

Living Waters

March 2019



St. Paul's Anglican Church

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Facebook:
 www.facebook.com/stpaulscalgary
Twitter: @stpaulscalgary
 @Pastor_Fergus
Pastor's Postings:
<http://pastorfergus.wordpress.com>



Incumbent:

The Rev'd Fergus Tyson

Assistants:

The Rev'd Cyril Haynes

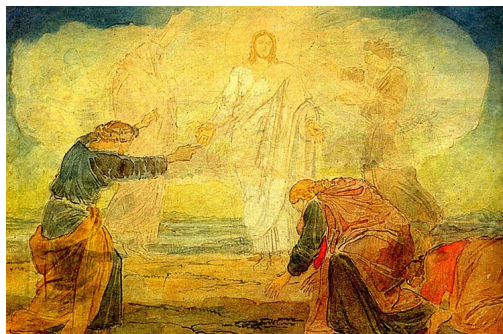
The Rev'd Dr. Norman Knowles

The Rev'd Dr. Bob Mummery

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**Shrove Tuesday
Pancake Supper**



Transfiguration by Alexander Andreyevich Ivanov, 1824



Ministries of St. Paul's

Parish Council 2019

Administration: Robbie Collier
Christian Education: Murray Sykes
Communications: Paul Bourgeois
Community Connection: Muiyi Ekomwenrenren
Hospitality: Angela Richardson
Maintenance: Gerald de Vries
Incumbent's Warden: Murray Sykes
New Members: Julie Wilson
Pastoral Care: Nicola Peden
People's Warden: Rick Collier
Outreach: Kathleen Robinson
Shepherding: The Rev. Cyril Haynes
Stewardship: Kerry Peters
Sunday School: Gloria Ford
Worship: Robbie Collier
Youth: Vacant

Synod Delegates

Rick Collier, Kathleen Robinson, Robbie Collier.
Alternates: Parish Council

MCES Directors

Kerry Peters, Iona Shaw

Treasurer

Treasurer: Karen Huq

Parish Ministries

Worship Ministries

Altar Guild - Robbie Collier
Sacramental Assistants - Ed Mullaney
10:00 am Music Group - Paul Bourgeois
Prayers of the People - Dinah Breu
Readers 10 am - Robbie Collier
Readers 8:30 am— Laura Anne Fink
Servers - Joy Kew
Sidespeople - Suzanne Wray
Prayer Team - Dinah Breu
Envelope Secretary - Debra Brisbin
Counters—Roxie Hall

Fellowship Ministries

Greeters –Roxie Hall
Coffee Time - Hospitality
Ladies Potluck Luncheon—Gloria Ford & Laura Anne Fink
Men's Breakfast - Kerry Peters
Fellowship & Foods Group –Doreen Peters
Secret Friends - Julie Wilson & Val Murray
Toddlers to Tweens—Abby Ekomwenrenren
Youth Group - Joanne Wrigley & Keith Daye
Maintenance - Gerald de Vries

Christian Education

Nursery - vacant
Youth - Joanne Wrigley
Adult Education -Clergy & Lay
Stewardship - Vacant
Library - Doreen & Kerry Peters
Anglican Fellowship of Prayer - Dinah Breu
Sunday School Coordinator - Gloria Ford

Pastoral Ministries

Hospital Visiting -Clergy & Pastoral Care Team
Home Visiting— Clergy & Pastoral Care Team
Casserole Ministry - Linda Hubert (Contact Office)
Shepherding - The Rev. Cyril Haynes
Prayer Group - Dinah Breu
Prayer Chain - Dinah Breu
Card Ministry - Gail Munro
Pastoral Care Team - Nicola Peden
Grief Support Group—Laura Anne Fink

Outreach Ministries

Father Lacombe
Food Bank, Mustard Seed - Shared Through
Outreach Committee
PWRDF -Doreen Peters
Quilt/Shawl Prayer Ministry - Laura Anne Fink
Living Waters - Laura Anne Fink
Outreach Committee— Kathleen Robinson
AgeCare Seton—Fergus
NeST - Jennifer Solem



INCUMBENT'S MESSAGE

The Lenten Call to Come Away with Our Beloved

I hear my beloved. See how he comes, leaping on the mountains, bounding over the hills. My beloved is like a gazelle, like a young stag. See where he stands behind our wall. He looks in at the window, he peers through the lattice. My beloved lifts up his voice, he says to me, "Come then, my love, my lovely one, come. For see, winter is past, the rains are over and gone. The flowers appear on the earth. The season of glad songs has come, the cooing of the turtle-dove is heard in our land. The fig tree is forming its first figs and the blossoming vines give out their fragrance. Come then, my love, my lovely one, come. My dove, hiding in the clefts of the rock, in the coverts of the cliff, show me your face, let me hear your voice; for your voice is sweet and your face is beautiful." (Song of Solomon 2:8-14, Jerusalem Bible) -

"When you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father, who sees in secret, will reward you. [In the same way, fast and give without fanfare.] Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6:1-6, 16-21)

As I've shared before, I especially love the Church Season of Lent. So, as you may imagine, the extended Epiphany Season we've had this year has served to build my anticipation. I can hardly wait for the new Season to be upon us! The reason for my excitement is that I see Lent as the opportunity to take a journey - a very special forty day journey - with Jesus. Indeed, I think of Lent as going on a hike with him. When hiking, you want to leave behind non-essentials, to travel as light as possible. Life becomes simpler, and there are fewer distractions. And when hiking with another, it's a time of great togetherness. In the days before smart phones, family counsellor Gary Smalley says that his number one recommended activity for family intimacy is to go camping together. In camping, when there were no distractions like TV, the land line telephone, or desktop computer, the members of the family could truly be present to and with one another. (Camping is actually probably a better analogy to use than hiking, but as my experience of camping is limited to my backyard, I'd better stick with what I know!) Lent is my favourite Season of the year because it is all about entering into a time of intimacy with Jesus in the wilderness. For me it is a time to be drawn closer to God, indeed drawn up into God's very heart of love.

The above passage from the Song of Solomon particularly reminds me of this Lenten opportunity:

See how my beloved comes, bounding over the hills. My beloved says to me, "Come then, my love, my lovely one, come. For see, winter is past. The flowers appear on the earth. The season of glad songs has come. Come then, my love, my lovely one, come. My dove, show me your face, let me hear your voice; for your voice is sweet and your face is beautiful."

The word, "Lent," is short for "Lenten," which comes from an old English word, *lencten*, meaning spring (literally 'long day'). So if we think of "lengthen" we get the right idea. We don't yet see the evidences of Spring that the beloved speaks of in the Song of Songs. Even with our late beginning to Lent, we're not likely to see any flowers here in Alberta until Lent is replaced by Easter! But as we look at our wonderful sunrises and sunsets each morning and evening, we do see unfolding the lengthening of days - a sure promise that we can hang onto of the new life of spring we'll most appropriately encounter in the Easter Season. As the Season of Lent progresses towards Holy Week, the signs of the approach of the new life of spring will become clearer and clearer. Spring is coming, even as we're in the midst of experiencing the power of winter. Winter may appear to have the final word. But light and life will overcome darkness and death.

My prayer is that for us all Lent will be a time when "spring is in the air." I pray that we hear the joy, the excitement in the voice of our Beloved at this opportunity for intimacy. I pray that we realize that Our Lord delights in us.

Richard Foster says in *Prayer: Finding the Heart's True Home* (available to borrow at the "Book Nook" by my Office):

God has graciously allowed me to catch a glimpse into his heart, and I want to share with you what I have seen. Today the heart of God is an open wound of love. He aches over our distance and preoccupation. He mourns that we do not draw near to him. He grieves that we have forgotten him. He weeps over our obsession with muchness and manyness. He longs for our presence.

And he is inviting you - and me - to come home, to come home to where we belong, to come home to that for which we were created. His arms are stretched out wide to receive us. His heart is enlarged to take us in.

Even more than a hike, perhaps it would be more accurate to speak of the offer, "Come then, my love, my lovely one, come," as the offer to a couple's retreat or *honeymoon* with God!

How do we experience a Lent like this? We take time to slow down and simplify. We let some things go to de-

clutter our lives. We turn our concentration away from certain activities (“fasting” from them), and towards others (prayer, Holy Scripture, reading), to make space for God. We also turn away from centring on ourselves to centring on God and others (giving), which allows God’s love to take greater root within us. Giving ourselves to God and others, our heart is enlarged for God, who is love, and we and others experience the blessing of God’s Presence within us.

The Ash Wednesday Gospel each year reminds us of the intimacy we can experience in Lent. In it, Jesus says, “When you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father, who sees what is done in secret, will reward you.”

