



St. Paul's News Bulletin

March 22, 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.

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!



Ladies' Luncheon: On 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.

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.



Plant Fundraiser: The St. Paul's Hospitality Ministry is selling planters of flowers as well as tomato and strawberry plants and herbs as a fundraiser. Deadline to order is **April 15**. Plants will be available to pick up as

part of a Spring Garden Celebration **May 23** from 1 to 4 p.m. Please see Abby after the service to order or get a QR code to order online.

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



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 (BCP)

10 a.m. – Holy Eucharist

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

Wednesday Evening Bible Study: The Book of Colossians 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.

Other Fundraisers: A **gift card fundraiser** run by the Hospitality Ministry lets you purchase gift cards for everyday use. You get a full value gift card, and St. Paul's receives a percentage donated by the retailer. The Hospitality Ministry is also accepting donations of **recyclable bottles**. Please see Abby after the service for details.

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

Coffee Time Chart: Please consider signing up for Coffee Time – a vital part of our parish family life. The Coffee Time Chart is available in the Parish Hall. **Please include first and last name.** Training is available. Consider pairing up with a buddy.

Spring Cleanup Day: Please join us **Saturday, May 30** for Cleanup Day. The event runs **9 a.m. – 3 p.m.**, but you are welcome to come all day or any part of the day that suits you. A lunch of chicken, pizza and veggies will be served to volunteers.

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

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

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

Outreach

March 21st is International Day for the Elimination of Racial Discrimination. Alongside Hope has worked constantly to fight discrimination of all kinds, and continues to do so. The fight continues, and you can help by contributing to Alongside Hope.



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 May 8.**
- 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 by 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

GREETING CARD MINISTRY: Pauline Payne

This ministry is a parish outreach to those who are ill, have suffered a loss, need support, or have had a special or joyous event. A card from the parish is sent out to let the individual or families know that their St. Paul's family is thinking of them. Currently one person takes care of this ministry. If you know of anyone who would benefit from this ministry, please contact the Parish Office.

GRIEF SUPPORT GROUP: Laura Anne Fink

This is open to anyone who may be grieving from a death, loss of health or the break-up of a relationship. It is also open to anyone from the community you don't have to attend St Paul's. If interested or you know of someone who maybe interested, please contact the parish office.

ST. PAUL'S IS A SCENT-FREE PARISH

We try to be scent-free out of love and respect for those whose health is threatened by fragrances. May we ask your co-operation in avoiding wearing to church, perfumes and after-shave, perfumed hairsprays, etc. Many thanks.

What is Stewardship?

The earth is the LORD's, and everything in it, the world, and all who live in it. Psalm 24:1

What is stewardship? Most dictionaries define the word as referring to the control and management of assets or property, taking care of something. The website vocabulary.com calls it: "the careful handling and management of resources." But something is missing from that definition.

Mariam – Webster's Dictionary calls stewardship "the careful, responsible management of something entrusted to one's care". This definition adds a new dimension, one of ownership. The bible says, "The LORD God took man and put him in the garden of Eden to till it and keep it" (Genesis 2:25) ownership still resides with God and always would; Adam was there only as God's steward. So, too, we are merely stewards of what God gives us; the earth and everything in it still belongs to God.

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