

Living Waters

April 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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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

Easter's Glorious Good News of Love and Life

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the women, "Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, 'He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him.' This is my message for you." So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, "Greetings!" And they came to him, took hold of his feet, and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee; there they will see me." (Matthew 28:1-10)

On March 15, a terrorist targeted Muslims during Friday Prayers at the Al Noor Mosque and then the Linwood Islamic Centre in Christchurch, New Zealand, leaving 50 people dead. On October 27, 2018, a man opened fire on worshippers at the Tree of Life Synagogue in Pittsburgh during Shabbat morning services, killing 11, in the deadliest attack ever on the Jewish community in the United States. And on Easter Day, 2016, militants in Pakistan set off a bomb in a park crowded with families, killing 72 people. A group claiming to be behind this evil act said it was targeting Christians, although 44 of those killed were Muslim. In the 21st century to date, an estimated 4 million people have died in war, but untold millions more have died from other acts of violence such as these, many even at the hands of people they love. This is the world in which we live - a world in which the power of evil is manifest.

It's also the world in which Mary Magdalene and the other Mary in the above passage from Matthew's Gospel live. Their Lord has just been brutally tortured and killed in a demonstration of evil's power. They are showing great courage and love for Jesus, disregarding the risk of ill treatment at the hands of the guards and the authorities who want Jesus both dead *and* dishonoured. But they are looking for a dead Saviour - they are coming "to see the tomb." Theirs is still a world in which evil has the last word.

Then, everything changes, and with the great earthquake, their world is literally turned upside down! In wonderful irony, Matthew writes: "For fear, the guards shook and became like dead men." On Good Friday, the guards had seemed so powerful. *Evil* had seemed so powerful. But it was like a fight where one of the combatants lets the other throw the first punch. Evil and death hit God with its strongest blow. And it was strong. But on Good Friday, Jesus showed his love to be stronger than hate. And now on Easter Sunday, he shows his life to be stronger than death.

As Phillips Brooks writes, in words I quoted in my Easter sermon:

*Tomb, thou shalt not hold Him longer; Death is strong, but Life is stronger;
Stronger than the dark, the light; Stronger than the wrong, the right;
Faith and Hope triumphant say, Christ will rise on Easter Day.*

Jesus loves us enough to take our death upon himself. He was willing to make this sacrifice for us. And Jesus is strong enough to do this and not be overcome by the power of death, but instead swallow up death with his indestructible life. David Moxon said, "If you believe that love is stronger than death, then you can believe in Easter." The stone was removed, it has been pointed out, not to let Jesus out, but to let us in, so that we could see this to be so.

And when we enter in, the words that are spoken to us are the same as those that were spoken to the women on that first Easter morn: "Do not be afraid." God desires to set us free from the bondage of fear. A phrase that should be removed from the English language are the words, "It's too good to be true." The One who loves us enough to die for us, is so powerful that death cannot keep him bound. So what possible reason can we have to

be afraid? Jesus is raised as he said. What can ever be “too good to be true” when the truth us this!

In our Easter celebration, we especially remember and trust Jesus’ word, his promise to us. But it doesn’t end with remembrance. Rather, our Easter celebration leads to encounter. On their way, as they journey, with a mixture of fear and joy, the women encounter Jesus. When Jesus meets them, he greets them with “*Chairete*” the normal word of greeting, but its literal meaning is “Rejoice!” And so it is with us. Jesus wants to set us free from fear - to joy, worship, fellowship, intimacy, as we know him as our living Lord.

And he gives them Good News to share. “Go and tell my brothers,” Jesus says. And we too have the same awesome opportunity! We live in a world with much darkness. We are surrounded by people experiencing great fear. And we have a message of hope to share.

So, let’s share by our word and our actions how we have a great champion, who “rose victorious in the strife.” whose victory over death we now share. Paul writes, “Thanks be to God, who gives us the victory through our Lord Jesus Christ.”

Let’s share how we participate in our Risen Lord’s victory over death by accepting his offer to enter our hearts and fill us with his life and love. Jesus said, “All authority in heaven and earth has been given to me.”

Let’s share how, when we receive him into our hearts, we come under our Lord’s sovereign authority, and “Heaven’s morning breaks, and earth’s vain shadows flee” in our lives. The Reign of God breaks into our lives, and we begin to experience the freedom and transforming power of living under our King’s rule.

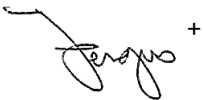
And let’s share how we have the precious privilege of walking in fellowship with him and one another; and, with our brothers and sisters in God’s family, confronting the power of death, in our own lives, and the lives of others, as instruments of God peace and agents of God’s Kingdom.

This Easter, we’re indeed aware of the power of death in the world. But let’s always remember the glorious Good News of Easter that our God and God’s love are stronger than hate and death. Let’s receive our Risen Lord’s life, and walk in fellowship with him, experiencing his transforming Presence in our hearts. And united with our brothers and sisters throughout the world and throughout time, let’s proclaim with our lips and our lives this great Good News of love and life to a world that so desperately needs to know it.

The Lord is risen! He is risen indeed! Alleluia!

May we all have a blessed Easter.

Your Brother in Jesus,

A handwritten signature in cursive script, appearing to read "Jerry", followed by a small plus sign (+).

Helpful Information

SERVICE TIMES

Sunday Services : 8:30 & 10:00 am

Wednesday: 9:30 am

Celtic Service: April 28 at 7:00 pm

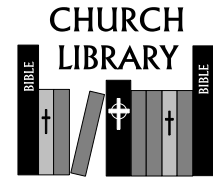
Church Office Hours:

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.



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
April 7	Fergus	Cyril	Cyril	Allison Pierce
April 14	Cyril	Fergus	Fergus	-----
April 21	Fergus	Cyril	Fergus	Fergus
April 28	Fergus	Cyril & Norman	Norman	Triple C Planners
May 5	Fergus	Bob & Cyril	Bob	Joanne Wrigley

SERVICES TO MARK ON YOUR CALENDAR

Sunday, April 7: Lent 5

Holy Week

Sunday, April 14—Palm Sunday

Monday, April 15 - Visio Divina: 7:30 pm

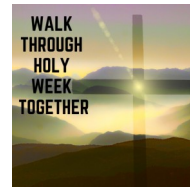
Tuesday, April 16 - 7:30 pm Compline @the Midnapore Chapel on 146 Ave. and Bannister Road

Wednesday, April 17 - 7:30 pm Tenebrae

Maunder Thursday, April 18 - 7:30 pm Holy Eucharist/Foot Washing/Stripping of the Sanctuary

April 19 - Good Friday - 11:00 am & 4:00 pm (Stations of the Cross and Craft for children)

Easter



Saturday, April 20 – Easter Vigil – 8:30 pm with All Saints' Lutheran, at St. Paul's

Sunday, April 21 - Easter—Sunrise Service of Morning Prayer at Midnapore Chapel 6:29 am
8:30 & 10 am Easter Services of Holy Eucharist

Sunday, April 28: Easter 2

Sunday, April 28: Celtic Service, 7:00 pm

Upcoming Events

Grief Support Group

Men's Breakfast

Ladies' Luncheon

Celtic Service and Creation Art Group

Family Talent Night

Monday, April 1 & 15—1 pm

Saturday, April 20 —8:30 am

Saturday, April 20—11:30 am

Sunday, April 28—7:00 pm

Saturday, May 4

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 until April 10 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 . 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, April 12: will meet at the Church at 7:00 pm.

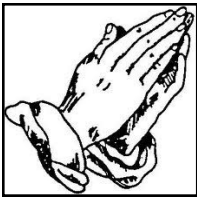


Check out our Youth Group Facebook page to see more details about what's happening: www.facebook.com/StPaulsCalgaryYouth.