Going to our room helps us listen. In the magazine *Homemade*, Robert W. Herron writes:

Good listening is like tuning in a radio station. For good results, you can listen to only one station at a time. Trying to listen to my wife while looking over an office report is like trying to receive two radio stations at the same time. I end up with distortion and frustration. Listening requires a choice of where I place my attention. To tune into my partner, I must first choose to put away all that will divide my attention.

As we enter stillness, we make space to hear God speak to us, and share the wonder of intimacy together. And, Jesus says, when we do this, our Heavenly Father rewards us - not with some kind of physical trinket, but with what our hearts are yearning for: a deeper relationship with God. As the well known hymn says:

***I come to the garden alone, while the dew is still on the roses.
And the voice I hear falling on my ear, the Son of God discloses.
And he walks with me, and he talks with me, and he tells me I am his own
And the joy we share, as we tarry there, none other has ever known.***

Like the couple who commit to truly being present to one another, when we invest spending such “quality time” with God, this deepening of our relationship happens naturally. I’d like to suggest that when we think of Lent, we think not so much about the lengthening of days, as of the lengthening of *our roots* deep in God, and *God’s roots* deep in us. God’s love is the soil in which our roots are planted, so that its nutrients can bring forth the fruit of love in our lives - fruit that is a delight to God, others, and ourselves.

The Ash Wednesday Gospel concludes with verses 20-21: “Store up for yourselves treasures in heaven. For where your treasure is, there your heart will be also.” Jesus is not just speaking about money, but everything that is not God! This is the bottom line of Lent, and all our life. St. Augustine wrote: “Where your pleasure is, there is your treasure; where your treasure is, there is your heart; where your heart is, there is your happiness.” Lent is designed to help our treasure be God. It offers the “reward” of more of God in our lives to all who are yearning for it.

This year at St. Paul’s, we’re helping us “come away with our Beloved” in a number of ways. On Ash Wednesday, we’ll share together 2 Services of Holy Eucharist and the Imposition of Ashes, one at St. Paul’s at 9:30 a.m., and the other at All Saints’ Lutheran Church at 7 p.m. (at which I’ll be preaching). Also on Ash Wednesday, at 10:30 a.m., we’ll watch and then discuss several Ash Wednesday Reflections on our Screens, and gather at All Saints’ an hour before the evening Service, for a chili and buns’ supper. The following Wednesday, at 9:30 a.m. and 7:30 p.m., we’ll begin the Lenten Study “What Wondrous Love,” which looks at “Holy Week in Word and Art.” (See page of this issue of *Living Waters* for details.) Resources for personal Lenten study and reflection will also be available in print in the Hall. I’ll also be tweeting Lenten material from the Anglican Church of Canada, Episcopal Church of the US, the Church of England, and the worldwide Anglican Communion (on my own twitter account: @Pastor_Fergus, and the account for the Parish: @stpaulscalgary). There’s Lenten material on my “Pastor’s Postings” blog. You may also find something edifying for your Lenten journey in the “Book Nook” outside my Office (for example, Hannah Hurnard’s book, *Hinds Feet on High Places*, a wonderful book about our relationship of love with the Lord that is based on the Song of Solomon). If there’s sufficient interest, we’ll arrange for a carpool from St. Paul’s to the Anglican Fellowship Day of Lenten Devotion and Prayer on March 23 (see page 18 for details). Last, but certainly not least, our Sunday Services (including a Celtic Service of Meditation on March 24 at 7 p.m.), Wednesday 9:30 a.m. Services of Holy Eucharist, and Holy Week Services are all precious times set aside to be with our Beloved and one another.

May we all respond with joyful hearts to the Lenten invitation to come away with our Beloved, be more rooted in God, and bear more fruit of love, than ever before!

God bless you all, always.

Your Brother in Jesus,



Helpful Information

SERVICE TIMES

Sunday Services : 8:30 & 10:00 am

Wednesday: 9:30 am

Celtic Service: March 24 at 7:00 pm

Church Office Hours:

Office Hours: 9:00 am to 12:00 pm—
Monday to Friday
The office is closed on statutory holidays.

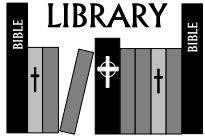
Please note: If there is only one person in the church the outside doors will be locked. Please ring the bell at the North door (by the apartments) to get access.

St. Paul's Guest internet is available. Please contact the office for the password.

Shaw Open is available for anyone with a Shaw account.



CHURCH LIBRARY The Library is open and there for your use. Please have a look at what is available. When you take a book out please fill out the card in the back of the book and leave it in the file. When you return the book leave it in the marked box.



Useful Web-sites and other Social Media Platforms:

St. Paul's:

www.stpaulscalgary.ca

Facebook Page: <https://www.facebook.com/stpaulscalgary>

Twitter:

@stpaulscalgary

@Pastor_Fergus

Toddlers to Tweens Group Facebook:

<https://www.facebook.com/pages/St-Pauls-Toddlers-to-Tweens/1623953807841025?fref=ts>

Youth Group's Facebook:

www.facebook.com/StPaulsCalgaryYouth

MCES: <http://www.historicstpaulsanglicanchurch.ca>

Facebook Historic St. Paul's Anglican Church Midnapore

Pastor's Postings Blog:

<http://pastorfergus.wordpress.com>

Diocese of Calgary:

<http://www.calgary.anglican.ca>

<https://www.facebook.com/calgary.anglican>

Canadian National Church: www.anglican.ca

Worldwide Communion: www.anglicancommunion.org

PWRDF—www.pwrdf.org



St. Paul's as a Scent-Free Parish

A reminder that we try to be scent-free out of love and respect for those whose health is threatened by fragrances.

May we ask your co-operation

in avoiding wearing to church, perfumes and after-shave, perfumed hairsprays, etc. Many thanks.

Information you may find helpful:



Large Print Order Of Service:

We have available large print copies of the service and hymn book. Please ask the sides people.

Hearing Devices: If you have problems hearing we have hearing devices which will assist you. Please ask the sides people for assistance.

Welcome Booklets: If you would like to know more about St. Paul's and our ministries please help your self to a booklet. You will find them by the name tags.

Business Cards: We have St. Paul's Business Cards with service times. These are for everyone to carry in their wallets and to give to people who ask about St. Paul's. This is a form of Outreach to the community.

Can Tabs

We will re-start our can tab collection. Rick and Robbie Collier go to St Mark's in Mesa and they collect the tabs, so we can help. Thanks Kerry



Roster for Sunday Services

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TALK
March 10	Cyril	Fergus	Fergus	Anne Lowry
March 17	Fergus	Cyril	Cyril	Doreen Peters
March 24	Norman	Cyril & Fergus	Norman	Triple C Planners
March 31	Fergus	Bob & Cyril	Bob	Bob
April 7	Fergus	Cyril	Cyril	Allison Pierce

SERVICES TO MARK ON YOUR CALENDAR

Wednesday, March 6: Ash Wednesday 9:30 am at St. Paul's & at All Saints' 6:00 pm Chili dinner and service at 7:00 pm

Sunday, March 10: Lent 1

Sunday, March 17: Lent 2

Sunday, March 24: Lent 3 Triple C at 10 am service

Sunday, March 24 : Celtic Service —7:00 pm

Sunday, March 31: Lent 4/Laetare Sunday/ Mothering Sunday

Sunday, April 7: Lent 5

Sunday, April 14: Palm Sunday/ Sunday of the Passion

Sunday, April 21: Easter Day



Upcoming Events

Pancake Supper	Tuesday, March 5—5 to 7 pm
Grief Support Group	Monday, March 11 & 18—1 pm
Men's Breakfast	Saturday, March 16 —8:30 am
Ladies' Luncheon	Saturday, March 16—11:30 am
Celtic Service and Creation Art Group	Sunday, March 24—7:00 pm

**UPCOMING
Events**

Bible Studies :

Monday Bible Study: 1:00 pm.

Wednesday : 9:30 am Holy Eucharist

Wednesday Bible Study: 10:15 am Study of the readings for upcoming Sunday

Lent Study: What Wondrous Love - Wednesdays beginning March 13 at 10:15 am and 7:30 pm



The weekly Bible Studies are a great opportunity to meet fellow parishioners, and to learn more about the Bible. No experience is necessary we are all learning together. Participate as much as you want no pressure. Come and see what it is all about.

Calling All Junior and Senior High Students to be Youth Who Make a Difference!



Sunday Youth Bible Study every Sunday morning during the 10:00 am service.

Friday Youth Meetings The calendar of events for the youth group from January to June is much simpler than in the past. We will be

meeting each time at the church from 7 – 10 pm. The evenings will vary slightly in the activity but you can expect games, food and interesting discussions.

