

# Living Waters

## April / May 2026



**St. Paul's  
Anglican Church**  
*Opening Hearts and Minds to God's Grace*



**Batter  
up!**  
Frank was  
cooking up  
pancakes  
as one of  
the many  
volunteers  
on Shrove  
Tuesday.  
See photos  
Page 10.



**Friendship  
to faith P 4**



**Clean  
up  
Day  
P 8**



**Is this God's  
plan? P 12**



**Leapin'  
Leprechauns  
P 26 & 27**

# St. Paul's information



7 Sunmills Green SE Phone  
Calgary, Alberta T2X 3P6 (403) 256-1428

Email: office@stpaulscalgary.ca  
Website: www.ststpaulscalgary.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/UClDxfHv5pFYST--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** – Muiy 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** - Muiy 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, 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.*

## INCUMBENT'S MESSAGE



The Rev'd Tony Hilling

# THE EASTER FIRE

As I ponder a topic that would fit into the April/May season, I realize that (as I write) it is March 17<sup>th</sup> - St. Patrick's Day. There are a number of anecdotes that surround the life of Patrick. One of them was a story that when he visited Ireland the second time, he was no longer a slave but a missionary bishop who happened to be there on what was now Holy Saturday evening. At the Vigil of the feast of the Resurrection, he lit the Easter fire. What he did not know was that the Druids were also worshiping. And according to their custom, it had to be the high king and him only who could light the first fire at this time of the pagan year, under pain of death. So, at the beginning of Patrick's mission, he effectively upstaged the high king and twisted his nose out of joint! This was not an auspicious start. The rest, of course, is history; and Ireland became a Christian bridgehead that sent other missionaries to Briton, Scandinavia and northern Europe.

I had heard this story years ago as a seminary student, but on "googling it" today, I find that the story was originally told by a guy called Muirchu, who had written a life of Patrick about two hundred years after the saint's death. Muirchu claimed that Patrick had lit the fire with full knowledge of the high king's prerogative and wished to make a point that Christ was the true High King. Whether Patrick meant to light the fire or not, it is clear from the Easter Vigil liturgy that this fiery beginning of our faith is intentionally subversive. The Easter Vigil Exultet makes this very clear:

"Rejoice, heavenly powers! Sing, choirs of angels! Exult, all creation around God's throne! Jesus Christ, our King is risen! Sound the trumpet of salvation! Rejoice, O Earth, in shining splendour, radiant in the brightness of your King! Christ has conquered! Darkness vanishes for ever!"

My source for the Muirchu quote is Fr. Billy Swan, who wrote an article entitled "St. Patrick and the Easter Flame." In this paper, Fr. Swan states that Muirchu wrote about the high king of Ireland's wise men who warned him of the future.

"In the narrative, the pagan king is surrounded by his "seers and magi," who fearfully foretold the coming of "another way of life . . . like a kingdom . . . that would overthrow kingdoms . . . and be a kingdom that would have no end." Most significantly, these pagan advisors prophesy that "when all these things happen, our kingdom—which is pagan—shall not stand." (Muirchú, Life of Patrick).

If this quotation reminds you of Daniel chapter 2, where the prophet sees a vision of a great statue representing all empires, you would be on the right track. In the vision a rock hits the statue and reduces it to dust. That rock, of course, is the Kingdom of God initiated by the Messiah which overtakes and undermines all other kingdoms on earth.

What does this teach us? Our Christian faith must keep its subversive character. There should be no such thing as an "established" church. Much of what society today is doing is contrary to the scriptures; to be established necessarily causes us to flow with the morals of our age. This we cannot do! We must be free to be the prophetic voice of our age and challenge the kingdoms of this world. We are presently reflecting on how to make our parish more missional. May we leave behind an attitude that "plays it safe," and move forward into what the Lord is calling us to do today. This year as we light the Easter Fire, may we invite our Saviour to light that same fire in us and passionately fulfil his charge to our local church.

*Fr. Tony*

**May  
we  
invite  
our  
Saviour  
to light  
that  
same  
fire in  
us....**

# It starts with a handshake



Behind the  
Name Tag  
*A St. Paul's Family profile*

**The Rev. Garry MacDowall's motto is, "Make a friend, be that person's friend, then you have the chance to bring them to Jesus."**

## By BILL HART

The Rev. Garry MacDowall leans forward in his chair, arms outstretched, palms facing each other horizontally four inches apart. "I think there are about 200 handwritten pages," he says, demonstrating what two years' worth of putting memories to paper looks like.

"The next thing I need to do is edit it, and I'm working with a friend to get it into computer form. Then there's 60 years of pictures to go through.

"I hope it will be completed this Spring."

"It" is Garry's recounting his life and reflecting on nearly six decades of ministering to people and parishes in four provinces. "I'm not really a writer, but my family and friends told me, 'You need to write your story,'" he says. His wife Judith suggested it as his legacy for their three children and five grandchildren: farm life in the 1950s. How his mother was an early entrepreneur, opening several restaurants and catering businesses. Ministering to West Coast First Nations communities – "the best fishermen in the world." And as

much as it is a family history, perhaps even more fitting, it's a chronicle of a legacy of lifelong service.

Garry and Judith, his wife of 55 years, joined St. Paul's about two years ago, moving here after 29 years in Manitoba to be closer to their daughter and grandsons.

Coming to Alberta, leaving three decades of friends behind and finding a new spiritual home here "was not as difficult as I thought it might be," he admits, in large part due to the welcome they received from the parish. "After our first Sunday here," he says, "we went home and collectively we said, 'We're going back there.'"

His approach to ministry is reflected in how he describes St. Paul's: "We have two worship services on Sunday," he says with a wry smile. "The first is at 10 a.m., where we give praise to the Lord. The second is coffee and lunch, where we get to know each other." That second "service," he adds, "was important for us to see happening to make this our home worship place."

Building relationships with families, not just with one person sitting in a pew on a Sunday morning, has always

# Build friendship & faith will follow, says retired pastor

been the bedrock of how Garry shares his faith. He grew up on a farm and in the small town of Arnprior in the Ottawa Valley, the eldest of nine children. He'd planned to study political science at Carlton University, but nearly dying in a car accident as a teen changed his perspective and entire life direction. "That was when Jesus Christ became a love word rather than a swear word," he recounts. His parish priest directed him to the Anglican Church Army (an evangelistic ministry now known as Threshold Ministries) and after two years of study in Toronto, he was commissioned as an ACA lay evangelist.

"A couple of times I thought I might get into another field, but the Holy Spirit kept me there," he says. "ACA was a tremendous biblical foundation on what a practical Christian ministry should be." He worked at a hostel for transients in Kamloops, B.C., for a year, and served in Pouce Coupe, near Dawson Creek. "I felt called to take further studies, so I returned to Toronto and attended Wycliffe College."

That's when Judith entered (actually re-entered) the picture. "I met her in my last year of high school in Arnprior – she sat one seat ahead of me and I kept giving "pokes" and passing her notes," he says with a mischievous chuckle. They followed separate paths for five years but reconnected when Garry, having moved back East, was invited to attend her graduation dance from nursing school. They dated, "and from there the flame continued to grow," he says. The couple married in 1971 and they moved West to Port Edward, in northwest B.C. "It was a wonderful ministry," Garry recalls, with five canneries supporting the First Nations fisheries in the area.

"I'm a person who tries to work themselves out of a job," he adds with a grin. "I encouraged our indigenous congregants to become leaders of their own people. Over time they became self-supporting, forming their own leadership and cultural skills as lay readers, deacons and priests."