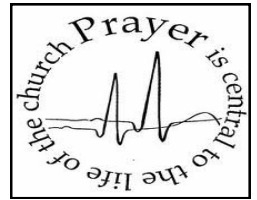
Need to contact the leader? Contact Joanne Wrigley or Keith Daye through the Parish Office.

Financials to the End of February

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	\$30,713	\$34,816	-11.8%	\$31,565	-\$852	-2.7%
	Open	\$324	\$615	-47.4%	\$390	-\$66	-16.9%
	Special	\$0	\$1,769	-100.0%	\$190	-\$190	-100.0%
Offering Total		\$31,037	\$37,200	-16.6%	\$32,145	-\$1,108	-3.4%
	Other income	\$598	\$1,246	-52.0%	\$1,751	-\$1,153	-65.8%
	Fund transfer (Youth events)	\$83	\$83	-0.4%	\$83	\$0	0.0%
	Fund Transfers	\$58	\$58	-0.6%	\$167	-\$109	-65.3%
	Fundraising events	\$0	\$583	-100.0%	\$0	\$0	#DIV/0!
Total income		\$31,776	\$39,171	-18.9%	\$34,146	-\$2,370	-6.9%
Expense							
	Utilities/insurance	\$2,237	\$2,729	-18.0%	\$4,266	-\$2,029	-47.6%
	General Maintenance	\$2,415	\$2,343	3.1%	\$3,478	-\$1,063	-30.6%
	Administration	\$5,867	\$5,554	5.6%	\$5,628	\$239	4.2%
	Ministerial	\$19,624	\$19,194	2.2%	\$19,274	\$350	1.8%
	Apportionment	\$5,518	\$5,519	0.0%	\$5,999	-\$481	-8.0%
	Communications	\$98	\$256	-61.7%	\$0	\$98	
	Worship	\$1,018	\$1,318	-22.8%	\$880	\$138	15.7%
	Christian Education	\$249	\$917	-72.8%	\$3,814	-\$3,565	-93.5%
	Hospitality, Fellowship	\$314	\$395	-20.4%	\$530	-\$216	-40.8%
	Outreach	\$3,972	\$3,973	0.0%	\$3,888	\$84	2.2%
	Pastoral Care	\$0	\$100	-100.0%	\$0	\$0	
	Other	\$0	\$79	-100.0%	\$60	-\$60	-100.0%
Total Expense		\$41,312	\$42,375	-2.5%	\$47,817	-\$6,505	-13.6%
Net Operating Income		<u>-\$9,536</u>	<u>-\$3,204</u>		<u>-\$13,671</u>	<u>\$4,135</u>	
Other Income	Interest Revenue	\$162			\$140		
	Planned Giving/bequests	\$0			\$0		
Other Expenses	Transfer to Project Fund	\$0			\$123		
	Transfer to Directed Fund	\$0			\$0		
Net Profit		<u>-\$9,374</u>			<u>-\$13,654</u>	<u>\$4,280</u>	
Pass-through/designated fund donations	PWRDF	\$560					
	CAWST	\$10					
	Capital Improvement	\$60					
	Expansion fund	\$0					
	Youth-general funds	\$205					
	Chattel-Worship Items	\$0					
	Chattel-AV/Technology	\$0					
	Inreach-assistance for parishioners	\$400					
	Cancer Bags - Donated Funds	\$0					
	Sunday School	\$5					
Total pass-through/designated fund donations		<u>\$1,240</u>					



Prayers



LENT: SPRINGTIME IN THE SOUL

Lord God, with Lent we approach the springtime of the year when the face of the earth is renewed and life emerges out of death.

We pray that this season of Lent may be a veritable springtime for our souls, so that our lives, quickened by the breath of the Spirit and warmed by the sunshine of your love, may bear abundant fruit and be made radiant with the beauty of holiness. Through Jesus Christ our Lord. AMEN
-Frank Colquhoun

Lord Jesus, we turn with confidence to you, knowing that you were tempted in all respects as we are, yet without sin.

Give us your help, that we may obtain victory over our temptations.

We are ashamed that we have so little power in our lives and that we so often fall at the same old hurdles.....

Teach us to remember the promise that those who wait upon the Lord shall renew their strength. May we wait and be made strong.

We ask it in your name and for your sake.

AMEN -based on a prayer of Peter Marshall

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 Century

PALM SUNDAY

Jesus, King of the universe,
ride on in humble majesty:

Lord, this Palm Sunday may I recognize in you the Lord who comes to his world, and join with full heart in the children's "Hosanna".

Ride on, through conflict and debate,
ride on through sweaty prayer
and betrayal of friends:

Lord, this Palm Sunday forgive my evasions of truth, my carelessness of your honour; my weakness which leaves me sleeping while in others you suffer and are anguished; my cowardice that does not risk the consequences of publicly acknowledging you as Lord.

Ride on to the empty tomb and your rising in triumph,
Ride on to raise up your Church,
a new body for your service.
Ride on, King Jesus,
to renew the whole earth in your image.
in compassion come to help us. AMEN

-Source unknown

HOLY WEEK

Lord Christ, who for love of our souls chose the costliest following of the Father's will: forgive us, who have so often followed the easy path of selfish desire, and set your law of sacrifice within our hearts; that we may be ready to deny ourselves and courageously walk in your steps, our crucified Redeemer; who lives and reigns in the glory of the Father and the Holy Spirit, one God for evermore. -AMEN
-source unknown

MAUNDY THURSDAY

Jesus, Lord and Master, who served your disciples in washing their feet; serve us often, serve us daily, in washing our motives, our ambitions, our actions; that we may share with you in your mission to the world and serve others gladly for your sake; to whom be the glory forever. -AMEN

Based on The Christian Priest Today,
by Michael Ramsey

Infinite, intimate God;

this night you kneel before your friends
and wash our feet.

Bound together in your love,

trembling, we drink your cup and watch. AMEN

-A New Zealand Prayer Book

GOOD FRIDAY

My God, my God, why have you forsaken me? -Mt. 27:46

Blessed be the Name of Jesus, who died to save us.

Blessed be Jesus, who had compassion on us.

Blessed be Jesus, who suffered loneliness, rejection and pain for our sakes.

Blessed be Jesus through whose cross I am forgiven.

Lord Jesus, deepen my understanding

of your suffering and death. AMEN

-Written by young people in Kenya

It was for us, Lord Jesus, that you endured all this:

the hatred, the treachery, the rejection of men;

the scourging, the mockery, the crown of thorns;

the agony and shame and dereliction of the cross.

It was for us men and for our salvation

that you suffered and died.

Give each one of us a deeper understanding

of what you have done for us,

and of what we owe to you;

that we may live as those who are no longer their own

but have been bought with a price,

the price of your life-blood, O Lamb of God,

our most gracious Redeemer and King. AMEN

-Frank Colquhoun

EASTER EVE

(the hope of the resurrection)

O Lord Jesus Christ, Son of the living God, who on this day rested in the sepulchre, and so sanctified the grave as a bed of hope to your people: Make us abound in sorrow for our sins, which were the cause of your passion, that when our bodies rest in the dust, our souls may live with you; who lives and reigns with the Father and the Holy spirit, one God, world without end. AMEN

Office of Compline

EASTER

ALLELUIA, CHRIST HAS RISEN!
THE LORD IS RISEN INDEED!
ALLELUIA !