Friday, March 22: will meet at the Church at 7:00 pm.

Check out our Youth Group Facebook page to see more details about what's happening: www.facebook.com/StPaulsCalgaryYouth.

Need to contact the leader? Joanne or Keith Daye can be reach through the Parish Office (403256-1428)

Treasurer's Report

Balances of bank accounts as at Feb. 24, 2019:

Chequing account \$12,150.19

Savings account \$71,119.19

GIC investment account maturing Nov. 9, 2019 \$5,149.09 @ 2.2% p.a. (secures our Business VISA)

Inreach funds \$2,103.42

As per motion passed at our Annual Meeting of Parishioners on Jan. 27th, we have transferred the entire balance of the expansion funds to capital improvement funds. The capital improvement funds now stand at a balance of \$32,954.92 and we are still accepting designated donations/offerings toward this fund.

For the current time, the expansion fund account has been closed and any funds/offerings designated to expansion fund will be re-designated toward the capital improvement fund.

Good news: we have received an 2018 insurance overpayment refund from the Diocese for \$569.11 which will be applied to reduce our 2019 insurance expense (\$2,977.06 paid over 11 months Feb.-Dec. 2019).

The Diocese will also be reimbursing our parish for the cash amount of theft from 8:30AM offering which occurred on Jan. 13th once the claim has been completed.

Please reminded that our website can now accept secured online donations and an automatic tax receipt is generated at the time of donation.

Other ways to donate include our Diocesan pre-authorized payment plan (forms available in Narthex or from parish office), United Way donations through company workplace designated to St. Paul's, Sunday offerings, and special offerings.

January, 2019 started off with \$15,000 in total offerings for the month and a deficit during the month of around \$4,200. Finances are hoped to improve during the year as the weather warms up and attendance numbers pickup.

Regards,

Dan

*Thank
You!*

**Thank you to Dan Brisbin for serving faithfully as our Treasurer. Your hard work and devotion to St. Paul's was greatly appreciated. Dan will continue to serve as Treasurer for MCES.
Welcome to Karen Huq, who began serving as our Treasurer on March 1.**

Welcome

OUR CHURCH'S
FINANCIAL
HEALTH

January 2019 YTD Comparative Income Statement		2019 Actual	2019 Budget	Percentage Over/Under Budget	2018 Actual	Year-to-year Increase/Decrease	Year-to-year % Increase/Decrease
Income							
	General	\$14,889	\$17,408	-14.5%	\$15,010	-\$121	-0.8%
	Open	\$132	\$308	-57.1%	\$209	-\$77	-36.7%
	Special	\$0	\$885	-100.0%	\$190	-\$190	-100.0%
Offering Total		\$15,021	\$18,600	-19.2%	\$15,408	-\$387	-2.5%
	Other income	\$257	\$623	-58.8%	\$995	-\$738	-74.2%
	Fund transfer (Youth events)	\$42	\$42	0.8%	\$42	\$0	0.0%
	Fund Transfers	\$29	\$29	-0.6%	\$83	-\$54	-65.1%
	Fundraising events	\$0	\$292	-100.0%	\$247	-\$247	-100.0%
Total income		\$15,349	\$19,586	-21.6%	\$16,775	-\$1,426	-8.5%
Expense							
	Utilities/insurance	\$915	\$1,364	-32.9%	\$2,042	-\$1,126	-55.2%
	General Maintenance	\$261	\$1,171	-77.7%	\$751	-\$490	-65.2%
	Administration	\$2,743	\$2,777	-1.2%	\$2,713	\$30	1.1%
	Ministerial	\$9,812	\$9,597	2.2%	\$9,637	\$175	1.8%
	Apportionment	\$2,759	\$2,759	0.0%	\$2,999	-\$240	-8.0%
	Communications	\$49	\$128	-61.6%	\$0	\$49	
	Worship	\$530	\$659	-19.5%	\$575	-\$45	-7.8%
	Christian Education	\$210	\$458	-54.2%	\$2,376	-\$2,166	-91.2%
	Hospitality, Fellowship	\$314	\$197	59.2%	\$291	\$23	7.9%
	Outreach	\$1,986	\$1,986	0.0%	\$1,944	\$42	2.2%
	Pastoral Care	\$0	\$50	-100.0%	\$0	\$0	
	Other	\$0	\$40	-100.0%	\$60	-\$60	-100.0%
Total Expense		\$19,580	\$21,188	-7.6%	\$23,388	-\$3,808	-16.3%
Net Operating Income		<u>-\$4,231</u>	<u>-\$1,602</u>		<u>-\$6,613</u>	<u>\$2,382</u>	
Other Income	Interest Revenue	\$85			\$76		
	Planned Giving/bequests	\$0			\$0		
Other Expenses	Transfer to Project Fund	\$0			\$0		
	Transfer to Directed Fund	\$0			\$0		
Net Profit		<u>-\$4,146</u>			<u>-\$6,537</u>	<u>\$2,391</u>	
Pass-through/designated fund donations	PWRDF	\$110					
	CAWST	\$10					
	Capital Improvement	\$30					
	Expansion fund	\$0					
	Youth-general funds	\$200					
	Chattel-Worship Items	\$0					
	Chattel-AV/Technology	\$0					
	Inreach-assistance for parishioners	\$200					
	Cancer Bags - Donated Funds	\$0					
	Sunday School	\$0					
Total pass-through/designated fund donations		<u>\$550</u>					



Prayers



A New Beginning

Today, O Lord, I accept your acceptance of me.
I confess that you are always with me and always for me.
I receive into my spirit your grace, your mercy, your care.
I rest in your love, O Lord.
I rest in your love. AMEN

-Richard Foster

Lord,
You are the wind in my sails
You guide me as I steer and find direction.
You give me the strength to keep on going.
You watch over me as I navigate stormy seas.
You are the harbour where I stop for rest.
You are my encourager when I lose hope.
You are the lighthouse that keeps my path safe.
You are with me always.
Thank you. AMEN
- Read more http://www.lords-prayer-words.com/topics/prayer_for_healing.html#ixzz4NrXcwf

By the prayers of Jesus,
Lord, teach us how to pray.
By the gifts of Jesus,
Lord, teach us how to give.
By the toils of Jesus,
Lord, teach us how to work.
By the love of Jesus,
Lord, teach us how to love.
By the cross of Jesus,
Lord, teach us how to live.

-AMEN
-unknown source

A PRAYER FOR ST. DAVID'S DAY (March 1st)

O God, who by the preaching of your blessed servant, David, caused the light of the gospel to shine in an age of darkness;
Grant that having his life and his labours in remembrance, we may show forth our thankfulness by following the example of his zeal and his patience; through Jesus Christ our Lord. AMEN

-F. Colquhoun

ASH WEDNESDAY & LENT

"YOU ARE DUST AND TO DUST YOU WILL RETURN."
This ancient formula will be heard by millions of Christians all over the world this Ash Wednesday as the sign of the cross is made in ashes on their foreheads.
This symbolic act is both a solemn reminder and an invitation to renewal.

Lord God, this Lent help me to do my best to keep my mind fixed on you and your Kingdom. AMEN
-Henri Nouwen

Christianity tells people to repent and promises them forgiveness. It therefore has nothing to say (as far as I know) to say to people who do not know they have done anything to repent of and who do not feel that they need any forgiveness. It is after you have realized that there is a real Moral Law, and a Power behind the Law, and that you have broken that Law and put yourself wrong with that Power-- it is after all this, and not a moment sooner, that Christianity begins to talk.

Lord Jesus, help me to recognize my sins and to ask for forgiveness. AMEN
-C.S. Lewis

The truth can be hard Lord. It is true that I have been formed out of the dust of the earth. It is true that I live only because your breath has filled my empty lungs. I have life from you and you alone. Every day I live is an undeserved gift from you. Help me to take up my cross and follow you. The crosses I carry are not mere problems to solve; the crosses I take up are opportunities to patiently and joyfully present my life as a living sacrifice. Teach me the limits of my own existence and fill me with your limitless power.

