



St. Paul's News Bulletin

Sept. 13, 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 September/October issue deadline is **Wednesday Sept. 16**. Please submit as early as possible to office@stpaulscalgary.ca

Men's Breakfast: The group meets on Saturday, **Sept. 19** at St. Peter's at 8:30 a.m. Men 13+ are invited to join great food and fellowship.

Foundation Bible Class: This class, led by Prosper Omagoro, introduces core Christian beliefs from an **Anglican** perspective. It will provide participants with a strong, enduring Christian foundation with a clear, structured and biblical pathway for growing into a stable, and fruitful life in Christ. This **in-person** class will be held at St. Paul's starting **Wednesday, Sept. 23 from 7 – 8 p.m.** See Prosper or Father Tony for information.

Thursday Evening Bible Study: The book of Luke will be studied starting Thursday, **Sept. 24** via Zoom at 7 p.m. See Michael McLaughlin for details.

Ladies' Luncheon: Ladies' Lunch is at 11:20 a.m. on **Sept. 26**. Judith MacDowell will share about the ministry she shared with her husband, Rev. Garry, in Indigenous communities.

Prayer & Praise: Save the date. A time of prayer and praise will be held on **Sept. 26** from 7 p.m. – 8 p.m. led by Father Tony.



Back to Church Sunday: Bring a friend, invite your neighbour to see what St. Paul's is all about for our 10 a.m. service on **Sept. 27**. Invitation cards are available from the sidespeople.

Walking Group: Join this group for a walk on **Mondays at 9:30 a.m.** through a local park. See a schedule of locations on the website under Events.

Scam alert: See the back page of this bulletin.



Life in the Spirit: Do you know what your Spiritual Gifts are? Have you used your gifts today. Experience Personal Renewal in the power of the Holy Spirit in a course that runs Friday, **Oct. 2** from 7 p.m. to 9 p.m. & Saturday, **Oct. 3** from 10 a.m. to 3 p.m. Please sign up in the Parish Hall if you plan to attend.

Blessing of the Pets: Bring your pets – or a photo of them – to the 10 a.m. service on Sunday **Oct. 4** for them to receive a blessing.



Pledge Cards: Stewardship pledge cards will be available as of **Oct. 4** from the sidespeople. Please prayerfully consider pledging a regular donation to St. Paul's to assist in future planning. Please return cards by **Nov. 8**. You can either leave them on the collection plate (in an envelope) or bring to the parish office. Our theme this year is Plenty Good Room – a reflection on God's abundance and a call to make space for all.

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

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

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

YouTube: <https://www.youtube.com/channel/UCIdxfHv5pFYST--i8as1GVg>

[UCIdxfHv5pFYST--i8as1GVg](https://www.youtube.com/channel/UCIdxfHv5pFYST--i8as1GVg)

Outreach

Alongside Hope helps Indigenous Communities



Through our Indigenous Partnership Programme, Alongside Hope supports and accompanies Indigenous communities and organizations. Supporting Indigenous programs is a way to acknowledge historical injustices and work towards meaningful reconciliation.

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 **Nov. 29**.

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. Confidentiality will be respected. 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 on the bulletin board by the kitchen door. Cost: \$30. To make a dedication, fill out the form under the chart or email Chizoba at office@stpaulscalgary.ca.

Prayer Chain Requests: Please contact Dinah Breu with your prayer requests.

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

We need more volunteers for Sidespeople. Please contact Suzanne Wray or the parish office if interested in serving in this ministry.

Volunteers needed for Soundboard. Contact Murray Sykes or Paul Bourgeois. Training will be provided.

Casserole Ministry: If someone would benefit from receiving a casserole, please **help yourself**. 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.

Sacramental Assistant: Each Sunday at the 10 a.m. service, two people are needed to help at communion by administering the chalices. If you think it is something that might interest you 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:** 9:30 a.m. (see the St. Paul's website under Events for locations)
 Trex|Girl Guides: 6:30 – 8 p.m.
 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. (usually 2nd Tuesday of the month) (**Next meeting Oct. 13**)
- 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)
 Foundation Bible Class: 7 p.m. **in-person. (Starts Wednesday, Sept. 23).**
- Thursday:** **Grief Support Group:** (See Laura Anne if you are interested.)
 TOPS (Taking off Pounds Sensibly): 6:00 p.m.
 Evening Bible Study: 7 p.m. via Zoom. (**Resumes Thursday Sept. 24**).
 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 Nov. 11**)
- Saturday:** **Ladies Luncheon:** 11:20 am – 4th Saturday each month. (**Next date is Sept. 26.**)
 Men's Breakfast: 8:30 am - (at St. Paul's in Jan, March, May, July, Aug. and Oct. and at St. Peter's Feb, Apr, June, Sept and Nov). (**Next date is Sept. 19 @ 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 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 August was \$9,983. Thank you to everyone for supporting our mission financially in these challenging times.



Jewelry swap scam alert

Another parish has had concerns about the “jewelry swap” scam and is raising awareness. Typically, thieves work in pairs and often out of a vehicle. A stranger asks you for directions or to pray with them. They may try to place a necklace on you or otherwise invade your personal space while simultaneously removing your valuables. The suspects retreat before you realize your jewelry is gone.

To stay safe, keep your jewelry hidden and never allow strangers to touch or hug you or put items on your body. If someone is aggressively invading your personal space, say “No.” Step back and make noise to draw public attention. Report to police. If this happens on St. Paul’s property, please let the office know as we have 24/7 video surveillance.

Our Ministries

SIDESPEOPLE: Suzanne Wray

At every service one or two people are needed to hand out leaflets, make people feel welcome and comfortable, count the congregation, collect the offering, take up the bread and wine for communion, usher the congregation up for communion and refill the cardholders in the pews.

It requires arriving early on your assigned Sunday to ensure everything is ready and tidying up before closing the doors after the service ends. Each new sidesperson is given a leaflet detailing duties and help from experienced sidespeople. To volunteer, or for more information, please call Suzanne or the Parish office.

GREETERS: Roxie Hall

The Greeters come about a half hour before the service. The job requires a smiling face, a warm greeting for those arriving, and helping newcomers find name tags and giving them general help. This ministry doesn’t require much time but it is very important.

Stewardship Reflections

“For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord’s.” – Romans 14:8

This is the essence of stewardship – everything we have and everything we are is a gift from God. We aren’t “owners” of anything, we are merely “stewards” of the gifts that God has given us, especially our very own lives. Pray to God, daily, and ask Him how He is calling you to the live the life that He intended for you.



Education for Ministry

Looking for a way to deepen your understanding of the Christian faith and enhance the connection between what you believe and how you live your daily life? The Education for Ministry (EfM) program combines independent study and weekly small group discussions to provide a basic grounding in theology to Christian laypeople. The EfM curriculum explores the content and origins of Scripture, follows Church history from its earliest days, and examines issues in Christian theology. Group members engage in individual and group theological reflection throughout their studies to bring our different life experiences and perspectives into conversation with our faith, helping to discern God’s call to each of us. EfM is an extension program of an Episcopal theological school; there is a lot to read (including the whole Bible) but there are no exams. Students commit to one year at a time and those completing all four years of the program receive a certificate of completion. For more information on registration or this program, please contact Jennifer Solem at efmcalgary@outlook.com.