Death is swallowed up in victory.
O death, where is your sting? - 1 Cor.15:54-5

Christ, you are risen from the dead.
We are risen with you.
May our life never deny
this eternal life,
this peace and hope and joy.
Praise and glory to the God of Life
who is stronger than all kinds of death! ALLELUIA!
-A New Zealand Prayer Book

EASTER JOY

Almighty and everlasting God, we meet with joy
to worship you this Easter Day.
And our joy is this,
that he who was crucified, dead and buried
is now alive for evermore,
our risen and reigning Lord
As we celebrate his triumph
we pray that his joy may abide in our hearts
and that our lives may proclaim his praise.
To him be glory for ever and ever. Amen
-F. Colquhoun

EASTER DAY EVENING

Lord Jesus, risen from the dead and alive for evermore: stand in our midst tonight as in the upper room; show us your hands and your side; speak your peace to our hearts and minds; and send us forth into the world as your witnesses; for the glory of your name. AMEN -J.R.W.Stott

Risen Lord, who on the first Easter Day drew near to your two disciples on the Emmaus road, and at evening stayed with them in their village home: be our unseen companion along the daily journey of our life, and at the ending of the day come and abide with us in our dwellings; for your love's sake.
AMEN -source unknown

A PRAYER DURING THIS EASTER SEASON

We thank you , Lord God, that because of Easter our gospel is not least a gospel about the mystery of death as well as of life.

May those who face death at this time, and especially those who have watched it claim their loved ones, know that through Christ's glorious resurrection death has lost its' sting forever.

He has opened the kingdom of heaven to all who believe in him. He has broken the power of death and brought life and immortality to life.

Thanks be to God who gives us the victory through our Lord Jesus Christ! AMEN -adapted

OTHER PRAYERS FOR APRIL

PRAYER OF RICHARD OF CHICHESTER (April 3)

Thanks be to thee, my Lord Jesus Christ,
for all the benefits thou hast given me,
for all the pains and insults thou hast borne for me.
O most merciful redeemer, friend and brother,
may I know thee more clearly,
love thee more dearly,
and follow thee more nearly, day by day.
Amen.

A PRAYER FOR EARTH DAY (April 22)

We thank you, Lord of all creation,
for the wonders of the world in which we live;
for the earth and all that springs from it;
and for the mystery of life and growth.
We pray that our gratitude may be shown by:
our care to preserve the powers of the soil,
by our readiness to learn from scientific research,
and by our concern for a fair distribution of the earth's
resources.

We ask these things in the Name of Christ our Lord. AMEN
-Basil Naylor

ST. GEORGE APRIL 23

Almighty God,
who called your holy martyr George
to bear before the rulers of this world
the banner of the cross,
grant that we may be strong
in every battle against sin,
and attain to the crown of eternal life;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. - AMEN
-from For All the Saints

ST. MARK THE EVANGELIST APRIL 30

We give thanks, O Lord, for your servant John Mark: for the grace by which he triumphed over early failure, and for the inspiration by which he penned the story of the strong Son of God.

Teach us through his life and writings the secret of victorious living, and deepen our faith in your redeeming love and power made known to us in Jesus Christ our Lord.
AMEN -Frank Colquhoun



Sunday School

The Drama Is Unfolding
LENT GOOD FRIDAY EASTER

The children are preparing for the culmination - **EASTER**.

LENT, as they are learning, is a time of:

PRAYING – following the Anglican Fellowship of Prayer guide book on

A Adoration

C Confession

T Thanksgiving

S Supplication

Learning and reciting the two forms of The Lord's Prayers

FASTING – giving up those things which draw us away from God.

GIVING – giving to those who are less fortunate than us

Calgary Food Bank

CAWST – Centre for Affordable Water and Sanitation Technology



GOOD FRIDAY children's service at 4 pm

STATIONS OF THE CROSS

CRAFT: preparing the Empty Tomb

EASTER SUNDAY

The Empty Tomb

Easter Egg Hunt

Our Sunday School is growing, according to God's plan for St Paul's Anglican and we welcome all children to join the JOY OF THE LORD JESUS in one of three groupings –

Ages 2/3 to 4/5

Grades K to 3

Grades 4, 5, & 6

With Love in Christ Jesus,
Your volunteer Sunday School Coordinator,
Gloria Ford



St. Paul's Altar Guild

The St. Paul's Altar Guild team prepares the Altar for the regular weekly services as well as any additional services or special events, as required.

The Altar Guild team is always looking for enthusiastic people who are interested in understanding how our weekly services come together.

There are no pre-requisites, just a willingness to learn and pride in displaying your new skills.

The Altar Guild's commitment level is only three hours a month. We provide training for all those interested in joining our team with, or without experience.

Let us know if you wish to become an integral part of our ministry.

We would appreciate having you. Please contact Robbie Collier through the Parish Office.



Serve the Lord with Gladness

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.



Fellowship and Food Groups are a fun way to connect with new people and get to know your church family better. The groups are 6 – 8 adults, depending on how many people register, who meet monthly to share food and fellowship. If you would like to meet people in our church in a casual and relaxed atmosphere, then this group is for you!

There are 3 separate sessions during the year 1) January – April, 2) May – August 3) September – December.

Our second session for this year is about to begin, so now is your chance to sign up.

Just fill in the sign up form found below the poster in the hall and give it to Doreen Peters or leave it at the office.

The Groups will be assembled and a lead host will be designated for each group.

They will then contact the members of their group to arrange the details of the first gathering.

Please have your forms in by Easter so that the groups can be arranged before the beginning of May.

Ladies Potluck Luncheon

We will be meeting on April 20th at 11:30 am. Our Guest Speakers will not be able to attend this meeting but we are rescheduling them for another day. We will focus on Easter for this lunch since we are meeting on Holy Saturday!



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

- 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
- 1 couch for the back room



Stewardship Thoughts.

For the next two years I will be Stewardship Rep on Parish Council and will be highlighting stewardship topics throughout the year which I hope will be helpful. Stewardship is fundamental to our Christian life and as stewards we are entrusted with the care and use of the resources we have been given. The main tools we have include our time, our talents, our money and environment/creation. Time and talents I think we do well, a few examples are Sunday school/youth leaders, prayer teams, outreach, maintenance, greeting, choir etc. The talent pool we have is very large and people give generously of their time. The area we seem to have trouble with is the money, we always seem to be in a deficit position, as of Feb 28th we are already \$9,000 behind. This isn't the end of world but there are better situations to be in. As stewards we have to manage our way out of this and I ask for your help, advice and action to accomplish this. I remember watching Bob the Builder with my grand children when they were younger and Bob was always in a project which seemed somewhat beyond his reach and he would ask the question of his team Can we do it? The answer always came back YES WE CAN. We are stewards at St Paul's, I think we can do it. Kerry



Mount St. Francis Retreat Centre

Geographical address: 41160 Retreat Road Cochrane, AB

Anglican Laity Retreat: Come to the Mount! This preached silent retreat comes at a perfect time – the weekend 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



APRIL 12-14

Couples Weekend To register please contact:
Paul and Michelle Grover 403-808-8275 – changrover@shaw.ca

April 25

Day Away

Enjoy a silent day away in the beautiful setting of Mount St. Francis Retreat (9:00 a.m. – 3:00 p.m.). This year's theme is “The Lord's Prayer”. The day includes a prayerful reflection on the focus of the day, celebration of the Eucharist and a home-cooked lunch. Please call or email ahead to register. Come after 8:30 to enjoy a coffee / tea and muffins before we begin the program. Suggested contribution is \$30.00 or \$40.00 with a private room. Phone 403-932-2012; email: mtfrancis@shaw.ca

A Call to Prayer for the Election of Our New Primate

“Almighty God, giver of all good gifts, look on your Church with grace, and guide the minds of those who shall choose a Primate for our beloved Church, that we may receive a faithful servant who will care for your people and support us in our ministries; through Jesus Christ our Lord.”



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**

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 @ 403-257-5783 or 403-869-6608.

If you'd like to be part of our Pastoral Care Team, please contact Fergus or Nicola Peden. Training will be provided.



Grief Support Group:



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 April 1 & 15.