## "Don't hesitate to be a visitor"

One of his fondest memories, he says, is the friendships he made in B.C., Alberta and later in Manitoba by ensuring his ministry didn't stop at the church's front steps. Getting to know the families, coaching the young people, opens the doors to the entire family, he says. "As a priest, don't hesitate to be a parish visitor," he says. "And that works with whatever culture you are serving."

"Being raised on a farm gave me an instant connection to the land," he adds. "In rural parishes I'd just drive into the yard to say hello and talk with the farmers for an hour or so

... but not during seeding and harvest time! A lot of friendships grew from those initial visits. My motto is 'Make a friend, be that person's friend, then you have the chance to bring them to Jesus.' "

Those initial connections – "shaking hands, eyeball to eyeball" – also extended to he and Judith being active in the community: Judith sharing her nursing and health administration training; Garry coaching youth sports teams and even venturing into public service ("back to my wanting to study political science," he says with a smile). He served as a town councillor in several communities, and leveraged his love of sports into arranging for the Grey Cup 100 Train tour across Canada in 2012 to include Minnedosa, Manitoba, in its itinerary.

Political life gave his listening skills a good workout: "My role (as councillor) was to help people no matter what their beliefs. I learned to be a good listener," he says, "so when working with people of different persuasions I could listen, then put forward my point of view but with an aspect of courtesy. That way you can agree to disagree." True dialogue, he adds, only begins after you listen to someone tell their story and when they are finished, tell them your story. Then and only then," he says, "will true dialogue begin because mutual respect is there."

## Harnessing our gifts

Building those friendships, those connections, also opens the door to discovering and harnessing our God-given gifts, Garry believes. "Many of the people I've met, through their vocations, have a wonderful mixture of gifts," he says. "Do we use those gifts? As a parish we need to take advantage of our gifts and get involved in parish life."

And while he's officially retired, Garry still lends his gifts as needed. After six decades of being on the front lines – or at the front of the church, as it were – Garry is comfortably settling into retired life. He still makes sure newcomers receive one of his eyeball-to-eyeball handshakes and a warm welcome to the parish. He'll gladly build those relationships debating the merits of his favourite sports teams (Go Jets) or discussing politics (his ideal Prime Minister would be a combination of Diefenbaker and

Pearson – orator and statesman).

But 60 years in, there's an advantage to being in the pews instead of in front of them: "It's good," he says with a heartfelt smile, "to finally be able to sit with Judith and worship."



## Book Signing May 24

**The Rev. Garry MacDowall, shown above enjoying the St. Paul's African Thanksgiving, will be signing copies of his new book on Pentecost Sunday, May 24, at St. Paul's during Coffee Time. The book is entitled *Just Call Me Garry – A Friend of Jesus* (John 15:15.) From the proceeds of each sale, \$20 will be donated to *Alongside Hope* (formerly PWRDF.)**

# 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. (2<sup>nd</sup> 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.
- 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 May 8.
- Saturday:** Ladies Luncheon: 11:20 a.m. - 4<sup>th</sup> Saturdays of the month. Next dates are April 25 & May 23.  
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 April 18 at St. Peter's and May 16 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

- Ufuoma Coleman
- Chinwe Sue Ijezie: KC; Gozie; Anie
- Chinyere & Collins Okafor
- Levi and Anabelle Selway: Anastasia, Sophie & Eve



Archbishop Greg poses with a new friend on an Alongside Hope road trip south of Calgary to see farmers supporting the Canadian Foodgrain Bank. The trip showed faith, farming and food security intersecting to fight hunger locally & globally. The road trip was part of a three-day meeting held at St. Paul's. For more, see [www.alongsidehope.org](http://www.alongsidehope.org)

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

DATE	OBSERVATION	PRESIDING	PREACHING	ASSISTING	SPECIAL THEMES
April 2 – 7:30 pm	Maundy Thursday	Tony	Tony	Betty	Washing of feet
April 3 – 11 am	Good Friday	Sean	Sean	Betty	
April 4 – 8:30 pm	Easter Vigil	Tony	Tony	Betty	
April 5 – 7:03 am	Easter Sunday Sunrise Midnapore Chapel	Betty	Betty	Betty	Morning Prayer
April 5 – 8 am	1 <sup>st</sup> Service – St. Paul’s	Sean	Sean	Sean	BCP Service
April 5 – 10 am	2 <sup>nd</sup> Service – St. Paul’s	Tony	Tony	Tony	Birthdays & Anniversaries
April 12	2 <sup>nd</sup> Sunday of Easter	Tony	Tony	Betty	
April 19	3 <sup>rd</sup> Sunday of Easter	Sean	Sean	Betty	Healing Focus
April 26	4 <sup>th</sup> Sunday of Easter	Tony	Tony	Betty	
May 3	5 <sup>th</sup> Sunday of Easter	Tony	Tony	Betty	Birthdays & Anniversaries
May 10	6 <sup>th</sup> Sunday of Easter	Tony	Tony	Betty	
May 17	7 <sup>th</sup> Sunday of Easter	Sean	Sean	Betty	
May 24	The Day of Pentecost	Tony	Tony	Betty	Garry’s book signing
May 31	Trinity Sunday	Tony	Tony	Betty	

# 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 Friday, April 3 – Monday April 6:** The St. Paul’s office will be closed for Good Friday and Easter Monday. The office will reopen Tuesday, April 7 at 9 a.m.

**Plant Fundraiser:** The St. Paul’s Hospitality Ministry is selling planters of flowers as well as tomato and strawberry plants and herbs as a fund-raiser. 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.

**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.

**Men’s Breakfast:** Events are planned Saturday, **April 18** at St. Peter’s and May 16 at St. Paul’s. Both start at 8:30 a.m. All men 13+ are invited to join great food and fellowship!

**Ladies’ Luncheon:** A meeting will be held on Saturday, **April 25** at 11:20 a.m. with a catered lunch. On **May 23**, Karaoke will be featured. See Pages 28 & 29 for details.

**Coffee House:** The next St. Paul’s Stringers Coffee House will be Friday, **May 8** at 7 p.m. Come enjoy our own house band, open mic and snacks. This is family friendly. All welcome!

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



**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.



**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.

**Food for Others Sunday: May 31** 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 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.



**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 **June/July** issue of *Living Waters* is Wednesday, **May 13**. Please submit materials as early as possible (within one week of an event happening) to office@stpaulscalgary.ca



**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.

*St. Paul's*

# CLEAN-UP DAY

MAY 30 - 9 A.M. - 3 P.M.

PIZZA, CHICKEN AND

VEGGIES LUNCH

FOR VOLUNTEERS



*St. Paul's*  
*Stringers*



# COFFEE HOUSE



FRIDAY  
MAY 8  
AT  
7 P.M.  
OPEN  
MIC!