AMEN
-Trevor Sutton

Grant, we beseech thee O Lord, that by the observance of this Lent we may advance in the knowledge of the mystery of Christ, and show forth his mind in conduct worthy of our calling; through Jesus Christ our Lord. AMEN
(Gelasian Sacramentary, 5th Cent)

A PRAYER OF ST. PATRICK (March 17th)

May the strength of God pilot us,
May the power of God preserve us,
May the wisdom of God instruct us,
May the hand of God protect us,
May the way of God direct us'
May the shield of God defend us,
May the host of God guard us against the snares of evil and the temptations of the world.
AMEN

ST. JOSEPH OF NAZARETH (March 19th)

O God,
from the family of your servant David
you raised up Joseph
to be the guardian of your incarnate Son.
Give us grace to follow him
in faithful obedience to your commands;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. AMEN
For All The Saints

THE ANNUNCIATION (March 25th)

Pour your grace into our hearts, O Lord,
that we who have known the incarnation
of your Son Jesus Christ,
announced by an angel to the Virgin Mary,
may by his cross and passion
be brought to the glory of his resurrection;
who lives and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever AMEN

For All The Saints

MOTHERING SUNDAY (March 31)

Thank you Lord for our Mothers. We remember today their
loving care and their ceaseless love for us. May we show by
our words and actions that we love and care about them
too. AMEN -M. Batchelor

The following is the closing prayer from the World Day of
Prayer Service on March 1st.

Dismissal and Blessing

Good God, help us to respect human life
And to accept it in its uniqueness,
Help us to respect the wonders of nature
And to protect them with all our power,
To mutually support one another
On the path of freedom, justice, and peace
As equal members of your family.
May we be blessed in this endeavor by
God the Father, the Son and the Holy Spirit. Amen.



BLOOMING SUNDAY SCHOOL

Our meeting with families of children under Junior High
School age after church February 24 was amazing.

We now have a new class for grades 4, 5 & 6 starting in
Lent, March 10. Lead teacher is Shannon Colle.

We now have more parents who have offered to be
teacher assistants with the possibility of teaching in the future.

The work God is calling St. Paul's to do — loving our
neighbours as ourselves — is being manifested today. We are loving our children and we are training them up in
the way they should go. And that love, in obedience to God's call, will continue to grow, flowering in every way
imaginable, as we bring living water to the world around us.

The first week in February God gave me this scripture as an encouragement:
"I am about to do something new. It is beginning to happen even now. **Don't you see it coming?** I am going to
make a way for you to go through the desert. I will make streams of water in the dry and empty land." Isaiah
43:19 NIRV

My answer to God was "not really" **BUT** I believe You when you told me that it would be in Your strength
that I would be doing this Sunday School work. So things are happening whether I see them or not.

And here we are not even a month later with another classroom starting March 10 for Grades 4,5, &
6! Early Spring Blooming!!!

We serve an awesome and mighty God.

With love & gratitude,
Gloria Ford



Anglican Laity Retreat: come to the Mount! This preached silent retreat comes at a perfect time – the week-
end before Palm Sunday. Please join us. You will be glad you did! **Date: Friday dinner to Sunday after lunch, April 5 –
7; Theme: "Who do you say that I am?"; Where: 41160 Retreat Road, Cochrane, Alberta; Cost: \$195** but nobody is turned
away. Anything above that is eligible for tax receipt. www.mountstfrancis.ca **For Questions or to Register:** Leon/Statia
Demers 403-242-1332 or leon-statia@shaw.ca

Outreach Ministry



CHANGE FOR CHANGE: Putting some coins (or bills) into the CAWST water filter in the narthex will support the delivery of clean drinking water in poor communities. Through our donations, the health of many people in the third world can be greatly improved. Please make a contribution today, and continue week by week.



Food for Others Sunday

The first Sunday of each month is Food for Others Sunday. On the first Sunday of the month we encourage everyone to bring a donation for the Food Bank. The box will be at the steps to the altar and the food will be blessed during the service. This is a great way for children to learn about giving to others and hopefully beginning a life long commitment to helping others.



THE NEED IS GREAT: People in our city are walking around with no shoes or warm clothing during this winter season. Anyone with any used/new backpacks, travel bags, or used clothing, shoes, boots, any winter wear, new socks and underwear, and would like to give it to people in need, Gina Hoey would be happy to collect it and bring it to Alpha House. They are happy to receive anything we can give them in the way of clothing especially winter clothing. The need is great all year round but especially during the winter.

PWRDF: Cuban Partnership Helps Develop Sustainable Farming

In 2017, PWRDF signed a three year agreement with Episcopal Relief and Development (US) to support farmers in extremely poor communities in Cuba. Activities include training programmes, production and preservation of food, allocation of small livestock and their enclosures, soil improvement, and the provision of, and repairs to, farming tools. These communities were able to produce enough vegetables for their own use, and a surplus to sell in the local market. A treatment plant was built in Villa Clara to decontaminate land and eliminate the dumping of pollutants in the Calabaza river. This has also allowed these farmers to have access to a bio-fertilizer for their crops from the treatment of the residual products of pig breeding.



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Are you moving? Downsizing? Fall cleaning? Please check our parish wish list below to see if there are any items you could repurpose and help us out...thanks!

WISH LIST

- Card tables – some of ours are starting to get unstable
- Power washer so north door area can be cleaned more often
- Cover for BBQ so person barbequing at our parish events stays dry if it is raining
- 2 couches for back room to replace the very low recliner one currently in there – it is hard to get into and out of for the elderly and has very deep seats with little back support



We have a new website!

You can now: hear the sermons
donate online through CanadaHelps
(The donation button is at the top right hand side of the screen.)
check out our new Resource page

Have a look at www.stpaulscalgary.ca.



**Shrove Tuesday
Pancake Supper**



**You are Invited to St Paul's
Shrove Tuesday Pancake Supper**

Where: St. Pauls Anglican Church
Who: Bring your friends and neighbours
When: Tuesday, March 5, 2019
Time: 5:00 pm to 7:00 pm
Cost: \$5.00/ person to a maximum of
\$15.00/family Pay at the Door.



Everyone Welcome!!

**YOU'RE INVITED TO BEGIN
THE SEASON OF LENT
IN WORSHIP**



**BY SHARING HOLY EUCHARIST &
THE IMPOSITION OF ASHES
ON MARCH 6,, 2019
ASH WEDNESDAY**

ST. PAUL'S ANGLICAN CHURCH 9:30 AM

**ALL SAINTS LUTHERAN
6:00 PM DINNER
7:00 PM SERVICE**

Pastoral Care

If you know of anyone who is beginning Chemo treatment and would benefit from receiving a Chemo Care Bag please contact Robbie Collier through the Parish Office.

If you'd like to be part of our Pastoral Care Team, please contact Fergus or Nicola Peden. Training will be provided. Next Pastoral Care meeting is on Monday, March 25. at 1:30 pm.

Grief Support Group:

Grief Support

We are still interested in having a Grief Support Group. If you are interested please contact Laura Anne at the Parish Office. Our Grief Support Group is a chance to be with others who have suffered a loss. It is a chance to speak from the heart or just listen. We will be meeting March 11 & 18, April 1 & 15.

Pastoral
CARE

Health Care Apostolate Dioceses of Calgary

Alzheimer Workshop at St. Paul's

Saturday, April 6th 9 am to 2:30 pm
Registration fee: \$25

Palliative Care Education Program

26th & 27th April 2019 - Part 1
Friday 18.15h-21.00; Saturday 09.00 - 16.00h
and

3rd & 4th May, 2019 - Part 2

Friday 18.30 - 21.00h; Saturday 09.00-15.30h

Hosted by Holy Spirit Parish

10827 - 24St SW, Calgary

Registration Fee: \$50.00 includes a manual

Registration or further information call 403-218-5501 or 403-218-5508

Email: healthcareprograms@clagarydioceses.ca

Bereavement Education

4th & 5th October Part 1

18th & 19th October Part 2

And the Lord said GO!

And I said who me?
And He said Yes You.
And I said
But I'm not ready yet
And there is studying to be done.
I've got this part-time job.
You know how tight my schedule is.
And He said You're Stalling.

Again the Lord said GO!
And I said I didn't want to.
And He said I Didn't Ask If You Wanted To.
And I said
Listen I'm not the kind of person
To get involved in controversy.
Besides my friends won't like it

And what will my roommate think?
And He said Baloney.

And yet a third time the Lord said GO!

And I said do I have to?

And He said Do You Love Me?

And I said

Look I'm scared.

People are going to hate me

And cut me into little pieces.

I can't take it all by myself.

And He said Where Do You Think I'll Be?

And the Lord said GO!

And I sighed

Here I am...send me.

-anonymous

Celtic Service and Creative Group

We want to invite you to join our monthly Celtic services at 7pm at St. Paul's Church for a half hour, followed by a snack. This year the services will each focus on the wisdom of the female Celtic saints. The Art Group is now full with 18 attending.

Tentative Dates for the Celtic Services and Creative Group:

March 24, 2019

April 28, 2018

May 12, 2019





Registration: \$25:00
Lunch included

**For information and registration
please contact:**

Nicola

(403) 256-8683

St. Paul's Church

www.stpaulscalgary.ca

or

Andie

(403) 218-5501

healthcareprograms@calgarydiocese.ca

or www.calgarydiocese.ca (News & Events)

Presenter:

CINDY BOND

Particular attention will be focused on: Person Centered Care. The Stages of the disease. Communications. Tools and Strategies for interaction with persons with dementia and their caregivers.