Health Care Apostolate Dioceses of Calgary

Alzheimer Workshop at St. Paul's

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

Pastoral Care

Wednesdays 1st May to 5th June 6:30 to 9:30 pm

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@calgarydioceses.ca

Bereavement Education

4th & 5th October Part 1

18th & 19th October Part 2

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:

April 28, 2019

May 12, 2019

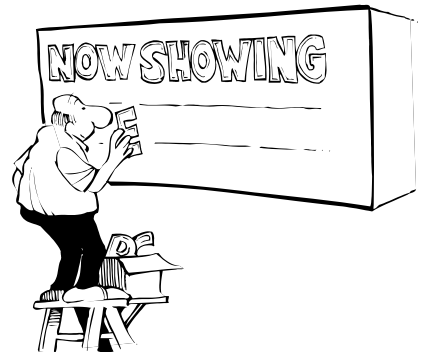


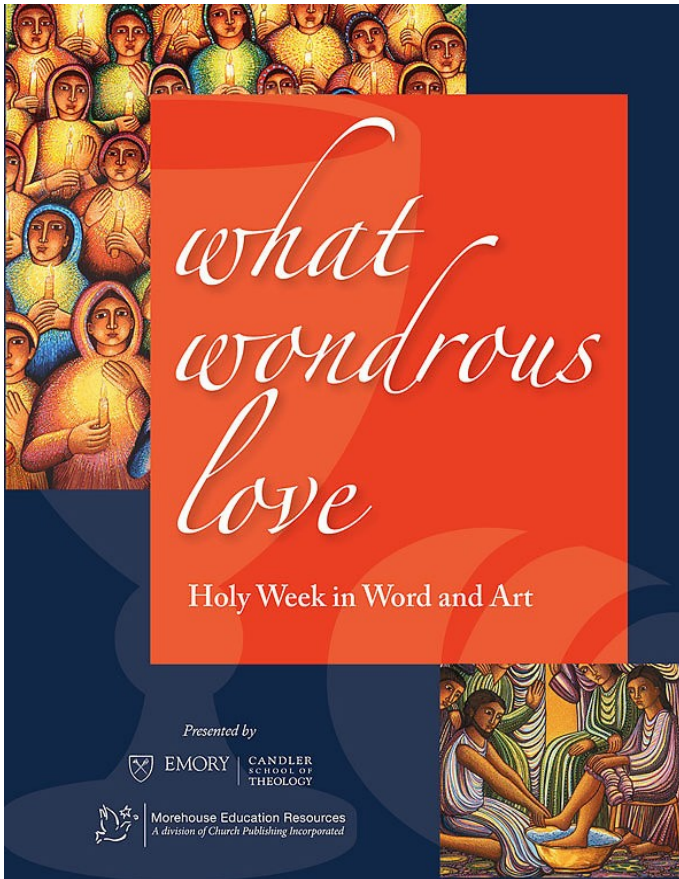
CALLING ALL TALENTS FOR ST. PAUL'S VARIETY SHOW



CALLING ALL TALENTS FOR A FUN EVENING OF UNIQUE ENTERTAINMENT ON MAY 4, 2019 AT 7pm.

Now is your time to showcase your talent - be it singing, dancing, playing a musical instrument, comedy, magic, puppetry, short skits, arts & crafts or photography to name a few. Please contact Annette Pingot through the Parish Office to be part of this fun evening for the whole family.





What Wondrous Love Holy Week in Word and Art

When: Wednesdays 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 Betrayal and Arrest (Luke 22:47-53)
- The Crucifixion (Mark 15:21-39)
- Coda: The Burial of Jesus (Luke 23:53-56)
- Each session will also include film depictions of the Passion of Our Lord, songs for reflection about the Cross, and a time of Lectio Divina.

Answers for Easter Quiz

1. b Matt 27:29 2. a Matt 27:35 - A fulfilment of Ps 22:18 3. c Matt 27:3 4. c Luke 22:47-48
 5. a John 18:13 6. b John 19:19 7. c Luke 23:44 8. b Matt 27:57-58 9. d John 20:1
 10. b Matt 27:26 11. d John 19:2 12. d John 19:7 13. c John 19:34 14. b Mark 15:46
 15. b John 20:27 16. c John 21:1 17. a Luke 23:7 18. a Matt 27:32 19. c Matt 28:2
 20. c Acts 1:3



Egg Decorating

Want to learn a new craft? skill? These decorated eggs have been given as gifts to family and friends at Easter for countless generations. The design motifs on pysanky date back to pre-Christian times—many date to early Slavic cultures.

When - April 13

Time - 10:30 am - till finished

Supplies - I will supply the tool (kistka) needed, the beeswax, the dyes, the patterns. There may be a few things for you to bring - nothing to buy - you will have them at home.

Sign up sheets are in the Narthex. I will email you what to bring to class.

Please no young children - we will be working with raw eggs, dyes and candles - fire!

Corpus Christi Male Chorale.

Our Spring Concerts are coming shortly.

This year we have two concerts, actually the same concert on two different dates, firstly on **Friday April 26th at 7:00pm at First Mennonite Church 2600 Richmond Road SW** and the second concert is on **Friday May 10th at Northmount Baptist Church 451 Northmount Drive NW at 7:00pm.**



For those of you who don't know we are a pretty good choir, actually a very good choir and we sing religious and secular music. This concert we have Louisa Adria as our guest, she is a super soprano and sang with us at Christmas. There are posters in church to remind you. This year we are not selling tickets but a donation will be very acceptable Thanks Kerry



ST. PAUL'S
VARIETY SHOW
2019

**A FUN EVENING OF UNIQUE
ENTERTAINMENT**

WHERE: *St Paul's Anglican Church
7 Sunmills Green SE*

WHEN: *Saturday, May 4
at 7:00 pm Doors open at 6:30 pm*

COST: *\$10/Adults
\$5/child 4 to 12 years*

*To Support our 2019 Budget
Tickets at the Door*

Everyone is Welcome!



South Calgary Community

Clothing GIVEAWAY

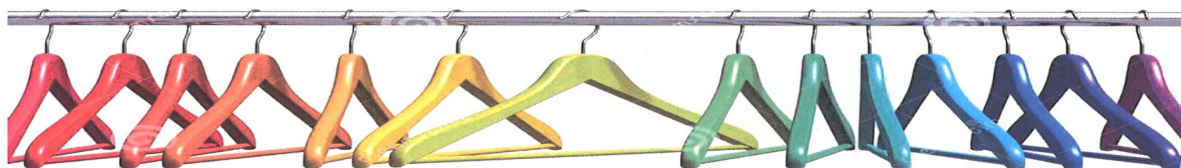


Saturday, May 4, 2019

10:00 am to 1:00 pm

380 MIDPARK BLVD SE
All Saints Lutheran Church

Donate your clothes to Charity



Clean gently used spring and summer clothing will be accepted

Tuesdays to Thursdays Only

April 2 to April 25, 2019

Drop off at All Saints Lutheran Church

380 MIDPARK BLVD SE

Try Alpha

What is Alpha?

Alpha is a series of interactive sessions that freely explore the basics of the Christian faith.

Who's it for?

Alpha is for anyone who's curious. Each session looks at a different question, and is designed to create conversation. There's no pressure, no follow-up and no charge; it's just an open, informal, and honest space to explore and discuss life's big questions together.

How does it work?

Alpha is typically 8-12 sessions with a weekend or day away in the middle. Each session includes food, a short talk and discussion where you can share your thoughts and ask questions.

How much is it?

There's usually no charge to attend Alpha, though some may ask for a contribution towards food.