# ALL WELCOME!



# *Holy Week* SCHEDULE

**March 29 - Palm Sunday 10 a.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 Service  
at Historic Chapel 7:03 a.m.**

**1<sup>st</sup> Easter Sunday Service  
at St. Paul's 8 a.m.**

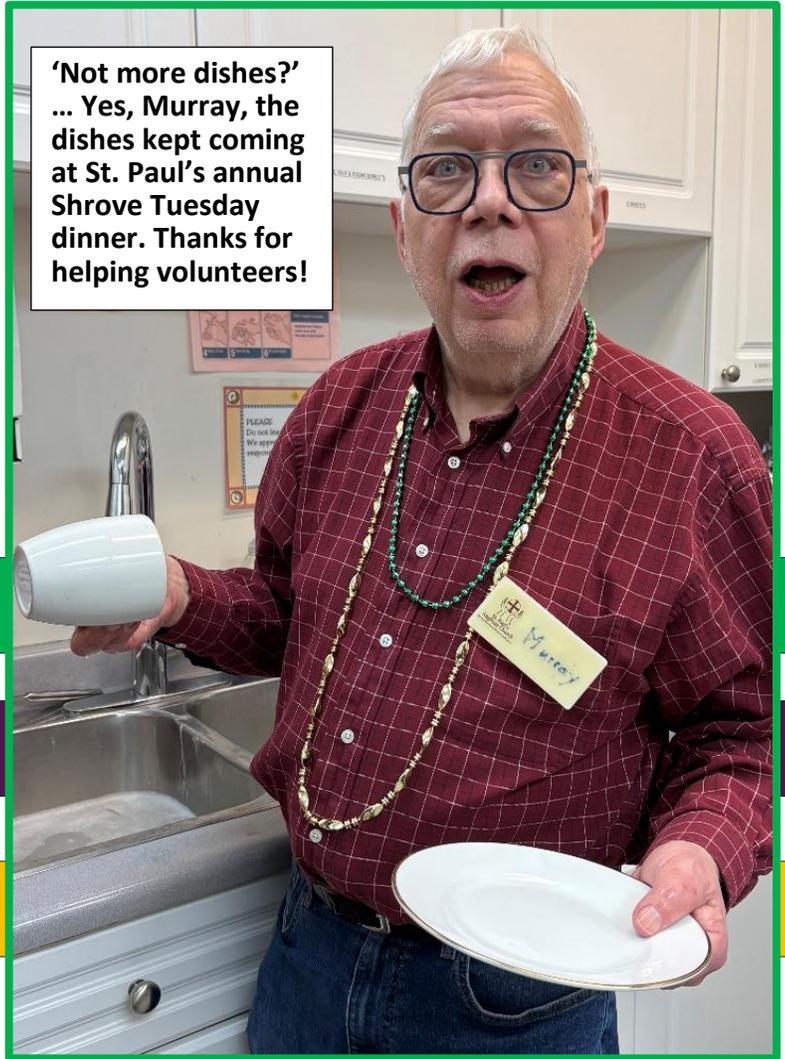
**2<sup>nd</sup> Easter Sunday Service  
at St. Paul's 10 a.m.**



# Stacks of fun!

St. Paul's Shrove Tuesday was flipping delicious with pancakes, sausages, ham and ice cream for dessert. Thank you to all the volunteers who worked together to help make it happen.





**'Not more dishes?'**  
**... Yes, Murray, the**  
**dishes kept coming at**  
**St. Paul's annual**  
**Shrove Tuesday**  
**dinner. Thanks for**  
**helping volunteers!**



# God's plan?

## *Learning to leave it to Him*



**INGRID BOLTON**

### **INGRID'S INSPIRATION:**

**Jeremiah 29:11: For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.**

**Proverbs 3:5-6: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.**

**Romans 12:2: Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is his good, pleasing and perfect will.**

"If someone asked you what is God's plan for your life, how do you respond? We hear and read passages in the Bible that reflect on this question, but how deep is it embedded in your daily spiritual life?"

That's the tough question Ingrid Bolton - St. Paul's treasurer, choir member, former warden and the quiet strength behind many congregational endeavours - tackled as the speaker at the January Ladies' Luncheon.

"I am about to take you on my life's journey of how I recognized and acknowledged and saw God's plan in my life. The journey may sometimes not seem quite real. It may seem like trials and tribulations, but there is much joy in knowing that God truly has a plan," she said.

"I grew up in South Africa as the fifth generation from Germany of Lutheran descendants. Then why am I in an Anglican Church now and in Canada? Who in their right mind would leave all their family behind and drag two little children across the world? Was this really God's plan?"

"Let's take you back. I went to Christian schools with daily prayer, reflection and meditation, learning hymnals by heart, attending Bible study, church every day, participating in events, all over and above 12 years of academia. I loved it, I practised it for my confirmation when I was 12."

But did that make it easy? Her pastor chose a Bible verse for her spiritual journey. **Romans 1:16: For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes.**

"Did the pastor know something? Was he in on God's plan? Again, easy you may think. So much so that I wanted to become a missionary. I wanted everyone I met to BELIEVE! I'm not sure *that* was in God's plan.

"At 17 her father said: 'You are going to further your studies before you go to be a missionary.' He meant, you can always be a missionary, a teacher and share your love for God, wherever you are. And a year later, he said: 'Yes, this was God's plan for you.'

"Now what you need to know is, since the age of 5, I was at boarding school. So, imagine not having your parents around to guide you, but a host of Godly people who are constantly guiding and nurturing you through daily life without even realizing it – what a blessing!

"OK Dad, so no missionary work. Then how am I going to nurture this hunger for God?"

Ingrid worked full-time, studied part-time and in her spare time did "churchy" things at a nearby city church.

"They had a sea missions ministry. Sailors visited while they docked in the harbour. I visited to learn about their journeys and their faith while at sea. At church I led youth groups, Sunday school and Bible studies and if they were not in existence, I started them. With guitar and Bible in hand and the priest's blessing, little did I know my mission work was in play. We visited parishioners in hospital or the old-

age home, to sing and pray with them. Giving back, learning those hymnals and being blessed in my school life.”

She believes God was preparing her for what was to come.

“I was married at 24, I lost my first child and then at 29, Bianca my miracle baby, was born with a severe immune deficiency – was this part of God’s plan? I was a working mom and we were going through political changes in the country. White men had difficulty finding jobs unless they started their own business. But white women were at the top of the totem pole. Please do not be offended by my statement, but this is fact.

“Yes, it was God’s plan to have my husband stay home, start his own business and look after Bianca while I worked. I worked so hard that I could not fall pregnant, so with prayer and commitment to God, I quit my job and 10 days later was blessed with being pregnant with Kai. I

was 32 and had a very active baby. Those who know Kai can attest to this. He was blessed before he came to this world ... prayed over and prayed for as I struggled thinking I may lose him. And yes, it was in God’s plan as he is a missionary in his own right now at the age of 25 and married at 21 – crazy I would say.

“The craziness had only begun. God’s plan was in motion. When Bianca was 18 months old, we as a family had a near-death experience, as so many had in South Africa,” said Ingrid, struggling to speak with emotion closing off her words. “And again, when Kai was 18 months old, the same thing happened – but this time at home.

“This was it. Colin could not find a job. We were in danger. My children were little and I had an amazing, well-paid job. Now what kind of a plan was this?

“‘Find a job anywhere in the world,’ I said to Colin, ‘We need to go.’” But didn’t really believe it would happen.

“Ten days later he had a job and two weeks later, we packed up and moved to Qatar in the Middle East. For once I was not going to be working and would be full-time mom – my life-long dream. Well God had another plan. The project was not doing well and the work was what I had been doing for the last 10 years. God’s plan do you think?”

For three years, in the Middle East, God was preparing the next plan. “So much had now happened in my life, I did not question God anymore. Now all I prayed was ‘What’s next?’

“Trying to figure it out was exhausting and I had to be prayerfully obedient, patient, persevere and be at peace

with God’s plan – I physically, mentally and spiritually was exhausted. As we know, God only gives us what we can manage. **1 Corinthians 10:13b: And God is faithful; he will not let you be tempted beyond what you can bear.**

“In Qatar the only Christian church at the time was Church of England. It was a wonderful experience of believers from different backgrounds and denominations going to church on Friday. Again, the mission work started at Sunday School, Youth Groups and Bible Studies. I really could not help myself ... and in a Muslim country. Man, oh man, God has a plan and he is good. I ended up having great conversations with Muslim scholars about our similarities and differences.