This excellent workshop will provide the participants with an understanding of Alzheimer's disease and related dementias.

*Health Care Office
RC Diocese of Calgary*

*are pleased to offer the following
one-day*

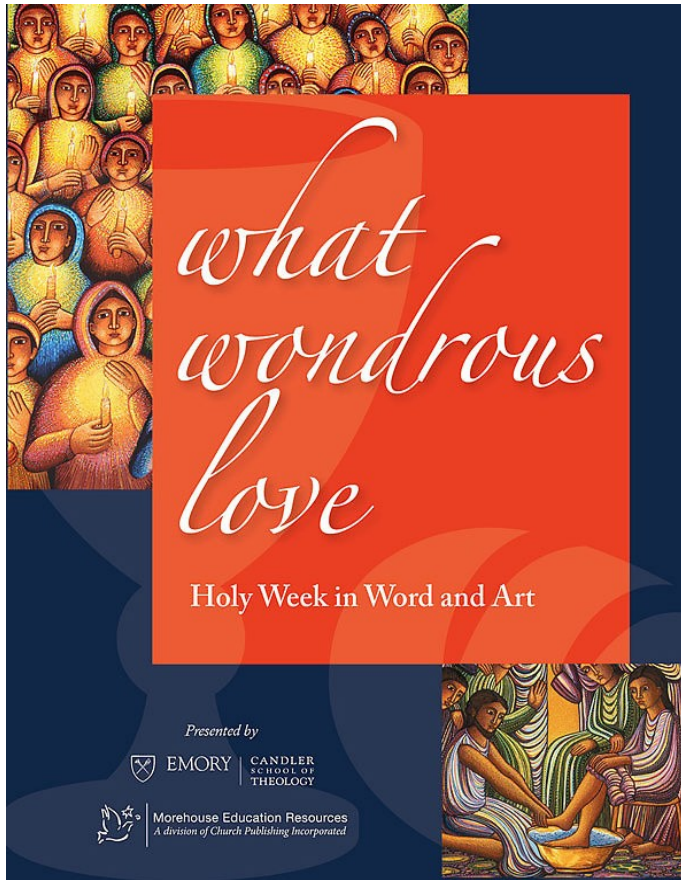
Alzheimer Workshop

Saturday, April 6, 2019

**St. Paul's Anglican Church
7 Sunmills Green SE**

**8:30am - Registration &
refreshments**

**9:00am - 2:30pm
Presentation**



What Wondrous Love Holy Week in Word and Art

When: Wednesdays March 13 to April 10

Time: 10:30 am and 7:30 pm

Who: All are Welcome!

A unique video exploration of Holy Week through the masterpiece artwork of renowned artist John August Swanson.

This 41-minute video presents key scripture passages and events in the biblical story of Holy Week—the last days of Jesus' ministry, his death, and his resurrection. The folk hymn "What Wondrous Love is This?" which serves as the accompanying musical theme, is sung by award-winning Celtic vocalist Connie Dover.

Each scripture passage is illustrated and interpreted in the stunning artwork of John August Swanson along with commentary by some of America's premier Biblical scholars, names such as Dr. Thomas G. Long, Dr. Michael Joseph Brown, Dr. Carol A. Newsom, Dr. Luke Timothy Johnson, and more. Swanson himself comments on his artwork and motivations throughout.

The study is divided into six 7-minute chapters, each featuring Scripture, commentary by the scholars, and a Swanson work of art based on that passage.

Included are:

- The Raising of Lazarus (John 11:38-44)
- The Entry into Jerusalem (Mark 11:1-11)
- Jesus Washes the Disciples' Feet (John 13:1-20)
- The Last Supper (Matthew 26:17-30)
- The Betrayal and Arrest (Luke 22:47-53)
- The Crucifixion (Mark 15:21-39)

Coda: The Burial of Jesus (Luke 23:53-56)

Hello Church Family (a Reminder)

We at St. Pauls strive to help make our time together as warm and accepting as possible, believing that when we welcome each other on Sunday we're welcoming in God's presence. Hospitality's about being with each other and making room for everyone to feel at home.

Here's what we do:

The congregation has been grouped into **Hospitality Teams**. If it's your week, **and if possible** and you are willing, you're invited to help out at our "Coffee Time" before and/or after worship to help make people feel comfortable and at home by serving coffee, preparing some food, making people feel welcomed, and bringing a nice energy to the room. Have a special skill you'd like to offer? By all means, be creative! Not able? No problem! Bring yourself and we believe the rest will follow suit!

How this works:

When it's your week, check the list by the kitchen for what can be done, come up with your own idea, or check with Angela Richardson or Robbie Coller (if you are uncertain about where you can help). Find something you love to do and take it from there. Too many people show up to help? Wander around and make some new friends. This may sound overwhelming, but no one is assigning jobs, and you don't have to sign up. Participation is **NOT** mandatory but encouraged – this is a great way to interact with our parish members whether you are a single or a couple – adult or child. It's all about being together and creating an experience and culture that leaves people feeling seen, appreciated, loved, and renewed!

Here are some quick examples of what we're talking about:

Arrive a bit early and help set up for the coffee time after the service.

Don't have anything planned after church? Stay and help with clean-up.

Love food? Make some goodies or pick something up. Nut free and gluten free - always needed!

Like making new friends? Walk around and introduce yourself.

Hang out by the doors and say 'Good-bye' and 'Thanks for coming' as people head home.

Everyone, of all ages, can help in some way, from a welcoming smile to helping out in the nursery. Use your imagination! And, if it isn't your week, you can still help – any time! Again, this isn't mandatory. You are very much welcomed to simply come for worship if that's where you are at!



The Hospitality Teams:

Team 1: The Walkie Talkies (1st Sunday of each month) **Surnames A – D**

Team 2: The Saints (2nd Sunday of each month) **Surnames E – J**

Team 3: The Young & the Rest of Us (3rd Sunday of each month) **Surnames K – P**

Team 4: Smooth Operators (4th Sunday of each month) **Surnames Q – Z**

Fifth Sunday in the month: The Miracle Workers - Anyone who wants to is encouraged to help out.

Thanks to everyone who has come on board and helped out. This is an important ministry that provides time for fellowship after the services. Your participation is greatly appreciated by all.

Any questions? Contact: Angela Richardson (403- 991-7303) Email – arich14@icloud.com) or Robbie Coller (403-257-5783) Email – randrcoller@shaw.ca

Thanks so much for being part of this wonderful church community!



Saint David

Saint David, or Dewi Sant as he's called in the Welsh language, is the patron saint of Wales. His day is **1st March**.

His influence is shown in the number of churches dedicated to him in Wales and the celebrations each Saint David's Day.

Saint David fact file

There aren't many facts about St David; but here are the only undisputed ones.

- He really existed
- He was at the heart of the Welsh church in the 6th century
- He came from an aristocratic family in West Wales
- His mother was a saint, Saint Non
- His teacher was also a saint, St Paulinus
- He founded a large monastery in West Wales
- He was one of the early saints who helped to spread Christianity among the pagan Celtic tribes of Western Britain
- He became Archbishop of Wales, but remained in his community at Menevia (now called St Davids)
- He was active in suppressing the Pelagian heresy
- His shrine became a great place of pilgrimage; four visits to the shrine at St David's were considered the equivalent of two to Rome, and one to Jerusalem!

The most famous story about Saint David tells how he was preaching to a huge crowd and the ground is said to have risen up, so that he was standing on a hill and everyone had a better chance of hearing him.

David's life

Saint David and the spin doctor

Most information about the Saint comes from a biography written by Rhygyfarch in the eleventh century. But because it was written so long after the Saint's death, it isn't likely to be very reliable. Anyway, Rhygyfarch was a bit of a spin-doctor, and slanted his book to make the case for the Welsh church being independent of Canterbury. One writer describes Rhygyfarch's book as "chiefly a tissue of inventions". So most of what we know about Saint David is really legend; and none the less inspiring for it.

Before his birth

The first legend is set 30 years before David was born when an angel foretold his birth to Saint Patrick.

The legend of his birth

Saint David's father was a prince called Sant, son of the King of Cardigan. His mother, Non, was the daughter of a local chieftan (and possibly the niece of King Arthur). But David wasn't the child of a love-filled marriage. He was born after his father either seduced or raped Non, who went on to become a nun. Non left her family and gave birth by the sea. So intense was the birth that her fingers left marks where she grasped the rocks. As David was born a bolt of lightning from heaven struck the rock and split it in two.

