



St. Paul's News Bulletin

July 19, 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.

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

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. To volunteer, 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 is renting our church every weekday until **July 28, from 8:30 a.m. to 2:30 p.m.** Please be respectful of their use of the space.

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

Prayer Group: The next meeting is **Aug. 10** at 1:30 p.m. in-person at the church.



Men's Breakfast: The group will meet Saturday, **Aug. 15** at St. Paul's at 8:30 a.m. All men 13+ are invited to join great food and fellowship.

End of Summer Community BBQ: A delicious pig roast will be a highlight of a BBQ to be held on **Aug. 29 at 4 p.m.**, jointly organized by St. Paul's Community Connections and Hospitality ministries. Expect BBQ favourites, games for all ages, face painting. Fun for all ages. Bring a dessert or salad to share.

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.

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!

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



Blessing of Backpack: Students, bring your backpacks on **Sept. 13** to be blessed. If anyone requires a backpack for financial reasons, please contact the office.

Ladies' Lunch: There is no gathering for August. The next lunch is in **Sept. 26**.

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

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: 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--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 meeting: 1:30 p.m. in-person at the church on Aug. 10.
- Tuesday:** **Girl Guides:** 6:30 – 8 p.m. (**Resumes in September**).
 Parish Council: 7 p.m. (usually 2nd Tuesday of the month) **Meeting in September.**
- Wednesday:** **Morning Prayer:** 9:30 a.m. (**Resumes in August**)
 Morning Bible Study: 10:30 a.m. (**Resumes 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 Sept. 26.**
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate months.
 Check website to confirm location). **Next date is Aug. 15 @ 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 June was \$7,558. Thank you to everyone for helping support our mission financially in these challenging times.



Our Ministries

COFFEE TIME — SUNDAY

Contact: Office

This ministry requires time on Sunday morning as well as some preparation time beforehand. There is a sign-up sheet on the board by the kitchen door. You may sign up for any number of times you would like, i.e. once a month, every other month or once a year.

This job requires you to set up for coffee before the service by getting the coffee brewing, setting coffee cups, cream and sugar on the trays and providing any sweets if you would like. After communion you will need to come out and set everything up in the hall area, make the tea and clean up at the end. There is always help around so you are not on your own.

LADIES' LUNCHEON MINISTRY

Contact: Gloria Ford

The Ladies' Luncheon takes place on the fourth Saturday of every month at 11:20 a.m. till 1 p.m. Please bring your own bag lunch, drink, cutlery and plate to wash at home. Whether you're bringing a friend, meeting a friend, or making a new one, all parish women ages 16 and older in the Parish are warmly invited to attend. See Living Waters for the latest monthly ad.

MEN'S BREAKFAST

Contacts: Paul Bourgeois

Please join us for Men's Breakfast at 8:30 am on Saturday Morning. All men age 13 and up are invited. Let us know if you would like to cook this month. Please let us know if you plan to attend so we know how many to prepare for. Plan to come a bit early for some fellowship over that first cup of coffee before we eat.

Stewardship Reflections

"The kingdom of heaven may be likened to a man who sowed good seed in his field...He who sows good seed is the Son of Man, the field is the world, the good seed the children of the kingdom."

-Matthew 13:24, 37-38

As children of God, we are all "good seeds".

We are blessed by God with the potential to accomplish much good in the world. We fulfill God's plan when we spend time in prayer every day, use our skills to help others and share our financial gifts to help build God's kingdom on earth. Through our example of gratitude and generosity we sow "good seeds" on earth and ultimately help each other get to Heaven!



The Call of the Image Bearers: A Narrative Catechism

The Catechism (BCP p. 544-555) is the long-established instrument of the Church to prepare people for baptism & confirmation. While the traditional Catechism format is very systemic in nature with pupils memorizing answers, this "catechism" is grounded in the Biblical story of salvation history. The goal is to connect with God in this wondrous story of creation, salvation and history, where God is active in the world, and where our relationship is rooted in our relationship with the Triune God as his Image Bearers.

The program will be held on **Wednesday** evenings **Sept. 2 to Dec. 16** on Zoom from 6:30 p.m. to 8 p.m. The instructor is Rev. Br. Jason Carroll. There is no charge. To register, please contact Barbara Labrecque at blabrecque@calgaryanglican.ca