



St. Paul's News Bulletin

Oct. 4, 2026



Welcome! Join us after the service for coffee and goodies. Newcomers, please pick up information at the table outside the sanctuary doors.

Pledge Cards: Stewardship cards are available from sidespeople. Please prayerfully consider pledging a regular donation to St. Paul's to assist in planning. Return cards by **Nov. 8**. Put them on the collection plate (in an envelope) or bring to the parish office.



Cleanup Day: Join St. Paul's Cleanup Day on Saturday **Oct. 10**. It starts at **9 a.m.** and runs until **3 p.m.** but come as you are able. A lunch of pizza, chicken and veggies will be provided for participants.



Nametags: Please check with a member of the Newcomers Ministry after the service to ensure your name is correct for the new nametags.

Men's Breakfast: The group will meet Saturday, **Oct. 17** at St. Paul's at 8:30 a.m. All men 13+ are invited to join great food and fellowship.

Ladies' Luncheon: Ladies' Lunch is at 11:20 a.m. On **Oct. 24**, **Annette Pingot** will share how Psalm 119: 105 shaped her life.

Food for Veterans: We will be collecting non-perishable donations for the Veterans Association Food Bank in October and November. Please look for marked boxes in the parish hall.



Winter Coats: Throughout October and November, St. Paul's is collecting donations of new or gently-used winter coats for Alpha House, which provides shelter, detox, outreach and housing programs in Calgary. Please look for the marked boxes in the hall.

Mitten Basket: Donations of mittens, scarves & hats are welcome in the basket in the Parish Hall.

Foundation Bible Class: This **in-person** class is held at St. Paul's each **Wednesday from 7 – 8 p.m.** See Prosper or Fr. Tony for information.

Parking changes: St. Paul's is changing how our parking lot is managed. There will be a paid system for people not coming to St. Paul's events. **Sunday parking and church events will be exempt.** Please see the Sept. 27 issue of Living Waters for more details or ask a Warden.

Newcomers Welcome: On Nov. 1, we will celebrate newcomers who have joined since our last celebration in June. Enjoy the special coffee time with cake and greet our newcomers.

Shoebboxes: Samaritan's Purse Shoebboxes are here. See Laure. Return boxes by **Nov. 8**.

Winter Plant & Greenery Fundraiser: Winter greenery can be ordered until **Nov. 8** as a Hospitality fundraiser. Pickup will be available at the **Winter Tea Christmas Fundraiser** on **Nov. 21**. Donations of baking and **new** silent auction items are also needed for the Winter Tea. See Abby.

2027 Canadian Church calendars: Calendars are available for \$8 (cash) in the parish hall.

Coffee Fellowship Time: Volunteers are needed to host Coffee Time. There is no need for a large spread — bring what is comfortable. The focus is on spending time together as a church family. Every contribution is appreciated!

St. Paul's Anglican Church

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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

X: @stpaulscalgary

Instagram: stpaulsanglicanocalgary

YouTube: <https://www.youtube.com/channel/UCIdxfHv5pFYST--j8as1GVg>

Outreach

A Season of Thanksgiving

At this season of the year, we have much to be thankful for. Simply having food and shelter makes us more fortunate than millions of people around the world. You can help to feed and house some of these needy people by contributing to Alongside Hope. so that many more people may have cause for thanksgiving.

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 –12:30 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.
As of Oct. 7, choir practice will be moving to Wednesdays beginning at 7 p.m.
- Friday:** Hand Chimes Practice 1 - 2 p.m.
Coffee House: 7 p.m. second Friday on alternate months. **Next date is Nov. 13**
- 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 Oct. 17 @ St. Paul's.**



Welcome to newcomers & visitors

St. Paul's welcomes newcomers and invites you to make this your church home. 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 for supporting our mission financially in these challenging times.



Our Ministries

LESSON READERS: Stacy Spoonheim

The requirements for this ministry are the ability to read clearly and slowly in front of a group of people. The schedule is made up well in advance and you are given your reading to prepare. The time commitment is the amount of time you need to prepare and to be at the service early on your scheduled day.

COUNTERS: Roxie Hall

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

PRAYER LEADERS: Dinah Breu

Taking a turn to lead the prayers of the people each Sunday morning is a labour of love for a small group of parishioners. If you feel that this is a ministry for you, please get in touch with Dinah at 403-256-1684. Training is offered and guidelines are provided for those who do this.

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.

SUNDAY PRAYER TEAM: Dinah Breu

The confidential Prayer Ministry provides brief prayers (not counselling) to individuals who desire prayer for themselves or for those close to them. Prayer Teams are available in the chapel most Sunday mornings during and after Communion. Each member is fully aware that they are channels of God's peace and love to others and are not operating in their own strength. Everyone who participates in this ministry has been deeply touched and is thankful that it is the Lord who provides the words.

Stewardship Reflections

"The stone that the builders rejected has become the corner stone..." - Matthew 21:42

Jesus was rejected by the religious and political leaders of his day, as well as ordinary citizens, but he was still obedient to God, the Father. Similarly, living a stewardship lifestyle may cause you to be "rejected" by others, but we, too are called to be obedient. Saying grace before a meal in a restaurant may attract some strange looks from some. But to others it is a sign that God is alive and well!



Cursillo

Diocese of Calgary – Fall 2026 Cursillo Weekends

The Anglican Diocese of Calgary Cursillo Movement will be holding its Fall 2026 Cursillo weekends this October and November. **Men's Cursillo Weekend: Oct. 29 – Nov. 1. Women's Cursillo Weekend: Nov. 5 – Nov. 8.** Both weekends begin at **7 p.m. on Thursday evening** and conclude at approximately **4p.m. on Sunday afternoon**. The weekends will be held at Entheos Retreat and Conference Centre, located off Highway 8 toward Bragg Creek. More information is available at Cursillo.ab.ca. Application and sponsor forms are available on the Diocesan Bulletin Board in the parish hall. For questions or information about sponsorship, please contact: Dan Brisbin Cursillo Parish Representative, St. Paul's Anglican Church Email: brisbind98@gmail.com We invite anyone interested in learning more about the Cursillo experience to reach out and consider taking part in one of these upcoming weekends.