The legend of his baptism

St David was baptised by Saint Elvis of Munster, and it is said that a blind man was cured by the water used for the baptism.

David's early life, and another legend

David was schooled at the local monastery, Hen Fynyw, which is south of present day Aberaeron, and was taught by Paulinus, a blind monk.

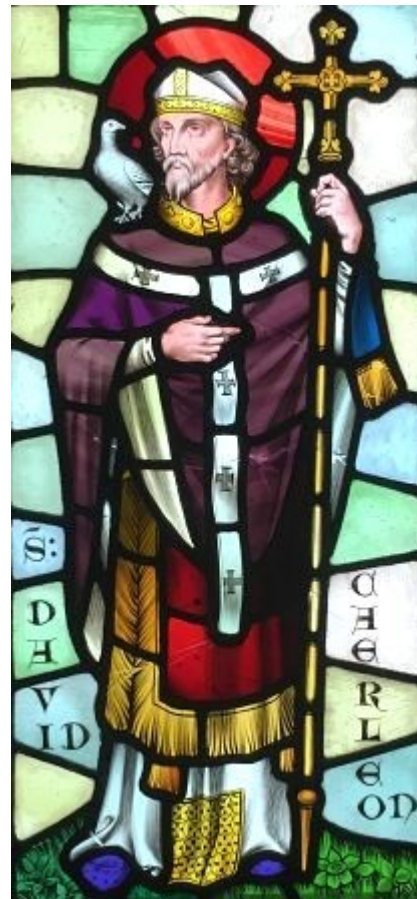
David cured Paulinus of his blindness by making the sign of the cross. Realising that David was a special and holy person, Paulinus sent him off as a missionary to convert the pagan people of Britain.

David the monk

In the course of his travels, David is said to have founded twelve monasteries.

David escapes poison

At one of his monasteries David became so unpopular with his monks for the life of austerity he made them live, that they



tried to poison him.

David was warned about this by St Scuthyn, who travelled from Ireland on the back of a sea-monster for the purpose. David blessed the poisoned bread and ate it; and came to no harm.

Life and teachings

The message of Saint David

David was a great church leader, but not in the sense of a present day bishop or archbishop.

He was a prophet and a teacher, a man of prayer and a miracle worker.

He was the heart of the monastic community he founded in what is now St Davids, and through his direct teaching, and the work of the monks he influenced, he shaped the spirituality of his time and place.

A monk's life

David believed that monks should live simply, and he prescribed a harsh life for his followers. As well as praying and celebrating mass, the brothers had to work hard. They rose at dawn for prayer, and then worked in the monastery and the fields around it. David would not allow them to make animals work for them, but made them pull the plough themselves, saying, "every man his own ox." And while they worked, they continued to pray.

They had a spare diet, too, eating only vegetables and bread, and having only milk and water to drink.

St David himself drank only water, and is sometimes known in Welsh as 'Dewi Ddyfrwr' (David the water drinker).

St David's monks were expected to remain silent, except for prayer or in emergency.

But though it was a hard life, David's holiness and personal charisma were enough to hold the community together in the service of God.

The example of his life, and the modernity of his most famous saying - that we should concentrate on "doing the little things in God's presence with conscientiousness and devotion," make St David a figure with a contemporary appeal.

David's last message

St David is often shown with a dove on his shoulder. The bird symbolises the Holy Spirit which gave David the gift of eloquence as he preached the Good News of Christianity. But although he was a great preacher, the message by which St David is most remembered is not a flowery piece of preaching but a simple statement about simplicity. It comes from his last sermon...

In his last sermon David told his monks to "do the little things, the small things you've seen me doing".

Archbishop Rowan Williams thinks that phrase resonates with modern people because...

"...it reminds us that the primary things for us are the relationships around us, the need to work at what's under our hands, what's within our reach. We can transform our domestic, our family relationships, our national life to some extent, if we do that with focus and concentration in the presence of God."

http://www.bbc.co.uk/religion/religions/christianity/saints/david_1.shtml

Soothing the Soul: A Day of Lenten Devotion and Prayer

March 23, 2019

Join Archbishop Greg and the Anglican Fellowship of Prayer on **March 23 from 9:00 am to 3:00 pm at St. Francis of Assisi Anglican Church in Airdrie** for a day of Lenten meditations and prayer.

Our relationship with God is one of the most important relationships we have. Yet so often the frenetic activity of life leaves us with little time to meditate on this. This Lenten Season, why not take one day to re-connect with God's presence in your life.

Connect with Jesus. Pray with the Community. Sooth your soul.

Please register by

emailing FellowshipPrayerCalgary@gmail.com. Please list all dietary needs with Registration.



Ten Things About the Transfiguration

1. What does the word "transfiguration" mean?

The word "transfiguration" comes from the Latin roots *trans-* ("across") and *figura* ("form, shape"). It thus signifies a change of form or appearance. This is what happened to Jesus in the event known as the Transfiguration: His appearance changed and became glorious. Before looking at the Transfiguration itself, it's important that we look at what happened immediately before it in Luke's Gospel.

2. What happened right before the Transfiguration?

In Luke 9:27, at the end of a speech to the twelve apostles, Jesus adds, enigmatically: "There are some standing here who will not taste death before they see the kingdom of God." This has often been taken as a prophecy that the end of the world would occur before the first generation of Christians died out. The phrase "kingdom of God" can also refer to other things, though, including the Church--the outward expression of God's invisible kingdom. The kingdom is embodied in Christ himself and thus might be "seen" if Christ were to manifest it in an unusual way, even in his own earthly life.

3. Did such a manifestation occur?

Yes, and it is the very next thing that Luke relates: the Transfiguration. Pope Benedict states that it has been "convincingly argued that the placing of this saying immediately before the Transfiguration clearly relates it to this event." Some—that is to say, the three disciples who accompany Jesus up the mountain—are promised that they will personally witness the coming of the Kingdom of God 'in power.'

On the mountain the three of them see the glory of God's Kingdom shining out of Jesus. On the mountain they are overshadowed by God's holy cloud. On the mountain—in the conversation of the transfigured Jesus with the Law and the Prophets—they realize that the true Feast of Tabernacles has come. On the mountain they learn that Jesus himself is the living Torah, the complete Word of God. On the mountain they see the 'power' (*dynamis*) of the Kingdom that is coming in Christ" (*Jesus of Nazareth*, vol. 1, p. 317).

We thus may have the key to understanding Jesus' mysterious statement just before the Transfiguration. He wasn't talking about the end of the world. He was talking about *this*.

In fact, Luke notes that the Transfiguration took place "about eight days after these sayings," thus stressing its proximity to them and suggesting that it was the fulfillment of this saying, concerning the fact that some of them would see the kingdom of God. Mark gives a different number of days, saying it was "after six days" (Mk. 9:2), but these both approximate a week.

4. Who witnessed the Transfiguration?

The three who are privileged to witness the event are Peter, James, and John, the three core disciples. (Andrew was not there or not included.) The fact that Jesus only allowed three of his disciples to witness the event may have sparked the discussion which swiftly ensued about which of the disciples was the greatest (Luke 9:46).

5. Where did the Transfiguration take place?

Luke states that Jesus took the three "on the mountain to pray." This mountain is often thought to be Mt. Tabor in Israel, but none of the gospels identify it precisely.

6. Why did the Transfiguration take place?

The Catechism explains it this way: "Christ's Transfiguration aims at strengthening the apostles' faith in anticipation of his Passion: the ascent onto the 'high mountain' prepares for the ascent to Calvary."

7. What does Luke--in particular--tell us about this event?

Luke mentions several details about the event that the other evangelists do not:

He notes that this happened while Jesus was praying.

He mentions that Peter and his companions "were heavy with sleep, and when they wakened they saw his glory and the two men who stood with him."

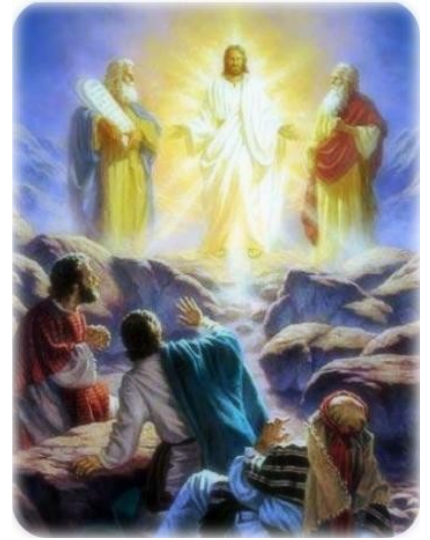
He mentions that Peter made his suggestion to put up booths as Moses and Elijah were departing.