“Again, our time in the Middle East came to an end with

no job in sight and we were going to South Africa to visit. But there were no flights available. All in God’s plan? Where should

## ‘We as a family had a near death experience.... We were in danger.’

we go? Let’s go where no one else would go ... where it is -30 degrees and the kids could make snow angels. They had just learned to make angels in the desert.

“Off we flew to Vancouver and Calgary, we could not really afford it. But God had a plan - the trip was paid for as long as we went for interviews in both cities. Well, you know His plan was real as we have now been in Canada for 21 years.

“We bought a house in Chaparral and on the first Sunday said, we are driving to church ... the one that is closest to us. We turned left instead of right. Left was St Paul’s and right was the Lutheran church. God had a plan for us to be here. He had prepared us in the Middle East. I had to learn all the *Anglican-isms*, while not too different from the Lutheran, it is different and I am still learning.

“God’s plan has continued to reveal itself here in Canada, but that story is for another day. I have seen God’s plan behind me, but we do not know what his future plan is – THANK GOODNESS!

“It has taught me to take my passion for God and his people, be patient – this is very hard for me. Persevere no matter what seems to stand in the way or how long it takes, prayer consistently and continuously, and be at peace ... that it will be HIS plan, no matter what you think you may be planning.

“What is God’s plan in your life? Do you recognize it? Can you acknowledge it? Are you at peace with it?

“May you be blessed as you discover what God has in store for you. May the Peace of Christ be with you all.”





# Prayers

Collected and shared by Dinah



## A PRAYER OF ADORATION

*"Let everything that has breath praise the Lord."*  
Psalm 150:6 NIV

Eternal God, I come before you with words of praise, I seek to worship you and draw closer to you. You are worthy of praise. You created the heavens and the earth And all that are contained within. Thank you for your mighty acts in creation. I give you thanks for your son, Jesus Christ. For his ministry of teaching and healing. For showing me the way to a better life. For providing me with a way to you And for the promise of eternal life. O God, you are so gracious. In your great mercy you provide me with all that I need. I take joy in the abundance of your bounty; In the way you care for creation. I pray that I will always follow your ways, that your presence will shelter me. For you are my rock and my redeemer, My hiding place and my strong tower. Thank you, O God, for loving me. Amen.

- Neil Ellis Presbyterian Church/Cobourg, New Every Morning

"Holy God to whom all praise is due, I stand in awe of you."  
- Bob Fitts

## FOR OUR WORLD

*"Let all peoples know that God is Ruler, even to the ends of the earth."*  
- Based on Psalm 59:13

Lord God, all wise, all merciful, hear us as we pray for those who bear the responsibility of leadership among the nations of the world, and for our leaders at all levels of government in our own country. Give them in all their deliberations wisdom to know your will, regard for your laws, and respect for human rights; that they may seek to lead all people in the paths of truth, freedom and peace, for the glory of your Name, through Jesus Christ our Lord. AMEN

- Frank Colquhoun(adapted)

Guide our feet in the way of peace and "teach us to number our days so that we may gain a heart of wisdom."  
( Psalm 90:12)

**Heal our lands Lord and bless Your people with peace. Amen. - author unknown**

## A PRAYER FOR OUR SPIRITUAL LEADERS

Holy God, we lift to you our spiritual leaders, Archbishop Greg, our own clergy – Tony, Betty, Sean. Cyril and Garry and their families.

May they seek your counsel daily, seeking your wisdom and guidance as they give spiritual guidance to others. Fill them with patience, peace, and joy for their work, remembering you are with them even when the work is hard, for you are faithful to equip those who obey your call. AMEN

- Source Unknown

## PRAYERS FOR OURSELVES AND OTHERS

*"The Lord is near to all who call on him."* Psalm 145:18

### PRAYER OF SAINT FAUSTINA

"Help me, O Lord, that my eyes may be merciful, so that I will never be suspicious or judge by appearances, but always look for what is beautiful in my neighbours' souls and be of help to them; that my ears may be merciful, so that I will be attentive to my neighbours' needs, and not indifferent to their pains and complaints; that my tongue may be merciful, so that I will never speak badly of others, but have a word of comfort and forgiveness for all; that my hands may be merciful and full of good deeds; that my feet may be merciful, so that I will hasten to help my neighbour, despite my own fatigue and weariness; that my heart may be merciful, so that I myself will share in all the sufferings of my neighbour."

AMEN

## FOR THOSE DEAR TO US TO KNOW THE LORD

*"Look! I have been standing at the door, and I am constantly knocking. If anyone hears me calling him and opens the door, I will come in and fellowship with him and he with me."*

- REV. 3:20 The Living Bible

How wonderful to know Lord, that you are constantly knocking on the doors of hearts that do not know you yet, and, knowing that we thank you that you never give up and so take heart from your example and continue to pray without ceasing- that the doors of their hearts be opened to you and changed forever. AMEN - DB



## FOR THOSE IN NEED OF HEALING

Lord Jesus, you listen to our hearts and enter into our pain and our fears. Come Lord and bless all who are in need of your healing touch in body, mind or spirit with the comfort and quiet of your gentle presence, now and always. AMEN  
- D.B. (adapted from All Will Be Well)

**“May the healing love and grace of God be in every corner of your heart, crevice of your mind, and cell of your body. AMEN - Avery Brooke**

### AS WE GRIEVE

Please listen, God, while we talk to you about our loved ones who have died. Please take care of them and please take care of us too. Thank you for the times we had together. Thank you for Jesus, who shows us your love. He is close to our loved ones, and he is close to us. Thank you, God.  
- New Zealand Prayer Book

Lord, things in my life feel beyond repair, in need of a miracle. Yet it feels risky to ask for your help. What if you don't answer? But leaning on you is all I know to do. So here I am, God, in need of restoration. Here I am, asking for intervention, knowing whatever the outcome, you'll be with me. I put my hope in you and await your blessings. In Jesus' Name. AMEN  
- Let Us Pray

### WORDS OF ENCOURAGEMENT

*“O taste and see that the Lord is good; happy are those who take refuge in him.” - Psalm 34:8*

‘So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.’  
- Isaiah 41:10

You go nowhere by accident. Wherever you go, God is sending you. Wherever you are, God has put you there. God has a purpose in your being right where you are. Christ, who indwells you by the power of his Spirit, wants to do something in and through you. Believe this and go in his grace, his love, his power. In the name of the Father, Son, and Holy Spirit. AMEN  
- Richard Halverson

“Now may the Lord of peace himself give you peace at all times and in all ways, the Lord be with you all.”  
Thessalonians 2: 3:16

## SEASONAL PRAYERS

Lord our God, during these last days of Lent, may the coming days of Holy Week continue to prepare our hearts as we wait in joyful expectation for Easter morning when we can join saying “Alleluia! He is Risen!  
AMEN - D.B.