COMING TO ST. PAUL'S THIS FALL: THE ALPHA FILM SERIES
Twelve Wed. Evening Sessions (Including Supper) Plus a Sat. "Day Away"
Starting 6:30 P.M. on Wed., September 18

CONTACT INFORMATION:

Phone: 403-256-1428; Email: office@stpaulscalgary.ca

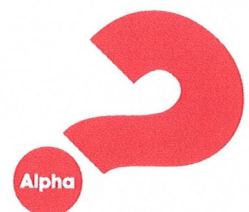
Website: <https://www.stpaulscalgary.ca>

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

Twitter: <https://twitter.com/stpaulscalgary>

Please Keep Looking for Info. Updates on Our Website, & on Facebook & Twitter

EVERYONE IS INVITED!



pilgrim

A COURSE FOR THE CHRISTIAN JOURNEY

www.pilgrimcourse.org @pilgrimcourse

PILGRIM A COURSE FOR THE CHRISTIAN JOURNEY: Church & Kingdom

Dates:

Wednesdays May 8 to June 12

Time: 7:30 pm



This eighth volume, the final title in the Grow stage, explores what it means to live as a child of the kingdom of God and to follow in the way of Christ each day as a member of his Church. Its six sessions combine simple prayer, reflection on the Bible in the lectio divina style, an article by a modern writer, and time for questions and reflection.

The Sessions

Session One: Praying through Life

With a Reflection by Stephen Cottrell

Explores the importance of prayer, particularly daily prayer as foundational for the Christian life.

Session Two: At home and at work

With a Reflection by Paula Gooder

Looks at how we live out our faith every day and of the importance of Sabbath.

Session Three: Living generously

With a Reflection by Jhn Preston

Considers what it means to reflect the generosity of God in our own lives.

Session Four: In all my relationships

With a Reflection by Rachel Treweek

Looks at how faith in the God who is Father, Son and Holy Spirit shapes and changes all our relationships.

Session Five: Confronting the injustices of the world

With a Reflection by Ann Morisy

Considers how the Christian life requires us to be involved in the affairs of the world and to witness to God's kingdom of peace and justice every day.

Session Six: Treading lightly on the earth

With a Reflection by David Walker

Explores our relationship with the earth itself.



Ælfheah of Canterbury

St. Ælfheah

(alias St. Alphege of Canterbury),

Archbishop of Canterbury

(AD 953-1012)

St. Alphege, or more properly Aelfheah, was, traditionally, born of a noble family in Weston near Bath (Somerset), about the year AD 953. While he was still very young, he renounced the World and, notwithstanding the tears and entreaties of his widowed mother, retired into the monastery of Deerhurst, in Gloucestershire, where he served God with great devotion for many years. After a time, he moved on to Glastonbury, where he became Prior. Afterwards, wishing to lead a life of greater seclusion and austerity, he lived as an anchorite near the hot springs in Bath. Here, he was followed by many of his former disciples until St. Dunstan, who was then primate of



all England, persuaded him to become Abbot of the community of secular canons living nearby. On the death of Aethelwold, Bishop of Winchester, in AD 984, the latter, further, called on St. Alphege to take up the vacant dignity.

England was, at this time, a continual prey to the marauding Vikings. King Aethelred the Unready had recourse to repeated bribes, with which he hoped to purchase relief from their attacks; but Alphege sought to win them by the power of the Gospel. In AD 994, Olaf Tryggyeson, King of Norway, and his men attacked London. The citizens bravely beat him off and he moved on to ravage the south coast, wintering at Southampton. King Aethelred the sent Alphege and the Ealdorman, Ethelward, to visit Olaf there and request him to confer with the English King; and they brought the Norwegian to Andover, where Aethelred was then residing. Olaf was a Christian, but he was unconfirmed. So Alphege persuaded him to enter into a peace whereby he would confirm Olaf and King Aethelred adopt him as his son. In return, Olaf promised that he would never invade England again; and he kept his promise faithfully.

After governing the See of Winchester for twenty-two years, Alphege was translated to that of Canterbury, on the death of Archbishop Aelfric in 1005. He was present at the Council of Enham, at which he inspired measures to be taken for the national defence. Not a moment too soon; for, only two years into his Archiepiscopate, Viking invasions began once more. A Danish fleet came to England, in two divisions. The first was commanded by Earl Thorkell, the second by his brothers Heming and Eglaf. From this time till the end of Aethelred's reign, the Danish ravages were unceasing. In 1011, the Danes took Canterbury, which was betrayed to them by Alfmar, the Abbot of St. Augustine's, whose life had once been saved by Archbishop Alphege. The Danes are said to have committed every sort of cruelty, the city was plundered and the cathedral burnt. They took many prisoners mostly to sell as slaves. Amongst them was Archbishop Alphege, who had remained at his post to reassure his people. He was kept in captivity, in the Danish base at Greenwich, for seven months in hope of a ransom. When, in April the following year, the Witan met in London and agreed to pay the Danes £84,000 in Danegeld in order persuade them to leave. However, the Archbishop refused to burden the country further by allowing them to pay his extra £3,000 ransom. His captors got drunk one night and, angry at his defiance, they pelted the poor man with ox-bones. Their leader, Earl Thorkell, tried to save him, but his men were uncontrollable. The dying Archbishop was finally put out of his misery through a blow from an axe wielded by a sympathetic Dane, named Thrum, whom he had converted whilst a prisoner.

The murder took place where the current parish church of St. Alphege now stands in Greenwich. He lay there for several days, the Viking warriors refusing him a descent burial. However, when a dead stick, which had become anointed with his blood, grew green again and began to blossom - a power attributed to the pagan goddess, Dia Feronia - they relented and carried St. Alphege's body to London. Here, Bishops Ednoth of Dorchester and Elfhun of London buried him in St. Paul's Cathedral. By his countrymen, Alphege was justly esteemed a martyr and pilgrims flocked to his side. In 1023 however, London lost its most holy of relics. King Canute the Dane was prevailed upon by his pious queen, Emma, to make amends for the cruelty and sacrilege which the followers of his father had committed in England. He removed the body of St. Alphege to Canterbury Cathedral, where it was laid in a noble tomb, near the high altar, and the cathedral was enriched by many costly gifts from the King and Queen.

His principal feast is the date of his death, 19th of April; but his translation is also celebrated on 8th June. He is represented in art as an Archbishop, sometimes with an axe cleaving his skull.

<http://www.earlybritishkingdoms.com/adversaries/bios/aelfheah.html>

The Easter Season Resurrection of the Lord

Dennis Bratcher

Easter or Resurrection Sunday is the day Christians celebrate the resurrection of Jesus the Christ from the dead. Even before theologians explained the death of Jesus in terms of various atonement theories, the early church saw his resurrection as the central witness to a new act of God in history and the victory of God in vindicating Jesus as the Messiah. This event marks the central faith confession of the early church and was the focal point for Christian worship, observed on the first day of each week since the first century (Acts 20:7; Sunday was officially proclaimed the day of Christian worship in AD 321). Easter as an annual celebration of the Resurrection that lies at the center of a liturgical year has been observed at least since the fourth century. Even in churches that traditionally do not observe the other historic seasons of the church year, Easter has occupied a central place as the high point of Christian worship.

Origin and Significance of Easter Observance

Prior to the fourth century, Christians observed **Pascha**, Christian Passover, in the Spring of the year. Adapted from Jewish Passover, Pascha was a festival of redemption and commemorated both the crucifixion and resurrection of Jesus as the vehicle for God's grace. While historical records are not clear, it is likely that early Jewish Christians observed both Passover (Pesach) and Pascha. However, many Gentile converts were hesitant to adopt the Jewish festival, especially since the Jerusalem Council had decided that Gentile converts to Christianity did not have to observe Jewish religious practices (Acts 15). Gradually by the fourth century, with an increasing emphasis on Holy Week and Good Friday, Easter moved into a distinctively Christian celebration of the Resurrection, with Good Friday commemorating Jesus' crucifixion and death.