8. Why do Moses and Elijah appear on the mountain?

Moses and Elijah represent the two principal components of the Old Testament: the Law and the Prophets. Moses was the giver of the Law, and Elijah was considered the greatest of the prophets. The fact that these two figures "spoke of his departure, which he was to accomplish at Jerusalem" illustrates that the Law and the Prophets point forward to the Messiah and his sufferings. This foreshadows Jesus' own explanation, on the road to Emmaus, of the Scriptures pointing to himself (cf. Lk. 24:27, 32).

9. Why was Peter's suggestion misguided?

The fact that Peter's suggestion occurs when Moses and Elijah are preparing to depart reveals a desire to prolong the experience of glory. This means Peter is focusing on the wrong thing. The experience of the Transfiguration is meant to point forward to the sufferings Jesus is about to experience. It is meant to strengthen the disciples' faith, revealing to them in a powerful way the divine hand that is at work in the events Jesus will undergo. This is why Moses and Elijah have



been speaking "about his departure, which he was to accomplish at Jerusalem." Peter misses the point and wants to stay on the mountain, contrary to the message the two heavenly visitors have been expounding.

As a seeming rebuke of this, a theophany occurs: "A cloud came and overshadowed them; and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, 'This is my Son, my Chosen; listen to him!'"

10. What can we learn from this event?

The Transfiguration was a special event in which God allowed certain apostles to have a privileged spiritual experience that was meant to strengthen their faith for the challenges they would later endure. But it was only a temporary event. It was not meant to be permanent. In the same way, at certain times in this life, God may give certain members of the faithful (*not* all of the faithful, all the time), special experiences of his grace that strengthen their faith. We should welcome these experiences for the graces they are, but we should not expect them to continue indefinitely, nor should we be afraid or resentful when they cease. They may have been meant only as momentary glimpses of the joy of heaven to sustain us as we face the challenges of this life, to help strengthen us on the road that will--ultimately--bring us into the infinite and endless joy of heaven.

<http://www.ncregister.com/blog/jimmy-akin/10-things-you-need-to-know-about-jesus-transfiguration>

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AS LENT APPROACHES

HOW TO KEEP A TRUE LENT

Donna Fletcher Crow tells us that:"

" Lent is a time to practice being with God, a time to set specific spiritual goals"

" Lent should be primarily a season of reflection and renewal."

" Ask yourself, where do I want to be spiritually when I enter Holy Week this year?"

SOME IDEAS FOR OBSERVING TRADITIONAL LENTEN PRACTICES

PRAYER

Take a daily "Time Out" for God. Go to a quiet place, light a candle and:

- > Read the Bible;
- > Read a book about God;
- > Write a thankfulness journal;
- > Spend time listening to God, rather than speaking to Him.

FASTING

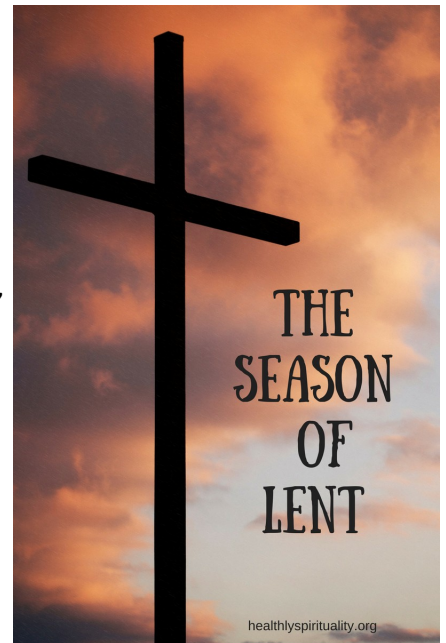
Set aside one day a week on which you will go without one meal, and spend an equivalent amount of time intentionally seeking God's presence with you.

On Ash Wednesday and Good Friday, from sunrise to sunset, refrain from eating solid foods and only drink water or juice. Every time you feel hunger pangs, think of God and pray.

ALMSGIVING

Give up eating/drinking something that you like and/or give up watching television or some other activity and donate the money saved and time saved:

- > bring non-perishable food items to a place where they will be taken to the Food Banks for the needy;
- > Give money to Lenten outreach projects of your parish;
- > Donate money to the Primates World Relief and Development Fund or other Christian relief efforts;
- > Visit someone who is a shut-in, ill, alone or otherwise needs a friendly visit;
- > Invite someone who lives alone to have a meal with you and your family or cook and deliver a meal to someone who is ill or grieving or alone.



-the above is an excerpt from Anglican Fellowship of Prayer Lenten

Resource Materials

DIOCESAN EVENTS

Diocesan webpage (www.calgary.anglican.ca) now has tweets.

Find us on Facebook! <http://www.facebook.com/calgary.anglican>

NEW DIOCESAN WEBSITE

We have just launched a new website for the Diocese of Calgary. Thanks to a new partnership with **Ascend Collective**, this new site will provide the functionality and ease of use that will make it a readily-accessed resource for both visitors to the site and for parish leadership looking for resources. The URL remains the same, so please go to www.calgary.anglican.ca and have a look around.

Myths of Singleness Friday, March 8 **The Rev. Sam Allberry** will be giving a talk on how the Church can engage, empower and uplift singles in our community, on **Friday, March 8 at 7:00 pm, at All Saints Anglican Church, Cochrane**. Singles, whether unmarried, divorced or widowed represent a large percentage of our church congregations. Rev. Allberry is a speaker and writer with The Zacharias Trust, a consulting editor for The Gospel Coalition, and a Visiting Professor at Cedarville University in Ohio. Please RSVP to sonya@allsaintscochrane.org

Town Hall Meetings are coming in March! **Calgary - March 9 - Holy Trinity, Calgary** There will be brief presentations from our Archbishop, Executive Officer, Director of Finance and Rural Missioner, followed by a Q&A. 9:30 am start and ending around 3:00 pm. Lunch will be provided. All are welcome. Please RSVP with the date and/or location you would like to attend to pgateman@calgary.anglican.ca so we have correct numbers for food. There will be a carpool leaving from St Paul's so please contact the office if you would like to join them.

Holy Cross, Calgary: Holy Cross, Calgary

"An Evening of Lectio Divina" returns: All are invited to The Anglican Parish of Holy Cross for an evening of silence, prayer and biblical meditation. Lectio Divina (literally, Divine Reading) is a practice deeply rooted in Christian history. In Lectio Divina, we sit with a biblical text for the purpose of discerning the voice of Jesus as He speaks into our lives. This spiritual practice is perfect for anyone who has ever struggled with questions such as: Is God speaking to me? How do I know what God's voice is like? or How can I discern where God is leading me? An Evening of Lectio Divina will be held on the second Tuesday of every month, **starting at 6:30 pm, next on March 12, 2018**. All are welcome.

Theological Shifts, Shake-Ups and Rumbblings in the 21st Century: Wednesdays from March 13 to April 10, 1:00 - 2:30 pm Led by The Rev. Anna Greenwood-Lee and The Rev. Christine Conkin, this series will start with the premise outlined by Phyllis Tickle in her book, *The Great Emergence* that the Church and society today are undergoing a shift of the size and significance which we have not seen since the Reformation. We will then talk about some of the changes already happening and some that might be coming, and what these shifts and changes might mean to how we understand the authority of the Bible, the authority of science, the authority of Jesus, and the authority of the head and the heart. No charge but please register by emailing adminassist@stlaurence.

Cathedral Concert Series 2019: The next concerts will be on March 16 (Solo organ, Neil Cockburn); May 4 (Voice and Harp, performed by Lizz Windnagel and Olivia Ritchey); and June 1 (the Cathedral Choir performing works for choir and organ). **All concerts begin at 5:45 pm** and will last approximately one hour. **General admission is \$10.00** (cash only), payable at the door. Programme details are posted on the Cathedral website **here** For further information, please call the **Cathedral Office: (403) 269-1905**

Wisdom Centre Events: John Bell - Ancient and Ever-New: Spirituality in the 21st Century March 22 to 24 John L. Bell is a preacher, hymn writer, composer, lecturer and broadcaster. An ordained minister of the Church of Scotland and a member of the Iona Community, John is a member of the committee that produced the ground-breaking Church Hymnary 4. He has produced many collections of liturgy, scripts, sermons and reflections, original hymns and songs, and three collections of songs of the World Church, and is primarily concerned with the renewal of congregational worship at a grass-roots level. He will give a Friday evening lecture, "Ancient and Ever New...an Introduction to Celtic Spirituality" on March 22, a Saturday workshop entitled "Music, Liturgy and Imagination" on March 23, and will preach at St. Laurence on Sunday, March 24 at 10:00 am. Early-bird pricing (until March 1) is \$100 for Friday and Saturday, with Saturday's lunch included; \$25 for Friday only, and \$90 for Saturday only. To register go to: <https://wisdomcentre.ca/register-for-john-bell/> or call (403) 249-6184 ext 2.

