



St. Paul's News Bulletin

May 24, 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.

Garry's Book Signing: Rev. Garry MacDowall will be selling and signing copies of his new book, **Just Call Me Garry – A Friend of Jesus (John 15:15)**, during Coffee Time after the service **today**. Please see Rev. MacDowall for details.

Spring Cleanup Day: Please join us on **Saturday, May 30** for Cleanup Day. It runs **9 a.m. – 3 p.m.** 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.



Food for Others Sunday: May 31 is Food for Others Sunday to draw attention to giving non-perishable items to the Calgary Food Bank. Donations may be left in the marked box in the Parish Hall by the main door.

Newcomers Celebration: A special coffee time after the service on **June 7** will honour our new parish family members. Come enjoy some cake and help welcome our newcomers. Email Invites have been sent out to all our Newcomers since our last celebration Sept. 14. If you did not get an invite, please contact the parish office.



Graduation Celebration: On Sunday, **June 21**, we will honour our **Grade 12 graduates** during and after the 10 a.m. service. Please note, the celebration is for Grade 12 only. To participate, please submit your name and photo to the parish office by **May 25**.

Baby Bottle Fundraiser: Baby bottles are available in the parish hall for the Bottles for Change fundraiser with Mainsprings Pregnancy & Family Support. Fill bottles with change or a cheque, and return them by Father's Day, **June 21**.



Men's Breakfast: The next date is Saturday, **June 20** at St. Peter's starting at 8:30 a.m. All men 13+ are invited to join great food and fellowship!

Coffee House: Due to holiday schedules, the next Coffee House will be **Friday, July 3 at 7 p.m.** Come enjoy our own house band, open mic and snacks. This is family friendly.

Stampede BBQ & Picnic: On **July 5** at 11:30 a.m. Hot dogs, hamburgers and drinks provided. Please bring a salad or desert to share. Entertainment by St. Paul's Stringers. Western wear welcome.



Heritage Sunday Potluck Lunch: Please join us **Aug. 2 at 11:30 a.m.** for a potluck lunch to celebrate the Heritage Day long weekend! Bring a dish that represents your ancestry (or anything you would like!) to share. Label which country it represents. All welcome.

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. St. Paul's receives a percentage donated by the retailer. Hospitality is also accepting donations of **recyclable bottles**. Please see Abby for details.

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

St. Paul's Anglican Church

7 Sunmills Green SE T2X 3P6

Phone: 403 256-1428

E-mail: office@stpaulscalgary.ca

web site: www.stpaulscalgary.ca

Incumbent: The Rev'd Tony Hilling

Assistants: The Rev'd Cyril Haynes

The Rev'd Betty Nadurak

People's Warden: Paul Bourgeois

Rector's Warden: Muyi Ekomwenrenren

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

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

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

YouTube: <https://www.youtube.com/channel/UCldxfHv5pFYST--i8as1GVg>

Outreach

A Reminder about Alongside Hope's Resilience Fund

This is the fund launched to try to mitigate the damage done by the massive cuts to international development assistance by the U.S. Government and some European governments. You can support Alongside Hope partners by donating to the Resilience Fund online, or by phone at 1-866-308-7973. or using your parish envelope.

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 **May 31**.

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 Program, 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

2026 Flower Chart is available on the bulletin board by the kitchen door. The cost is \$30. 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.

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 **youth volunteers** to serve during our Sunday services. All youth are welcome to participate! If you are interested, please contact Father Tony or the parish office for more information. Training will be provided.

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)
 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 Anne 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 July 3.**
- Saturday:** **Ladies Luncheon:** 11:20 am – 4th Saturday each month. **Next date is June 27.**
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate months. Check website to confirm location). **Next date is June 20 @ St. Peter'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 stand 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

SERVERS: Cheryl Scott

Those interested in serving must be in Grade 6 or older and go through some training. The time commitment is small, with you arriving about 20 minutes before the service and staying through the service. The schedule is made up about six months at a time.

COUNTERS: Roxie Hall

The counters work in teams to tally and record in-person donations each week. Teams work on a rotating preset schedule.

ANGLICAN FELLOWSHIP OF PRAYER: Dinah Breu

Educational materials from the Anglican Fellowship of Prayer (AFP), such as "How to" pamphlets (for Readers, for Prayers of the People and numerous other aspects of prayer) are made available through our Parish Representative.

COFFEE HOUSE: Paul Bourgeois

Come and join us for our bi-monthly evening of song featuring our own St. Paul's Stringers. There will also be an open mic available. This is a family-friendly event.

Stewardship Reflections

Pentecost Sunday

"To each is given the manifestation of the Spirit for the common good." 1 Corinthians 12:7

To receive the gifts of the Holy Spirit you must open your heart and invite Him in! Ask the Holy Spirit to guide your thoughts, words and actions every day! Be grateful for all the gifts God has given you! Regardless of our individual circumstances, God has given all of us many blessings. What we do with those gifts is our gift back to God! By generously sharing everything we have and everything we are, we become more "God-centered" and less "self-centred" and our lives truly reflect God's light, love and mercy.

Financial News

Our surplus at the end of April was \$4,483. Thank you to everyone for helping support our mission financially in these challenging times.



Diocesan News

Anglican Journal available online

The May 2026 issue of The Anglican Journal is now available online. Please visit

<https://anglicanjournal.com/#currentissue>

Come & Journey with Our Saviour

The Diocese of Calgary's Anglican Church Women invite everyone to their annual in-person June retreat. Come and Journey with Our Saviour – Being a Pilgrim: How It Changes You will be held on **Saturday, June 6 at 10 a.m. at St. Francis of Assisi Anglican Church**, 132 Albert St. SE, Airdrie. The retreat will include a Eucharist service led by Chaplain Rev. Betty Piwowar and guest speaker Rev. Joan Schellenberger. Cost: **\$15 for lunch**, payable at registration. Please pre-register by **Wednesday, June 3**, with Mary Dymond: Email: mkdymond@gmail.com, Phone: 403-512-0155, or email: diocesesofcalgaryacw@gmail.com