Easter, like Passover, is a **movable feast**. That is, the date of Easter (and Passover) is not fixed but is determined by a system based on a lunar calendar adapted from a formula decided by the Council of Nicaea in AD 325. In this system, Easter is celebrated on the first Sunday following the first full moon after the Spring equinox (the day when the sun's ecliptic or apparent path in the sky crosses the equator, thus making days and nights of equal length). This usually occurs on March 21, which means the date of Easter can range between March 22 and April 25 depending on the lunar cycle. Since Jewish Passover is calculated differently, the dates for Passover and Easter do not correspond, although often the first Day of Passover falls during Holy Week. Much of the calendar of the Church year is determined by the date of Easter (see The Hebrew Calendar of the Old Testament).

In the Christian church year, the two major cycles of seasons, Christmas and Easter, are far more than a single day of observance. Like Christmas, Easter itself is a period of time rather than just a day. It is actually a seven-week season of the church year called **Easter tide**, the **Great Fifty Days** that begins at sundown the evening before Easter Sunday (the Easter Vigil) and lasts for six more Sundays until Pentecost

Sunday (some traditions use the term **Pentecost** to include these Fifty Days between Easter and Pentecost Sunday). These seven Sundays are called the **Sundays of Easter**, climaxing on the seventh Sunday, the Sunday before Pentecost Sunday. This is often celebrated as **Ascension Day** (actually the 40th day after Easter Sunday, which always falls on Thursday, but in churches that do not have daily services it is usually observed the following Sunday). Ascension Day marks not only the resurrection of Jesus from the dead, but his exaltation from servanthood to Ruler and Lord as the fitting climax of Resurrection Day (Eph 1:20-22).

These special days and seasons are a means to shape sacred time, a structure in which to define what it means to be Christian and to call God's people to reverent and faithful response to God. Easter encompasses a time of preparation (Lent; Advent for Christmas) as well as a following period of reflection on its significance for the life of God's people (Pentecost; Epiphany for Christmas). However, while Epiphany following Christmas focuses on the mission of God's people to the world, the Pentecost season following Easter focuses on the church as the witness to the resurrection. In anticipation of this emphasis at Pentecost, the Scripture readings during the Sundays of Easter are different, with readings from the Acts of the Apostles replacing readings from the Old Testament. This emphasizes that the church, as empowered by the Holy Spirit at Pentecost, is the best witness to the resurrection and the work of God in the world in Jesus the Christ.

The Colors of Easter

Color used in worship is especially important during the season of Easter (see Colors of the Church Year and The Meaning of Church Colors). The changing colors of the sanctuary from the purple of Lent to the black of Good Friday provide graphic visual symbols for the Lenten journey. The change of colors for Easter and the following Sundays helps communicate the movement of sacred time as well as personal faith journeys.

The Sanctuary colors for Easter Sunday and Ascension Day are white and gold, the colors of sacred days throughout the church year. For the Easter season, white symbolizes the hope of the resurrection, as well as the purity and newness that comes from victory over sin and death. The gold (or yellow) symbolizes the light of the world brought by the risen Christ that enlightens the world, as well as the exaltation of Jesus as Lord and King. The sanctuary color for the other five Sundays of Easter is usually also white and gold, although some churches use Red, the color of the Church, for these Sundays as well as for Pentecost Sunday. During this time worshippers are called to celebrate God's ongoing work in the world through his people, and to acknowledge and reflect upon their purpose, mission, and calling as God's people, which makes Red an appropriate color for this season.

The Easter Vigil

There are a variety of ways to celebrate Easter and various emphases that can be placed on the season. But from the early days of the church, the **Easter Vigil** was the primary means by which Easter was observed. This practice has evolved in modern observance into the Easter sunrise service

that many churches observe, but its history is much richer.

From the earliest days of the church, the Easter Vigil was primarily a means of preparing new converts for baptism into the Christian Faith, which was normally done on Easter Sunday as the focal point of the entire year. This preparation traditionally arises from a set of Scripture readings from the Old Testament that recounts the unfolding of God's creation of a people in the Exodus, and a promise of restoration from Zephaniah (see [Readings for the Easter Vigil](#)). Following the lead of the Gospels themselves, this provides a crucial link between the revelation of God in Christ and the creation of the church with God's past revelation of himself and the creation of his people Israel. This important emphasis on the continuity of the church with the Old Testament's witness to God also helps define the nature of the church and its mission in the world, thoroughly grounding it in the ongoing work of God in history. The Gospel readings at the Vigil are not normally read until after sunrise on Sunday, or at the very end of the Easter Vigil.

The Vigil itself can begin at any time after sundown on Saturday, although there has been a tendency in Protestant churches to begin just before sunrise on Sunday and conclude the service just after the Gospel readings while singing praises at sunrise. In more temperate climates, this is often an outdoor service.

In church traditions that observe a [Service of Shadows](#) on Good Friday, the Easter Vigil begins in darkness as a flame is lit. This can either be the Christ candle returned to the sanctuary or to the worshippers, or a "new fire" lit amid the darkness. From this "new fire" all the other candles in the sanctuary are lit. Some churches use a special Paschal Candle as the focal point for this part of the service. All the worshippers light individual candles from the Paschal candle as they sing a song of praise.

This return of light symbolizes the resurrection of Jesus from the grave and the light of salvation and hope God brought into the world through the resurrection, the triumph of the light of God's grace and salvation over the darkness of death and sin. If celebrated in a sanctuary, the lights are then either turned on all at once or in stages as the Scriptures are read, thus reversing the effects of the Service of Shadows and dramatically symbolizing the "true light that enlightens everyone" (John 1:9). Of course, if this is done as an Easter sunrise service outdoors, the spreading dawn serves the same purpose. In any case, the service intends to celebrate the newness, the fresh possibilities, new beginnings out of old endings that Jesus' resurrection embodies.

In the early church, the Easter Vigil concluded with the baptism of new converts, celebrating not only Jesus' resurrection from death to life, but also the new life that God has brought through the death and resurrection of Jesus to individual believers. Those baptized changed into new white clothes to symbolize their new life in Christ, which is the origin of the tradition of buying new clothes at Easter. Although Easter baptism is rarely practiced today among Protestants, the Anglican practice of renewing baptismal vows during the Easter Vigil is becoming popular.

An ancient tradition from the early centuries of the church intensifies the fasting of Lent, so that no food of any

kind is eaten on Holy Saturday, or for forty hours before sunrise on Easter Sunday. The **breaking of the fast** is the Eucharist or Communion that is celebrated at Easter sunrise at the end of the Easter Vigil.

Ways to Observe Resurrection Sunday

Probably the most traditional way of celebrating Easter among Protestant and evangelical churches is the Easter musical or cantata, or a series of special music and song. This has a revered history in the Western church. Given the important place of music among most churches that tend to shy away from liturgical worship, it is easy to understand why music emerged as a primary means of worship for Easter. But even with music at the heart of many Easter services, there are still other symbols and activities that can be equally important and creative in communicating the message of the resurrection.

The Flowering Cross

This is an especially striking and beautiful way to symbolize the new life that emerges from the death of Good Friday.

There are many adaptations of this symbol, but they center on a very rough-cut wooden cross, often of cedar since it easily retains a rough texture. This cross can be of various sizes but a full sized cross six to seven feet high is most impressive (and most expensive to decorate!). For added effect, there can be three metal spikes driven into the wood at the arms and feet. This cross is usually erected at the front of the sanctuary on [Ash Wednesday](#) or on [Palm Sunday](#). If it is erected on [Ash Wednesday](#), it can also be used as a Prayer Cross throughout Lent (see [The Journey of Lent](#)).



Sometimes it is draped with the purple of Lent and a crown of thorns made of thorny vines, but is often left bare throughout Lent until Good Friday. On Good Friday, the cross is draped in black, the color of mourning for the death of Jesus.