## HOLY WEEK

“Lord Jesus Christ, you became human and took on the realities of humanity in our world. Help me to enter fully into your Passion through my Lenten promises and always be reminded that You went to the desert, the garden, and the cross for me. Open my eyes to your sacrifice and your love. Walk with me through these seven days and lead me toward resurrection joy.” AMEN  
- Sisters of the Divine Saviour

### MAUNDY THURSDAY

Infinite, intimate God; this night you kneel before your friends and wash our feet. Bound together in your love, trembling, we drink your cup and watch. AMEN  
- A New Zealand Prayer Book

### GOOD FRIDAY

“My God, my God, why have you forsaken me?”  
-Mt. 27:46

It was for us, Lord Jesus, that you endured all this: the hatred, the treachery, the rejection of men; the scourging, the mockery, the crown of thorns; the agony and shame and dereliction of the cross. It was for us men and for our salvation that you suffered and died. Give each one of us a deeper understanding of what you have done for us, and of what we owe to you; that we may live as those who are no longer their own but have been bought with a price, the price of your life-blood, O Lamb of God, our most gracious Redeemer and King. AMEN  
- Frank Colquhoun



### EASTER EVE (*the hope of the resurrection*)

O Lord Jesus Christ, Son of the living God, who on this day rested in the sepulchre, and so sanctified the grave as a bed of hope to your people: Make us abound in sorrow for our sins, which were the cause of your passion, that when our bodies rest in the dust, our souls may live with you; who lives and reigns with the Father and the Holy spirit, one God, world without end. AMEN - Office of Compline

### EASTER

***Death is swallowed up in victory. O death, where is your sting? - 1 Cor.15:54-5***

ALLELUIA, CHRIST HAS RISEN! If you were not risen, Lord Christ, to whom would we go to discover a radiance of the face of God? If you were not risen, we would not be together seeking your communion. We would not find in your presence forgiveness, wellspring of a new beginning. If you were not risen, where would we draw the energy for following you right to the end of our existence, for choosing you again and anew?  
- Brother Roger of Taizé

## EASTER JOY

Almighty and everlasting God, we meet with joy to worship you this Easter Day. And our joy is this, that He who was crucified, dead and buried is now alive for evermore, our risen and reigning Lord. As we celebrate his triumph we pray that his joy may abide in our hearts and that our lives may proclaim his praise. To him be glory for ever and ever. - AMEN  
- F. Colquhoun

## EASTER PEACE

Living Lord, conqueror of death, we remember with gladness how on the day of your resurrection you appeared to your disciples in your risen power and said to them "Peace be with you." Speak that word to our hearts today O Lord. Lift us above all our doubts and fears; and help us so to practice your presence and to rest upon your victory that your peace may be with us, now and for evermore.- AMEN  
F. Colquhoun

## THE ROAD TO EMMAUS

*"Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us" - Luke 24:32*

Risen Lord, who on the first Easter Day drew near to your two disciples on the Emmaus road, and at evening stayed with them in their village home: be our unseen companion along the daily journey of our life, and at the ending of the day come and abide with us in our dwellings; for your love's sake.  
AMEN

God our Father, Creator of all, today is the day of Easter joy. May the risen Lord breath on our minds and open our eyes, that we may know him in the breaking of bread and follow him in his risen life. -AMEN

-The Liturgy of the Hours

## THE UPPER ROOM

*"Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have." Luke 24:39*

Lord Jesus, risen from the dead and alive for evermore: stand in our midst tonight as in the upper room; show us your hands and your side; speak your peace to our hearts and minds; and send us forth into the world as your witnesses; for the glory of your name. AMEN -J.R.W. Stott

Living God, for whom no door is closed, no heart is locked, draw us beyond our doubts, till we see your Christ and touch his wounds where they bleed in others. AMEN

-A New Zealand Prayer Book

## HALLELUJAH

Christ is risen: The world below lies desolate. Christ is risen: The spirits of evil are fallen. Christ is risen: The angels of God are rejoicing. Christ is risen: The tombs of the dead are empty. Christ is risen indeed from the dead, The first of the sleepers. Glory and power are his for ever and ever.

-Hippolytus of Rome

We thank you, Lord God, that because of Easter our gospel is not least a gospel about the mystery of death as well as of life. May those who face death at this time, and especially those who have watched it claim their loved ones, know that through Christ's glorious resurrection death has lost its sting forever. He has opened the kingdom of heaven to all who believe in him. He has broken the power of death and brought life and immortality to life. Thanks be to God who gives us the victory through our Lord Jesus Christ! AMEN

-adapted

## OTHER SEASONAL PRAYERS

### PRAYER OF RICHARD OF CHICHESTER (April 3)

Thanks be to thee, my Lord Jesus Christ, for all the benefits thou hast given me, for all the pains and insults thou hast borne for me. O most merciful redeemer, friend and brother, may I know thee more clearly, love thee more dearly, and follow thee more nearly, day by day. AMEN

### A PRAYER FOR REFUGEE RIGHTS DAY APRIL 4

We pray for all those separated from their loved ones and those who have had to flee home to seek a better life for themselves and their families. Bring them safely to the place where they long to be and together may we be Christ-light.

-Source: Becoming Neighbours, Toronto

### A PRAYER FOR EARTH DAY (April 22)

We thank you, Lord of all creation, for the wonders of the world in which we live; for the earth and all that springs from it; and for the mystery of life and growth. We pray that our gratitude may be shown by our care to preserve the powers of the soil, by our readiness to learn from scientific research, and by our concern for a fair distribution of the earth's resources. We ask these things in the Name of Christ our Lord. AMEN

-Basil Naylor

### ST. GEORGE APRIL 23

Almighty God, who called your holy martyr George to bear before the rulers of this world the banner of the cross, grant that we may be strong in every battle against sin, and attain to the crown of eternal life; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. - AMEN -from For All the Saints

### ST. MARK THE EVANGELIST APRIL 30

We give thanks, O Lord, for your servant John Mark: for the grace by which he triumphed over early failure, and for the inspiration by which he penned the story of the strong Son of God. Teach us through his life and writings the secret of victorious living, and deepen our faith in your redeeming love and power made known to us in Jesus Christ our Lord. AMEN

- Frank Colquhoun



## ST. PHILIP & ST. JAMES MAY 1

Almighty God, by whose providence your servants Philip & James were called to be apostles of our Lord: help us, like them, so to follow Jesus as to know him to be the Way; and so to believe in Jesus as to find in him the Truth; that following and believing we may possess eternal Life through his Name. AMEN  
-Llewellyn Cumings

## ST. JOHN THE EVANGELIST MAY 6

Eternal god, who through the witness of the apostle and evangelist Saint John revealed the mystery of the Word made flesh for our salvation: grant that we who rejoice in your love may walk in the light of your truth and be partakers in the life eternal, by faith in your Son, Jesus Christ our Lord. AMEN  
- Frank Colquhoun

## A PRAYER OF JULIAN OF NORWICH MAY 8

God of your goodness, give me yourself, for you are sufficient for me. To be worthy of you I cannot ask for anything less. If I were to ask less, I should always be in want, for in you alone do I have all. AMEN

## A PRAYER FOR MOTHER'S DAY MAY 11

Thank you, Lord for our mothers. We remember today their loving care, and their ceaseless love for us. May we show them by our gifts, our word and our actions that we love them and care about them too. Thank you, Lord, that you have spoken to us through our mothers that we may know your steadfast love. AMEN  
- source possibly Mother's Union

## PRAYER FOR JERUSALEM SUNDAY MAY 29

O God, we give thanks that your dear Son has gathered us in the embrace of his redeeming love and sent us to make that love known to the ends of the earth. We pray your continued blessings on the steadfast witness of the Church in Jerusalem and throughout the Middle East. Give your deep joy to those who welcome the pilgrims seeking to know this land and its many peoples. Grace those who proclaim the Gospel. Guide all who teach the new generation of young people. Draw near to those who are sick and bless those who tend them. Sustain the hope in all who long and labour for a just and lasting peace in the land of the Holy One. And may the Companions of Jerusalem be many and faithful. We pray in the name of our merciful Saviour, Friend and Brother, our Lord Jesus Christ.  
- Most Reverend Fred Hiltz