A Thought for St. Patrick's Day

Have you ever stopped to ponder
At the wonder of His ways?
Prayers unanswered, will so often
Prove His love in later days.
Yet we humans pout and worry,

Selfishly we ask our will ~
Thinking surely God's ignoring

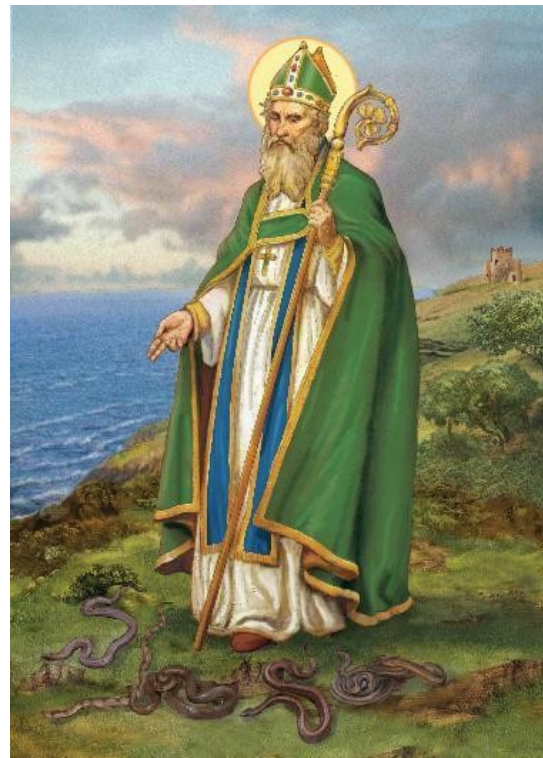
Plans we want Him to fulfill.
As you come into His presence,
Though it seems your prayer's unheard;
Rest upon the Father's goodness,
In His love, and in His Word.
Claim His promises,
Know He's able,
Seek His heart in all you do,

Dream big dreams,
Asking His wisdom ~
You will find God's love is true!

--Connie

"The Lord is good unto them that wait for Him, to the soul that seeketh Him."
(Lamentations 3:25 KJV)

[by: Connie Hinnen Cook (cjcook@mynewroads.com) -- from Connie Hinnen Cook]



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In a recent survey of a large number of subscribers, 10 per cent of the surveys mailed were returned as "unknown at this address."

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With every blessing,

Michael Thompson
General Secretary,
Anglican Church of Canada

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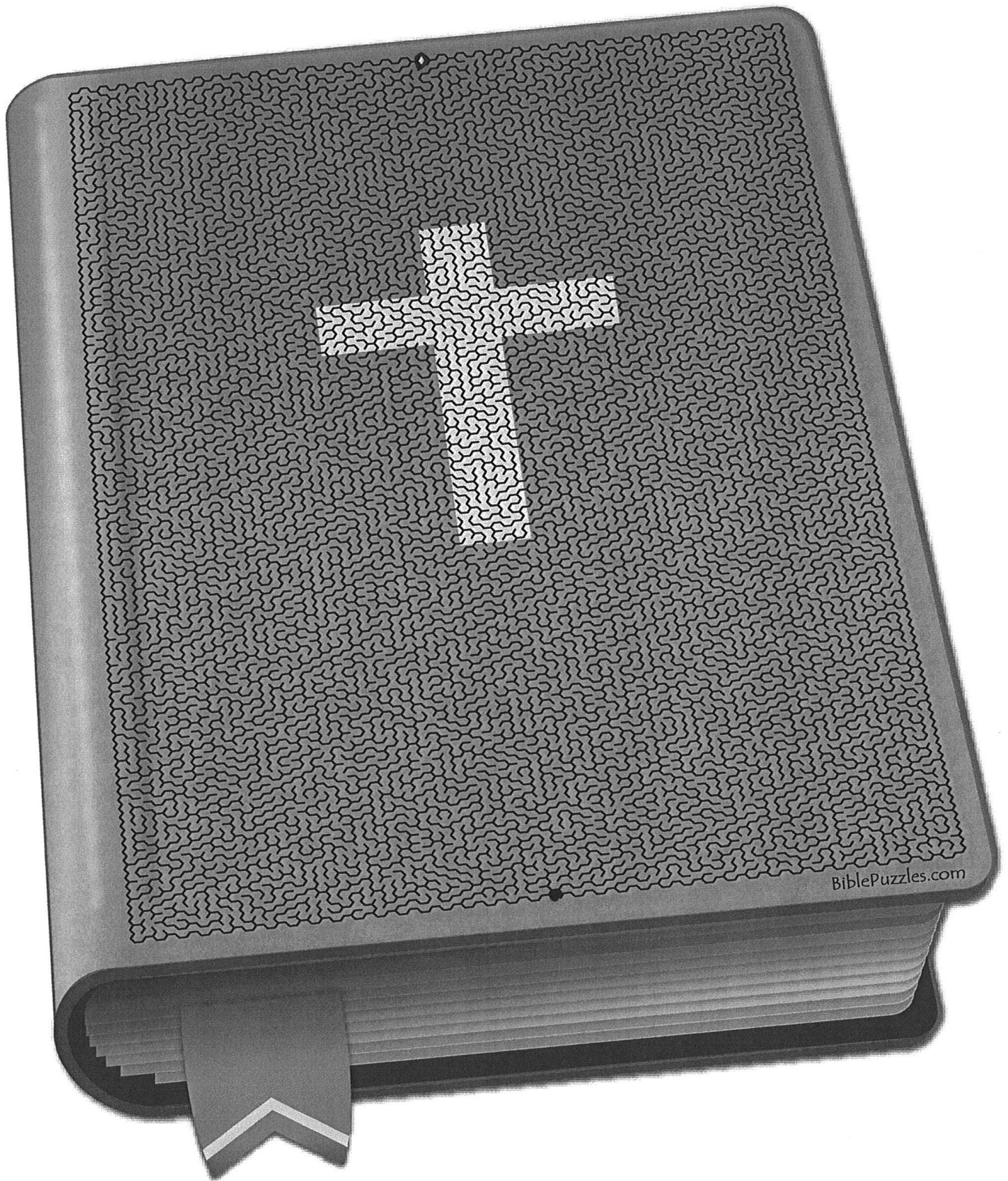
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Comments: _____

The Ultimate Bible Maze



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Transfiguration/ Last Sunday in Epiphany 8:30 am H.E. 10 am H.E. & Holy Baptism 5 pm <i>Christian Fellowship</i>	4 1:00 pm Bible Study	5 1 pm Young at Heart 1:30 pm Prayer Group	6 9:30 am Holy Eucharist & Im- position of Ashes 10:30 am Lenten Reflections Discussion 6:00 & 7:00 pm All Saints' Dinner & Service	7 6:15 pm TOPS 7 pm Après Efm 7:30 pm Choir Practice	8	9 9:30 am—2:30 pm Town Hall at Holy Trinity Carpool from St. Paul's at 8:45 am
Lent 1 10 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	11 1:00 pm Bible Study 1:00 pm Grief Support	12 1 pm Young at Heart 7:00 pm Parish Council	13 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lent Study 1:00 pm Prayer Shawl Ministry	14 6:15 pm TOPS 7:30 pm Choir Practice	15	16 8:30 am Men's Breakfast 11:30 am Ladies Luncheon
Lent 2 17 St Patrick's Day Flavour 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	18 1:00 pm Bible Study 1:00 pm Grief Support	19 1 pm Young at Heart 1:30 pm Prayer Group	20 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lent Study	21 6:15 pm TOPS 7 pm Après Efm 7:30 pm Choir Practice	22 7:00 pm Youth meeting at Church	23 10 am—3 pm Parish Council Focus Day AFP Lenten Devo- tion (see page 18)
Lent 3 24 8:30 am Holy Eucharist 10 am Triple C, H.E. 5 pm <i>Christian Fellowship</i> 7:00 pm Celtic Service & Art Group	25 1:00 pm Bible Study 1:30 pm Pastoral Care Meeting	26 1 pm Young at Heart	27 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lent Study	28 6:15 pm TOPS 7:30 pm Choir Practice	29	30
Lent 4 31 Mothering/ Laetare Sunday 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	April 1 1:00 pm Bible Study 1:00 pm Grief Support	2 1 pm Young at Heart 1:30 pm Prayer Group	3 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lent Study	4 6:15 pm TOPS 7 pm Après Efm 7:30 pm Choir Practice	5	6 9:00 am -2:30 pm Alzheimer Work- shop with Cindy Bond. Lunch provided