Before the Easter Sunday service, the spikes and black drape are removed and the cross is covered with real flowers and the top draped in white. There are various ways to do this. Some churches use a chicken wire mesh over the cross and have worshippers each place flowers on the cross as part of the Easter Vigil service or as they arrive at church on Easter morning. For this to be effective, there must be enough flowers to cover all of the front and sides of the cross. Another approach is to have small holes drilled in the wood to accept florist-type vials that hold cut flowers. The entire cross is covered with the flowers and is placed prominently at the front of the church to greet worshippers as they enter the sanctuary on Easter Sunday. Or worshippers can place the flowers on the cross as part of Sunday worship. The contrast between the starkly bare cross that worshippers have seen for 40 days and the living flowering cross of Easter Sunday dramatically and visually represents the new life that they are celebrating as they witness the very instrument of death and endings transformed into life and new beginnings.

Easter Garden or The Empty Tomb

This is a small model or symbolic representation of the tomb in which Jesus was placed. It can be constructed very simply from several hand-sized rocks stacked to make an enclosure, with a single rock at the front to serve as a closure for the tomb. If possible, a light is placed inside the tomb or a white candle placed near it, or both. If a candle is used, this can be the Christ candle that is removed from the sanctuary at the end of the Service of Shadows.



The tomb is usually placed at the front of the church in a visible location, often beside or near the communion table in Protestant churches. It is usually put into place on Ash Wednesday as a visible symbol throughout Lent of Jesus' impending death, although some churches only use it during Holy Week. It is normally left open during Lent, but with no light inside. On Good Friday as the last action at the end of the Service of Shadows, the tomb is closed by placing the rock in front of the opening. A loud sound usually accompanies the closing of the tomb to symbolize the feeling of finality that the disciples experienced on Good Friday.

On Easter morning before worshippers arrive for service, the tomb is opened and the light inside is turned on or the candle is lit. Often flowers are placed over and around the rocks to symbolize the new life that has sprung from death.

Symbols of Easter

The origin of the English name "Easter" is not certain, but many think that it derived from the Teutonic or Anglo-Saxon goddess of Spring, *Eostre* or *Eastre*. This fact, and other aspects surrounding Easter observance such as eggs and bunnies, has generated considerable debate concerning the origin of some traditions used in Easter observance, mostly since the Reformation and especially among evangelicals and low church traditions. Some argue that Easter is little more than an adaptation of a pagan fertility festival and has little to do with Christian tradition.

There is little question that many symbols of Easter have been adopted from various cultures. But this is true for almost all Christian symbols, including the cross (the sign of the fish is the most unique and original Christian symbol). But this has always been the case since the days of Abraham and Moses. That is, God's people have always used symbols with which they were familiar from the surrounding culture, and then infused them with new meaning to commemorate and worship God. In the process the symbols are radically transformed into a means to express faith in the only true God in spite of their "pagan" origins. Such sacred Old Testament institutions as animal sacrifice, circumcision, temple worship, the priesthood, and prophets, even names for God like El, were all adapted from preexisting counterparts in Canaanite religious practice. Even the rituals of Passover itself were adapted from two preexisting Canaanite festivals associated

with fertility, one celebrating the Spring birthing of livestock (the day of Passover) and the other celebrating the early barley harvest (the week long Feast of Unleavened Bread that begins on Passover; see The Festival of Passover)

This simply suggests that the origin of the name Easter or other aspects of the Easter celebration are probably not as important as how those symbols have been transformed by a worshipping community or what is actually celebrated by the symbols and event. That does not mean that all elements should automatically be accepted uncritically or without question as to their Christian connection. And it certainly should encourage us to emphasize clearly, especially to children, what we are actually celebrating and the meaning of the symbols, and to do so deliberately and with purpose (Easter it is **not** a celebration of the coming of Spring!). But neither should it allow us to adopt a negative or hypercritical attitude toward the event so that people who should be hearing our witness to the grace and power of God at work in the world bringing hope and the promise of renewal amid endings, only hear grumbling and carping.

Easter should be the most openly joyful time of celebration of the church year. Celebrated against the background of the shadows and darkness of Lent and Holy Week, this season truly becomes a living expression of the hope that God has brought into the world through the death and resurrection of Jesus. Since this hope of renewal and new life, both present and future, is at the heart of the Good News that the church is commissioned to proclaim and live in the world, every possible avenue of proclaiming that Good News should be utilized. No doubt that is why many traditionally non-liturgical churches are increasingly recovering the value of the various traditions of the Easter Season as a means of bearing witness to their Faith. Seen as Proclamation, the various aspects of worship during this season can become vehicles for God's grace and transforming work in the world, and among his people.

An Easter Prayer (Adapted from *The Book of Common Prayer*)

O God, who for our redemption gave your only begotten Son to death on the Cross, and by his glorious resurrection has delivered us from the power of our enemy: Grant that we who celebrate with joy the day of our Lord's resurrection, may be raised from the death of sin by your life-giving Spirit. Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection, empowered and transformed by your grace in and among us.

O Lord, so stir up in your church, indeed in each of us, that Spirit of adoption and reconciliation that is made possible by your grace revealed in Jesus the Christ, that we being renewed in both body and mind, may worship and serve you in sincerity and truth. We pray this in the name of the same Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

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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.

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 April 9.** All are welcome.

Cathedral Concert Series 2019: The next concerts 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**

April 5 to 7, Entheos Retreat Centre

Images of Spirituality is a group of ecumenical Christian women of all ages who gather once a year to learn, discuss, listen, sing, worship and reflect together.

This year (our 30th gathering) our theme is "Praying Outside the Lines." To learn more about this Weekend, visit our website <http://www.imagesofspirituality.ca/>

Cursillo Weekends April, 2019

The Spring Cursillo Weekend for Men will be held from **Thursday, April 11 to Sunday, April 14.** **The Weekend for Women will be held from Thursday, April 25 to Sunday, April 28.** Please consider sponsoring someone to attend, and pray for both teams and candidates. For more information, go to www.cursillo.ab.ca

Anglican Journal Readers Asked to Confirm Subscriptions

By Phone, Email or Online by June, 2019

Anyone wishing to continue receiving paper issues of the *Anglican Journal* by mail must confirm their subscription **by June 1.** A toll-free number has been set up for calls: **1-866-333-0959.** In addition, parishioners can email yes@national.anglican.ca or confirm by mail at: **Anglican Journal, 80 Hayden St, Toronto, ON M4Y 3G2** ; You may also fill in the on-line form, available <https://www.anglicanjournal.com/yes/>

Your cooperation is appreciated and will help the Anglican Church of Canada update its membership lists.

Sorrento Centre Summer Programs:

Now is the time to start planning your summer visit to Sorrento in the beautiful Shuswap. Visit the website (<https://www.sorrentocentre.ca/5-weeks-of-summer>) and review summer offerings. We look forward to welcoming you to the Centre! Also on the website are employment opportunities for a Farm Manager or Summer Youth Staff for 15-20 people.

Camp Kuriakos: Renew Women's Retreat:

This is an Invitation to Transformation. We all have our own unique spark. When we ignite our passion, our spark can ignite the passion of others. Come join us as, through prayer, silence, meditation and fellowship, we respond to the transforming grace of God. Retreat Leader is Terrie Coombs, Spiritual Director from Calgary. **April 5 to 7.** To register, <https://kuriakos.ab.ca/programs/adults> .

Hope Mission:

Hope Mission is a not-for-profit social care agency caring for men, women, youth, and children experiencing poverty across Alberta. We offer meal programs, Kids and Youth programs, and Camp Hope. Founded in 2012, Hope Mission serves over 5,000 meals a month, through community dinners, hot school lunches, kids' dinners, and the Food Bank. You can help through financial support (<https://hopemission.com/donate/>) or by volunteering (<https://hopemission.com/get-involved/volunteer/volunteer-in-calgary/>).

