoral Care need, or if you would like to learn more about becoming part of this ministry, please contact Betty or the Parish Office.

Stewardship Reflections:

"Everyone who drinks this water will be thirsty again." John 4:13

Jesus reminds us that material things, even something as basic as water, can never satisfy us over the long run. When we build our lives around material possessions we will always want more, and no amount will ever satisfy our desire. True joy and peace only come when we follow Jesus - when we become more "God-centered" and less "self-centered."

Financial News

Our surplus at the end of February was \$8,578. Thank you to everyone for helping support our mission financially in these challenging times.



Anglican Journal available online

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

Diocesan News

Announcements

Archbishop Greg has announced The Rev. Brandon Witwer has been appointed as new incumbent for the Parish of All Saints, Cochrane as of March 8.

The Rev. Cmdr. (Ret.) John Wilcox has been named interim Priest for Christ Church, Calgary, while the search committee considers a new incumbent.

The Rev. Willybert Galas has been appointed half-time incumbent of St. Augustine, Calgary. Please keep all of these clergy and their parishes in your prayers.