



St. Paul's News Bulletin

July 5, 2026



Welcome! Please join us after the service for coffee & goodies. If you are a newcomer, please pick up information at the table just outside the sanctuary doors.

Ladies' Luncheon: On **July 11** Ladies' Luncheon is doing a road trip from 10:30 a.m. to 3 p.m. to the Flower Festival at Millarville Christ Church. The \$10 admission fee will be covered by the Ladies Luncheon Fund. Western or "tea formal" attire is optional. Bring your own lunch. Please sign up in the parish hall.

Summer office closure: The St. Paul's admin office will be closed all **Fridays** in **July & August**.



July Rental: A group will be renting our church every weekday, from **July 6 – 28**, from **8:30 a.m. to 2:30 p.m.** Please be respectful of their use of the space during this time.

Prayer Group: Summer meetings will be at 1:30 p.m. in-person at the church on **July 13 & Aug. 10**.

Living Waters: The deadline for the August/September issue will be **Wednesday July 22**. Please submit materials as early as possible to office@stpaulscalgary.ca

Summer Schedules: Wednesday Morning Prayer & Bible Study will resume in **August**. Wednesday Evening Bible Study will resume in **September**.

Men's Breakfast: The next date is Saturday, **July 18** at St. Paul's starting at 8:30 a.m. All men 13+ are invited to join great food and fellowship.



Heritage Sunday Potluck Lunch: On **Aug. 2** at **11:30 a.m.** we'll have 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.

End of Summer BBQ: Save the date, St. Paul's will be hosting an End of Summer BBQ on **Aug. 29**

Coffee Fellowship Time: Everyone is encouraged to sign up to host Coffee Fellowship Time. There is no need for a large spread—bring whatever you is comfortable. The focus is on fellowship and spending time together as a church family. Every contribution is appreciated!

Food for Others Sunday: Aug. 30 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.

Walking Group: Join this group for a walk on **Mondays** at 9 a.m. through a local park. See a schedule of locations on the website under Events.

Announcements: Please run all unscheduled announcements by Rev. Tony before the service.

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

Fundraiser: The Hospitality Ministry is accepting donations of **recyclable bottles**. Please see Abby for details.

YouTube: Our YouTube page now has comments enabled. Feel free to join the conversation by commenting on our livestream videos.

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 Wardens: Paul Bourgeois

Rector's Warden: Muiy 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--j8as1GVg>

Outreach



Alongside Hope sending aid to Venezuela

Alongside Hope is sending help via several partners including Canadian Foodgrains Bank and ACT (Action by Churches Together). This will be aimed at providing basic necessities such as food, water, clothes, shelter and medical help.

Please won't you support this appeal.

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 **Aug. 30.**

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 Wednesdays 11:30 a.m. to 1 p.m. Everyone is welcome. We'd love to have you join us to find out what it is all about and see if it's for you. There is no official leader. We all take part in leading. For 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)
 Girl Guides: 6:30 – 8 p.m. (**Resumes in September**)
 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**)
 Summer meetings: 1:30 p.m. in-person at the church on July 13 & Aug. 10.
- Tuesday:** **Girl Guides:** 6:30 – 8 p.m. (**Resumes in September**)
 Parish Council: 7 p.m. (usually 2nd Tuesday of the month) Next **date is July 21.**
- Wednesday:** **Morning Prayer:** 9:30 a.m. (**Will resume in August**)
 Morning Bible Study: 10:30 a.m. (**Will resume in August**).
 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. (**Will resume in September**).
- 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.
 Coffee House: 7 p.m. second Friday on alternate months. **Next date is Sept. 11.**
- Saturday:** **Ladies Luncheon:** 11:20 am – 4th Saturday each month. **Next date is July 11.**
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate months.
 Check website to confirm location). **Next date is July 18 @ St. Paul's.**

Welcome to newcomers and visitors



St. Paul's welcomes newcomers and invites you to make this your church home. Visitors, please sign our guest book, which is on the standby the sanctuary doors.

We would be most pleased to learn about you and help you learn about us. Please indicate on a pew card, located in racks on the back of the pews, how we can help you feel part of the family.

Please place the card on the offering plate or hand it to one of the clergy or Parish Council members. There are also welcome packages available after the service. We are so glad you were able to join us.

Financial News

Our surplus at the end of May was \$5,344. Thank you to everyone for helping support our mission financially in these challenging times.



Our Ministries

SOCIAL MEDIA: Chizoba Ezeani

Join us on the St. Paul's Facebook page (stpaulscalgary) where we can stay connected and updated on all the exciting things happening at our church! It's a great place to share uplifting videos, songs and quotes, and to encourage one another in faith. Plus, it's a wonderful way to connect with those who may not yet be part of our Parish family. Be sure to spread the word, like and follow our page, and visit often to stay in the loop! You can also follow us on X (Twitter) @stpaulscalgary.ca Or on Instagram at stpaulsanglicanocalgary

WEBSITE : Paul Bourgeois
webmaster@stpaulscalgary.ca

Our website is www.stpaulscalgary.ca

Have a look. Bulletins and Living Waters are posted here, as well as recording of services, information about our parish and a listing of events so you can check out what's going on at any time.

LIVING WATERS: Chizoba Ezeani

Living Waters is our bi-monthly newsletter, published once every two months. It features articles from various ministries, information on upcoming events, a calendar of activities, and other items of interest to our community. Submissions are welcome from everyone. Please refer to the bulletin for submission deadlines.

CHURCH SIGN

Contact: Paul Bourgeois

The message on our sign on Sun Valley Blvd needs to be changed occasionally. We would like to change it more often but need volunteers to help. If you can assist, please contact Paul.

Stewardship Reflections

"For my yoke is easy, and my burden light."
- Matthew 11:30

When we think of being good stewards, we may think that God is asking too much of us when He calls us to generously share our time, talent and treasure. However, we must remember that we are not "owners" of anything, we are merely "stewards" of the gifts God has given us. All He is asking is that we give back a small portion, in gratitude, of what He has already given to us.



50th anniversary of Priesting of Women to be celebrated

The 50th Anniversary of the Priesting of Women in Canada will be celebrated with a national event hosting by The Diocese of Islands and Inlets in Victoria, B.C. The event, including a celebratory Eucharist at Christ Church Cathedral (930 Burdett Ave., Victoria), will be held **Nov. 24 and 25.**

The event will give thanks for the many ways women have contributed to the life of the Church as priests and look to the future to examine the challenges that lay ahead for women in the Church and Canadian society. Registration is now open and costs \$210 per person. Participants are responsible for their own travel and hotel arrangements. More information is available under Recent Newsletters on the Anglican Diocese of Calgary website calgary.anglican.ca