



St. Paul's News Bulletin

July 26, 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.

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.

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

Summer Schedules: Wednesday Morning Prayer & Bible Study will resume **Sept. 2**. 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 on 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 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 and so much! Fun for all ages. Join us!

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.

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

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!

Coffee House: The next Coffee House will be held **Friday, Sept. 11 at 7 p.m.** Come enjoy our own house band, open mic and snacks. This fun event is family friendly.



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**. Judith MacDowell will share about the ministry she shared with her husband, Rev. Garry, in Indigenous communities.

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: Muiy Ekomwenrenren

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

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

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

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

[UCldxfHv5pFYST--j8as1GVg](https://www.youtube.com/channel/UCldxfHv5pFYST--j8as1GVg)

Outreach

Holiday Hope in a Hurting World

It's holiday time for many of us, but the work of Alongside Hope continues as wars and natural disasters cause much suffering and more and more people need help. So please pray, act, and give to Alongside Hope.

5th Sundays of the Month are Food for Others Sundays at St. Paul's. Everyone is invited to bring non-perishable food items and leave them in the bin marked Calgary Food Bank. The next Food for Others Sunday is **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) (**Next meeting Sept. 8**).
- Wednesday:** **Morning Prayer:** 9:30 a.m. (**Resumes Sept. 2**)
 Morning Bible Study: 10:30 a.m. (**Resumes Sept. 2**).
 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

SECRET FRIENDS

Contact: Julie Wilson

The Secret Friends group begins and ends each year at an annual Ladies Christmas Party. Names are submitted and then names drawn for your Secret Friend. This name is known only to you and the coordinator. You are given information on your Secret Friend, so you know the dates of anniversaries and birthdays. During the year you leave gifts or notes for your Secret Friend on the gift table at the south door, and you will receive gifts from your Secret Friend. These gifts are small tokens of friendship and should not be expensive. This is a fun way of letting someone know they are being thought of and prayed for during the year.

OUTREACH COMMITTEE: John L 'Ecuyer

This committee is charged with helping fulfil our congregational desire to try to assist in providing for people's basic needs such as food, shelter, clothing, safety, healthcare and belonging.

The committee has the responsibility of disbursing 10% of the annual church budget to other charitable organizations.

It also oversees a wide variety of opportunities to support multiple charities throughout the year by gathering donations of food or clothing etc., as well as creating volunteer service opportunities in the community. The more volunteers we have, the more good works we can do. Please let us know if you are interested in volunteering in this ministry.

FOOD BANK

Year-round there is a box by the main south entrance to collect donations of non-perishable items for the Calgary Food Bank. When there are five Sundays in a month, that Sunday is specially designated as Food for Others Sunday to draw attention to this ministry.

Stewardship Reflections

"We know that all things work for good for those who love God, who are called according to his purpose." - Romans 8:28

Do you really trust God? Do you really believe that God will provide all that you need? Faith is a challenge for everyone at times. Putting our trust in God, in everything we do, in good times and in bad, means that God's plan for our lives may be quite different than what we planned. When one door closes, another one opens. Trust in God, His plan is always better.

Summer family activities

The Jubilee of St. Francis will be held on **Aug. 8** at the Mount St. Francis Retreat and Conference Centre in Cochrane. The family festival will run from 1 - 4 p.m. Please bring your own blanket or lawn chairs. There will be live music by Liz Cristensen, Brettyn Rose and Br. Guylain Prince. There will also be face painting, soapstone carving and a market as well as drinks, ice cream and snacks for sale. Attendance by donation. All are welcome. For more information, call the Mount St. Francis Retreat Centre at 403-932-2012

You are invited to rest and Play during the Four Weeks of Summer at the Sorrento Retreat and Conference Centre in Sorrento B.C. in



the South Shuswap area. Whether you are looking for a serene getaway amid nature, a venue for deep reflection and learning, or a fun family vacation, there is something for everyone at Sorrento with value drawn from the Anglican tradition and Christian faith. Let the Centre do the cooking, the cleaning, and entertain the kids so you can relax. There are a variety of adult, children and youth programs, and many fun activities. The Very Rev. Dr. Kyle Norman will be offering "Becoming the Beloved: Henri Nouwen and Christian Identity" during Week 3 (**Aug. 10 to 14**). More information can be found on the website at sorrentocentre.ca