## THE VISIT OF THE BLESSED VIRGIN MARY TO ELIZABETH - MAY 31

*"Blessed is she who believed that the Lord's promise would be fulfilled." - Luke 1:45*

Almighty God, who looked with favour on your servant Mary and called her to be the mother of your Son, nurture in us the humility and gentleness that found favour in your sight, that with her we may proclaim the greatness of your name and find the mercy you show to those who fear you; through Jesus Christ our Lord, who is alive and reigns with you and

the Holy Spirit, one God, now and for ever. AMEN  
- For All the Saints

## PENTECOST – MAY 24

Jesus said: "you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria and to the ends of the earth."  
- Acts 1:8

**Fire of God, wind of God, Spirit of God, purify us in the flame of your mercy, change us by the breath of your power and take possession of us in the warmth of your love. AMEN - Angela Ashwin**

O Spirit of God, mighty river, flow over me, in me, through me. O Spirit of God, cleanse me, purify the channels of my life. O Spirit of God, bear me along with thy flood of life-giving service. O spirit of God, mighty river, bear me down to the ocean, the ocean of thy love. O Spirit of God, mighty fire, glow in me, burn in me until thy radiance fills my soul. O spirit of God, mighty fire, may thy light illumine my mind. O Spirit of God, mighty fire, may thy heat consume my will until I burn for thee alone. May the flames of thy love ever blaze upon the altar of my heart. AMEN

- Chandran Devanesan

May the Spirit, who hovered over the waters when the world was created, breath into us the life he gives. May the Spirit, who overshadowed the Virgin when the eternal Son came among us, make us joyful in the service of the Lord. May the Spirit, who set the church on fire on the day of Pentecost, bring the world alive with the love of the risen Christ. And may the blessing of God Almighty, the Father, the Son and the Holy Spirit be upon us and remain with us always. AMEN  
(source unknown)

## THE TRINITY MAY 31

*"Holy, holy, holy is the Lord God Almighty, who was and is and is to come."  
Rev. 4:8*

O God, Father, moment by moment you hold me in being, on you I depend. O God, eternal Son, friend and brother beside me, in you I trust. O God, Holy Spirit, life and love within me, from you I live. AMEN

- Richard Harries

Mysterious three-fold God, visit my heart and find there a welcome as Maker, Mender and Builder. Come, my Source, my Saviour, my Comforter; take me up into the movement of love which flows in your timeless unity- threefold God, Father, Son and Spirit. AMEN  
- Angela Ashwin

**Glory to the Father, through the Son, in the Holy Spirit, now and forever, and unto ages of ages.  
- from an ancient form of the Gloria**

## A BLESSING

May Christ dwell in your hearts through faith and may you be rooted and grounded in love and comprehend, with the saints what is the breadth and length and height and depth of the love of Christ, so that you may be filled with all the fullness of God . AMEN  
- Based on Ephesians 3:17-19





## Sending kindness one card at a time



St. Paul's ladies combined their skills at the February meeting to create customized handmade cards for people who could use a thoughtful lift. Ladies' Luncheon gathers the fourth Saturday each month with participants bringing their own lunch. See Page 19 for the new Mission Statement. Also see Pages 28 & 29 for details on upcoming events.



## Ladies' Luncheon Mission Statement

Ladies' Luncheon is a welcoming space for women (16+ y) to connect, laugh, share and grow together. We come as we are, celebrating joys, navigating challenges, and supporting one another in love, while reflecting on God's presence and purpose in our lives. It's a place for friendship, encouragement, and spiritual nourishment; offering Christ-centred fellowship, sharing and growth.

Be a Friend.  
Bring a friend.  
Make a friend.



# St Paul's Anglican Church

## Income Statement January 1, 2026 to February 28, 2026

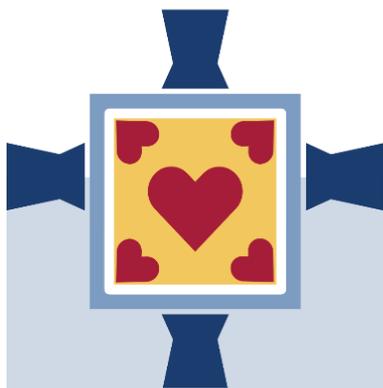
	Jan - Feb 26	Jan - Feb 25	Budget
<b>Income</b>			
Interest Income	25	77	0
Offerings	49,281	49,820	44,335
Other Income	2,706	1,906	2,340
<b>Total Income</b>	<b>52,012</b>	<b>51,803</b>	<b>46,675</b>
	52,012	51,803	46,675
<b>Expense</b>		0	
Administration	10,038	10,338	11,330
Apportionment	4,218	4,208	4,216
Christian Education	142	0	670
General Maintenance	4,411	4,706	4,580
Hospitality/Fellowship	762	427	500
Insurance	1,034	1,070	1,220
Ministerial	16,940	16,304	17,580
Newcomers	M 0	0	0
Outreach	2,087	3,686	4,170
Pastoral Care	0	0	20
Utilities	2,736	2,731	2,600
Worship	1,066	1,424	1,750
<b>Total Expense</b>	<b>43,434</b>	<b>44,894</b>	<b>48,636</b>
	<b>8,578</b>	<b>6,909</b>	<b>-1,961</b>

**Our surplus at the end of February was \$8,578. 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](mailto: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."





# Plenty Good Room

## An Easter Reflection

### Questions for Reflection:

For you,  
what is an  
abundant life?



J. Davey Gerhard is the Executive Director of TENS and believes in God's all-

inclusive invitation to find Love when we are gathered together. He lives, works, and worships in San Francisco, California.



Easter morning begins with an empty tomb and the proclamation that death has been defeated. Christ is risen, and with him rises a hope that cannot be contained, a joy that spills over every boundary, a love that fills every corner of creation.

The resurrection reveals God's ultimate declaration of abundance: not even death can limit the life God offers. When the women come to the tomb, when the disciples run to see, when Thomas doubts and then believes, each encounter widens the circle. No one is left out of the invitation to new life. Easter shouts what the spiritual Plenty Good Room sings: there is space for all at God's table; choose your seat and sit down.

Scarcity says death has the final word, but Easter proclaims life abundant. Scarcity says we must cling tightly to what we have, but resurrection invites us to share freely, knowing that love multiplies. Easter is not only a promise for what comes after death, but also a call to live generously now – in our communities, in our relationships, in our stewardship.

Every gift we offer, every pledge we make, every act of generosity becomes a witness to resurrection hope. We become bearers of life when we invest in the mission of the Church, feeding the hungry, sheltering the lost, welcoming the stranger, proclaiming the Good News. The resurrection does not shrink the table – it expands it beyond imagination. There is plenty good room in the Kingdom of God, and the risen Christ is the host.

This Easter, may we live as resurrection people: fearless in hope, generous in love, steadfast in proclaiming that God's abundance is for all. For Christ is risen indeed, and in him we are raised to a new life of generosity and joy.