Easter Story Cookies

Ingredients:

- Bible
- 1 c whole pecans
- 1 tsp. vinegar
- 3 egg whites
- pinch of salt
- 1 c granulated sugar
- 1 qt. or gal. size zipper bag
- wooden spoon
- tape



Directions:

1. Preheat oven to 300 degrees.
2. Place pecans in ziploc bag and let kids beat them with the wooden spoon to break into small pieces.

Explain that after Jesus was arrested, He was beaten by the Roman soldiers.

Read John 19:1-3. Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, "Hail, king of the Jews!" And they struck him in the face.

3. Let each child smell the vinegar. Add teaspoon of vinegar into the mixing bowl. Explain that when Jesus was thirsty on the cross He was given vinegar to drink.

Read John 19:28-30... Later, knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, "I am thirsty." A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

4. Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life.

Read John 10:10-11. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. "I am the good shepherd. The good shepherd lays down his life for the sheep."

5. Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl.

Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own

sins. **Read:** Luke 23:27 A large number of people followed Him, including women who mourned and wailed for Him.

6. So far the ingredients are not very appetizing. Add 1 cup of sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him.

Read: Psalm 34:8--Taste and see that the Lord is good; blessed is the man who takes refuge in Him~ and John 3:16--"For God so loved the world that He gave His only begotten son, that whoever believeth in Him shall not perish but have everlasting life."

7. Beat with a mixer on high speed for 12-15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus.

Read Isaiah 1:18--"Come now, let us reason together," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool."

And John 3:1-3 Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. He came to Jesus at night and said, "Rabbi, we know you are a teacher who has come from God, for no one could perform the miraculous signs you are doing if God were not with him." In reply Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again."

8. Fold in broken nuts.

9. Line cookie sheet with waxed paper. Drop mixture by spoonfuls onto waxed paper.

10. Explain that each mound represents the rocky tomb where Jesus' body was laid.

Read Matthew 27:57-60 As evening approached, there came a rich man from Arimathea, named Joseph, who had himself become a disciple of Jesus. Going to Pilate, he asked for Jesus' body, and Pilate ordered that it be given to him. Joseph took the body, wrapped it in clean linen cloth, and placed it in his own new tomb that he had cut out of rock. He rolled a big stone in front of the entrance to the tomb and went away.

11. Place the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed.

Read Matthew 27:65-66 "Take a guard," Pilate answered. "Go, make the tomb as secure as you know how." So they went and made the tomb secure by putting a seal on the stone and posting a guard.

12. GO TO BED. Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed.

Read John 16:20 "I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy."

And John 16:22 "So with you~ Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."

13. On Easter morning, open the oven and remove the cookies. Take a bite. Notice~ the cookies are hollow.

14. On the first Easter Jesus' followers were amazed to find the tomb open and empty.

Read Matthew 28:1-9 After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other

Mary went to look at the tomb. There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men. The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said. Come and see the place where He lay. Then go quickly and tell His disciples: "He has risen from the dead and is going ahead of you into Galilee. There you will see Him. Now I have told you." So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell His disciples. Suddenly Jesus met them, "Greetings," He said. They came to Him, clasped his feet and worshipped Him.

Easter Quiz

- 1: At Christ's crucifixion what did the soldiers place on his head?
a. Crown of Nettles b. Crown of Thorns c. Crown of Jewels d. Crown of Thistles
- 2: For what of Christ's did the soldiers cast lots?
a. Clothes b. Jewels c. Donkey d. Cross
- 3: For how many pieces of silver did Judas betray Christ?
a. 10 b. 20 c. 30 d. 40
- 4: How did Judas betray Christ?
a. By pointing at him b. Described him to the authorities c. With a kiss d. Shook his hand
- 5: Christ was led away to which high priest first?
a. Annas b. Vitellius c. Caiaphas d. Josephus
- 6: What was inscribed above the cross?
a. Prince of the Jews b. King of the Jews c. Saviour of the Jews d. Captain of the Jews
- 7: When Jesus died, for how long was there darkness over the land?
a. 3 days b. 3 minutes c. 3 hours d. 3 weeks
- 8: What was the name of the man who requested Jesus' body for burial?
a. Nicodemus b. Joseph c. Philip d. Jonathan
- 9: Who of these was first on the scene after resurrection of Christ?
a. Simon Peter b. Cleopas c. Judas Iscariot d. Mary Magdalene
- 10: Pilate offered to release one prisoner - which prisoner did the Jews request to be released?
a. Jesus b. Barabbas c. Paul d. Barnabas
- 11: What was the colour of the robe placed on Jesus?
a. Blue b. Red c. White d. Purple
- 12: After Pilate found no guilt in Christ, for what reason did the Jews say that Jesus should die?
a. He claimed to be of heaven b. He said he would destroy the temple of God
c. He claimed to be their King d. He had made himself the Son of God
- 13: With what was Jesus' side pierced?
a. Sword b. Knife c. Spear d. Axe
- 14: In what was Jesus wrapped before he was buried?
a. Goat skins b. Linen clothes c. Sheep skins d. Golden robes
- 15: Which disciple wanted to see the imprint of the nails before he would believe?
a. Andrew b. Thomas c. James d. Bartholomew
- 16: Jesus appeared to his disciples after the resurrection beside which sea?
a. Red Sea b. Sea of Joppa c. Sea of Tiberias d. Dead Sea
- 17: Who did Pilate send Jesus to after he had interrogated him?
a. Herod b. Annas c. Caiaphas d. Caesar
- 18: Who carried the cross for Christ?
a. Simon of Cyrene b. Simon Peter
c. Simon the Zealot d. Simeon
- 19: Who rolled away the tomb stone?
a. Jesus b. God c. An Angel
d. A Roman Centurion
- 20: For how long did Jesus remain after his resurrection before he ascended into heaven?
a. 7 days b. 14 days c. 40 days
d. 49 days



<https://biblequizzes.org.uk/quiz.php?easter>

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1:00 pm Grief Support 7:00 pm Bible Study	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 8:30 am to 2:30 pm Alzheimer's Workshop
Lent 5 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	8 7:00 pm Bible Study	9 1 pm Young at Heart 7:00 pm Parish Council	10 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lent Study 1:00 pm Prayer Shawl Ministry	11 6:15 pm TOPS 7:30 pm Choir Practice	12 7:00 pm Youth meeting at Church	13 10:30 am Egg Decorating
14 Palm Sunday 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	15 7:30 pm Visio Divina	16 7:30 pm Compline @the His- toric Midnapore Chapel on 146 Ave. and Bannister Road	17 Spy Wednesday No a.m. Holy Eucharist No a.m. Bible Study 7:30 pm Tenebrae	18 Maundy Thursday 7:30 pm Footwashing, Holy Eucharist, Stripping of the Sanctuary	19 Good Friday 11:00 am Holy Eucharist Reserved Sacrament 4:00 pm Children's Stations of the Cross	Holy Saturday 20 8:30 am Men's Breakfast 11:30 am Ladies Potluck Lunch Easter Eve 8:30 pm Easter Vigil
Easter 21 6:29 am Sunrise Service @ Chapel 8:30 am & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	22	23 1 pm Young at Heart	24 No Holy Eucharist	25 6:15 pm TOPS 7:30 pm Choir Practice	26	27
28 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i> Celtic Service	29 1:30 pm Pastoral Care Meeting 7:00 pm Bible Study	30 1 pm Young at Heart 1:30 pm Prayer Group	May 1 9:30 am Holy Eucharist 10:30 am Bible Study	2 6:15 pm TOPS 7 pm Après Efm 7:30 pm Choir Practice	3	4 7:00 pm Variety Show