*"I came that they may have life, and have it abundantly."* – John 10:10 [TENS.org](http://TENS.org)

# Your change changes lives



**St. Paul's is once again participating in the Bottles for Change fundraiser with Mainsprings Pregnancy and Family Support as a way to care for local families facing pregnancy and parenting challenges.**

**Baby Bottles will be made available on Mother's Day, May 10.**

**Take one home and fill it with change, or a cheque, and then bring it back by Father's Day, June 21.**

**1**

**Put your cash, coins, or a cheque in the bottle.**

**2**

**Bring your bottle back on Father's Day (June 21st).**

**3**

**Sign up for our newsletter and keep us in your prayers.**

**Your generosity supports real families facing real challenges!**

**By filling a bottle, you're joining a community of generous people, coming together to bring hope to young families in our community. The bottles added together provide support for today and impact for generations. Participating is as easy as 1, 2, 3!**

**Learn more about Mainsprings at [mainsprings.com](https://mainsprings.com)**

# PLANT FUNDRAISER

Support St. Paul's  
Hospitality Ministry  
Bring your garden to life  
while supporting  
a great cause!

**Available:**

Flower planters  
Tomato or strawberry plants  
Fresh herbs

**Order Deadline: April 15**

**Pick-Up Event:**

Spring Garden Celebration  
May 23 | 1:00–4:00 PM

**How to Order:**

See Abby after the  
service or scan the QR  
code to order online



# 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 April 18 at St. Peter's, and May 16 at St. Paul's both at 8:30 a.m.



## Abby's Hospitality Emporium

Abby is leading fundraisers for the Hospitality Ministry. See Page 23 for a Plant & Flower Fundraiser. See Page 30 for Gift Cards and Recyclable Bottle fundraisers.

Shop – Support – Share Blessings



Alongside Hope  
Making  
a difference  
together

While many of us gave up something 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 partner organizations work to establish food security in many poor communities, to ensure people have access to clean drinking water, and to support sustainable agricultural practices.

They also work to provide access to health care, and mother and baby care, plus education initiatives.

As well as these continuing projects, Alongside Hope also responds to disasters with immediate relief and continuing recovery support. Maybe this Easter you could support this work with a gift to Alongside Hope.

Together we can make a difference.

- submitted by Doreen Peters



# HOW BREEZE CAN WORK FOR YOU

You learned a bit about our new Church Management System, Breeze, in the previous edition of *Living Waters*. Hopefully you now understand the value of keeping your personal information in our records up to date. I will now provide more information about how we are implementing Breeze at St. Paul's.

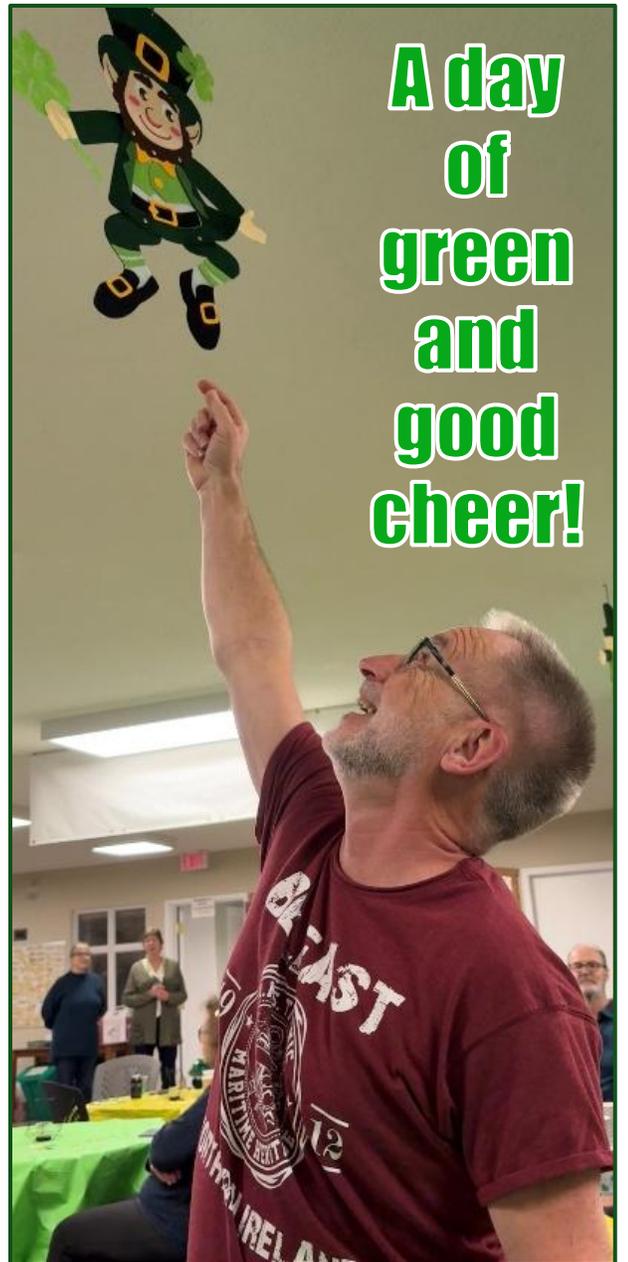
Any member of St. Paul's can ask to create their own user ID and password to access some of Breeze's features. Just send a request to the office, and we will invite you to sign up. With your user ID and password, you will be able to view the current calendar of events, edit your personal profile and those of your family members and donate online with Breeze Giving.

Ministry Leaders at St. Paul's can invite members on their ministry team(s) to perform tasks at services or events and the leader may also include a schedule as an attachment to that invitation. Team members do not need a user ID to receive and accept their assignment. When they receive their schedule of duties, they should RSVP so that their response will be recorded and so that they can receive a reminder from the system a few days prior to their assignment. Only Ministry leaders and Breeze Admin persons can view the volunteer schedules online. Team members should continue to save their own schedules just as they did in the past. With Breeze, they now have the added benefit of receiving that reminder closer to the event.

Procedures have been posted on our website illustrating how you can sign up, how leaders can create their volunteer schedules, and how volunteers receive and accept their assignments. Just search for "Breeze" in the task bar at the top of our webpage and you will find a brief description of Breeze and copies of the Procedure documents. If you have any further questions or need help, please ask.

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







# Let the shenanigans begin ...

The March Coffee House coincided with St. Paddy's Day... so there was music, decorations and snacks sure to ensure a wee bit o' fun and a whole lot o' luck. The St. Paul's Stringers led off the fun with Celtic tunes, as well as leprechaun hats & bow ties and a new backdrop. Slainte!



# LADIES LUNCHEON – CATERED LUNCH

*Hello Beautiful Ladies!* 

You're warmly invited to a delightful afternoon of great food, fellowship, and unforgettable moments, at our

*Ladies Luncheon – Catered Lunch Event!*

 **Date:** Saturday, April 25, 2026

 **Time:** 11:20 AM

 **Venue:** St. Paul's Anglican Church Hall

-  Enjoy a delicious fully catered lunch
-  Connect and build meaningful friendships
-  Share laughter and uplifting conversations
-  Experience warmth, sisterhood, and good vibes.

## **Our Mission**

Ladies' Luncheon is a welcoming space for women (16+ years) to connect, **laugh, share, and grow together.** We come as we are—celebrating joys, navigating challenges, and supporting one another in love, while reflecting on God's presence and purpose in our lives. It's a place for friendship, encouragement, and spiritual nourishment, offering Christ-centered fellowship, sharing and growth. 

**Be a Friend | Bring a Friend | Make a Friend** 

# LADIES LUNCHEON & KARAOKE

You are warmly invited to a fabulous  
afternoon of music, fun,  
and unforgettable vibes!



## WHAT TO EXPECT

Enjoy your delicious bagged lunch.  
Sing your heart out - no judgment!  
Laugh, connect, and create memories.  
Experience uplifting music,  
and good vibes all around.

**SATURDAY, MAY 23, 2026**

**11:20 A.M.**

**ST. PAUL'S ANGLICAN CHURCH 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

# St. Paul's Gift Card Fundraiser



## Give Back While You Shop!

Support St. Paul's Hospitality Ministry by buying gift cards for everyday spending. You get the full value, and a percentage goes back to the church automatically.

**Easy. Smart. Meaningful.** ❤️

Grab yours on Sunday after church  
or call 403-256-1428



## ST. PAUL'S HOSPITALITY MINISTRY BOTTLE DRIVE

**Got Empty  
Bottles?**

**We've Got  
a Cause!**

Save your bottles and cans and bring them to church on Sundays or during office hours. Support St. Paul's Hospitality Ministry, help the environment and invite others to join in. Please see Abby for guidance on where to leave bottles.



# APRIL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Holy Eucharist is in person and also lived streamed on our website</b> <a href="https://www.stpaulscalgary.ca/">https://www.stpaulscalgary.ca/</a>			<b>1</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>1 p.m.</b> Prayer Shawl <b>7:00 p.m.</b> Bible study <b>7:30 p.m.</b> Choir Practice	<b>2</b> 6-7:30 p.m. TOPS <b>7:30 p.m.</b> <b>Maundy Thursday</b>	<b>3</b> <b>11 a.m.</b> <b>Good Friday Service</b>  <b>OFFICE CLOSED</b>	<b>4</b>       <b>8:30 p.m.</b> <b>The Great Easter Vigil</b>
<b>5</b> <b>Easter Sunday</b> <b>7:03 a.m.</b> Sunrise Service at the Midnapore Chapel <b>8 a.m.</b> Holy Eucharist <b>10 a.m.</b> Holy Eucharist 2 p.m. Word to World Ministries 4 p.m. Philippines Church	<b>6</b> <b>OFFICE CLOSED</b>  <b>1 p.m.</b> Walking Group <b>7:30 p.m.</b> Stringers Rehearsal	<b>7</b> 6:30 – 8 p.m. Girl Guides	<b>8</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>7:00 p.m.</b> Evening Bible Study	<b>9</b> 6-7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice	<b>10</b> <b>10 a.m.</b> Hand chimes Practice	<b>11</b>
<b>12</b> <b>10 a.m.</b> Holy Eucharist <b>11:30 a.m.</b> Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	<b>13</b> <b>1 p.m.</b> Walking Group <b>1:30 p.m.</b> Prayer Group in person <b>7:30 p.m.</b> Stringers Rehearsal	<b>14</b> 6:30 – 8 p.m. Girl Guides <b>7 p.m.</b> Parish Council	<b>15</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>1 p.m.</b> Prayer Shawl <b>7:00 p.m.</b> Evening Bible Study	<b>16</b> 6 - 7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice	<b>17</b> <b>10 a.m.</b> Hand chimes Practice <b>2 p.m.</b> Marlene Wright's Memorial Service	<b>18</b> <b>8:30 a.m.</b> Men's Breakfast at St. Peter's
<b>19</b> <b>10 a.m.</b> Holy Eucharist <b>(Anointing for Healing)</b> <b>11:30 a.m.</b> Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	<b>20</b> <b>1 p.m.</b> Walking Group <b>7:30 p.m.</b> Stringers Rehearsal	<b>21</b> 6:30 - 8 p.m. Girl Guides	<b>22</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>7:00 p.m.</b> Evening Bible study	<b>23</b> 6 - 7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice	<b>24</b> 9 a.m. Fish Creek Group <b>10 a.m.</b> Hand chimes Practice	<b>25</b> <b>11:20 a.m.</b> Ladies' Luncheon
<b>26</b> <b>10 a.m.</b> Holy Eucharist <b>11:30 a.m.</b> Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	<b>27</b> <b>1 p.m.</b> Walking Group <b>7:30 p.m.</b> Stringers Rehearsal <b>7:30 p.m.</b> Prayer Group via Zoom	<b>28</b> 6:30 - 8 p.m. Girl Guides	<b>29</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>7:00 p.m.</b> Evening Bible Study	<b>30</b> 6 - 7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice		

# MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Holy Eucharist is in person and also lived streamed on our website <a href="https://www.stpaulscalgary.ca/">https://www.stpaulscalgary.ca/</a></b> </div>					<b>1</b> <b>10 a.m.</b> Hand chimes Practice	<b>2</b>
<b>3</b> <b>10 a.m.</b> Holy Eucharist <b>11:30 a.m.</b> Hand chimes Practice <b>2:30 p.m.</b> Eucharist at Father Lacombe Care Centre 2 p.m. Word to World Ministries 4 p.m. Philippines Church	<b>4</b> <b>1 p.m.</b> Walking Group <b>7:30 p.m.</b> Stringers Rehearsal	<b>5</b> 6:30 - 8 p.m. Girl Guides	<b>6</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>1:30 p.m.</b> Prayer Shawl <b>7:00 p.m.</b> Evening Bible Study	<b>7</b> 6 - 7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice	<b>8</b> <b>10 a.m.</b> Hand chimes Practice <b>7 p.m.</b> Coffee House	<b>9</b>
<b>10</b> <b>10 a.m.</b> Holy Eucharist <b>11:30 a.m.</b> Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	<b>11</b> <b>1 p.m.</b> Walking Group <b>1:30 p.m.</b> Prayer Group in person <b>7:30 p.m.</b> Stringers Rehearsal	<b>12</b> 6:30 - 8 p.m. Girl Guides <b>7 p.m.</b> Parish Council	<b>13</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>7:00 p.m.</b> Evening Bible Study	<b>14</b> 6 - 7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice	<b>15</b> <b>10 a.m.</b> Hand chimes Practice	<b>16</b> <b>8:30 a.m.</b> Men's Breakfast at St. Paul's
<b>17</b> <b>10 a.m.</b> Holy Eucharist <b>11:30 a.m.</b> Hand chimes Practice 2 p.m. Word to World Ministry <b>2:30 p.m.</b> Eucharist at Father Lacombe Care Centre 4 p.m. Philippines Church	<b>18</b> <b>1 p.m.</b> Walking Group <b>7:30 p.m.</b> Stringers Rehearsal	<b>19</b> 6:30 - 8 p.m. Girl Guides	<b>20</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>1 p.m.</b> Prayer Shawl <b>7:00 p.m.</b> Evening Bible Study	<b>21</b> 6 - 7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice	<b>22</b> <b>10 a.m.</b> Hand chimes Practice	<b>23</b> <b>11:20 a.m.</b> Ladies' Luncheon
<b>24</b> <b>10 a.m.</b> Holy Eucharist <b>Day of Pentecost</b> <b>11:30 a.m.</b> Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church	<b>25</b> <b>1 p.m.</b> Walking Group <b>7:30 p.m.</b> Stringers Rehearsal <b>7:30 p.m.</b> Prayer Group via Zoom	<b>26</b> 6:30 - 8 p.m. Girl Guides	<b>27</b> <b>9:30 a.m.</b> Morning Prayer <b>10:30 a.m.</b> Bible Study <b>11:30 a.m.</b> Hunger for Healing <b>7:30 p.m.</b> Evening Bible Study	<b>28</b> 6 - 7:30 p.m. TOPS <b>7:30 p.m.</b> Choir Practice	<b>29</b> 9 a.m. Fish Creek Interfaith Group <b>10 a.m.</b> Hand chimes Practice	<b>30</b> <b>9 a.m. - 3 p.m.</b> <b>Spring Clean Up Day</b>
<b>31</b> <b>10 a.m.</b> Holy Eucharist <b>11:30 a.m.</b> Hand chimes Practice 2 p.m. Word to World Ministry 4 p.m. Philippines Church						