

# Living Waters

## November 2019



**St. Paul's  
Anglican Church**

*Opening Hearts and Minds to God's Grace*

This may be too many  
boxes for one family,  
but not too many for us  
to do as a group.  
See page 10



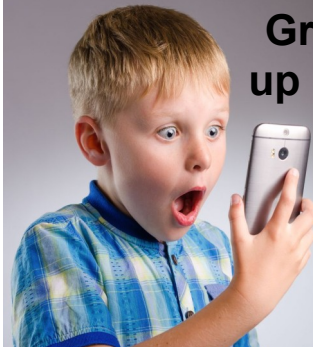
**Remembrance  
Evening  
Nov. 11  
at Sundance  
on the Green**

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**Growing  
up digital  
tips**

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**Com'on  
and ring  
those  
bells**

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# St. Paul's

information



## SERVICE TIMES

**Sunday Services** at 8:30 and 10:00 a.m.

**Wednesday:** 9:30 a.m.

**Celtic Service:** November 10  
and December 8: 7:00 pm

7 Sunmills Green S.E  
Calgary, Alberta T2X 3P6  
**Phone** (403)256-1428  
**Fax** (403)256-1554

**Email:**  
office@stpaulscalgary.ca  
**Website:**  
www.ststpaulscalgary.ca

## Incumbent

The Rev'd Fergus Tyson

## Assistants

The Rev'd Cyril Haynes

The Rev'd Dr. Norman Knowles

The Rev'd Dr. Bob Mummery

## Parish Council 2019

**Administration:** Robbie Collier

**Christian Education:** Murray Sykes

**Communications:** Paul Bourgeois

**Community Connection:**

Muyi 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

Toddlers to Tweens

— Abby Ekomwenrenren

Youth Group – Keith Daye

Maintenance – Gerald de Vries

### **Christian Education**

Nursery – vacant

Youth – Keith Daye

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

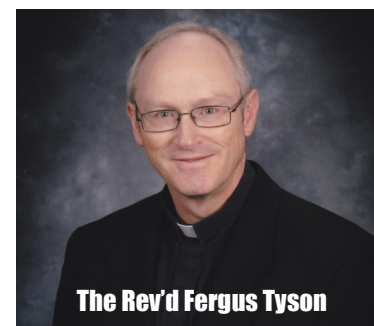
– Kathleen Robinson

AgeCare Seton—Fergus

NeST - Jennifer Solem



# A Feast to Celebrate as the Saints at St. Paul's



*Paul to the saints who are in Ephesus ... I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints.*

(Ephesians 1:1, 17-18)

*See what love the Father has given us, that we should be called children of God; and that is what we are. Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. All who have this hope in him purify themselves, just as he is pure.*

(1 John 3:1-3)

November at St. Paul's always begins with the Feast of All Saints. This year, our celebration is made that much more special by the presence with us of our Archbishop, and the Confirmation of seven young people from our Congregation!

What do you think of when you think of the Feast of All Saints? Is it a kind of year-end celebration to include all the saints whose days we celebrate throughout the rest of the Church Year, people like St. Paul, St. Mary, St. Francis of Assisi, and the like? Is it a time to remember all those who've died, and now stand perfected before Our Lord, whom they see face to face? The answer to these questions is "Yes," but it's also much more.

Let's listen again to the words of Ephesians 1:1: "*Paul to the saints who are in Ephesus.*" Note that it doesn't say: "Paul to Saint Timothy," or "Paul to Saint Titus." No, Paul writes his letter to *all the saints* at Ephesus. So, the Feast of All Saints at St. Paul's is also the Feast of St. Aaron through to St. Zemen, all the 624 saints on our Parish list who make up St. Paul's

Parish family!

You may not think of yourself as a saint, but you are! To be a saint means to be "set apart" for the Lord. I find it helpful to think of marriage as an analogy. For the past several months there's been great excitement in our household, after our daughter, Alyssa, and her boyfriend Josh announced their engagement. Lord willing, I'll have the awesome privilege of presiding at their Wedding next June! Part of the vows they'll be sharing will say that they pledge, "forsaking all others, to be faithful to each other." They will be "set apart" for one other. In the same way, we, as saints at St. Paul's, are set apart for Jesus, having forsaken all other claimants to the throne of our hearts. This is why it's so appropriate for us to have Baptisms and Confirmations (remember, that Confirmands take up for themselves the vows made on their behalf at their Baptisms) on All Saints.' They, and we along with them, will be vowing to be "set apart" for a life of discipleship as the "saints" at St. Paul's.

Just as we may not realize that the celebration of All Saints is for us, I think we also may not realize just how awesome a celebration it is!

**We, as saints at St. Paul's,  
are set apart for Jesus.**

Once more, the words of Ephesians 1 are helpful. In verses 17-18, it says: "*I pray that the*

*God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints.*" There's absolutely nothing in the entire universe as incredible as this! There's nothing as awesome as the hope to which we've been called, and the riches of God's glorious inheritance to us!

The precious message shared with us is that Jesus came to earth to catch us up in his life. In Baptism, we die to our old life and rise in this life of our Lord. And so, as Paul writes in Galatians 2:20: "*It is no*

longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.” And in 2 Corinthians 5:17: “So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!” In Christ, we know ourselves to be God’s children. We experience the beginning of eternal life, as our Lord’s life is within us, to transform and make all things new.

This is wonderful beyond telling. But the Good News of our salvation goes infinitely beyond even this! For we are promised that our earthly experience of life as God’s children is just the beginning! Whatever we know of God’s love in this earthly life, it’s been only the tiniest, most tentative taste of the banquet that is to be! To be set apart for Jesus means the glorious inheritance of being set apart for a relationship of love that begins now and continues forever. It means living the reality of there never being anything “too good to be true!” It means truly living happily ever after!

What this will be like is beyond our ability to comprehend. But A.M. Hunter, in his book *Christian Theology in Plain Language*, relates the significance of this for us, points out all we need to know:

*A Christian doctor was making a home visit to a patient on his death bed, when the man asked him to tell him something about the place to which he was going. As the doctor fumbled for a reply, he heard a scratching at the door, and he had his answer. “Do you hear that?” he asked his patient. “It’s my dog. I left him downstairs, but he has grown impatient, and has come up and hears my voice. He has no notion what is inside this door, but he knows that I am here. Isn’t it the same with you? You don’t know what lies beyond the door, but you know that your Master is there.”*

Holy Scripture teaches us that at its heart, what is in store for us all is a mystery. 1 John 3:2 reminds us: “Beloved, we are God’s children now; what we will be has not yet been revealed.” But it then continues with the words: “What we do know is this: when he is revealed, we will be like him, for we will see him as he is.” In his book, *Your Father Loves You*, J. I. Packer writes: “We know very little about heaven, but I once heard a theologian describe it as ‘an unknown region with a well-known inhabitant,’ and there is not a better way to think of it than that.”

In Exodus 33:18-20, Moses asked to see God’s glory and was told that the intimacy of seeing God’s face was beyond him. But our incomparable inheritance as saints is to do just this. Paul writes in 1 Corinthians

13:12: “For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known.” What joy fills my heart to know I will look fully into the loving face of Jesus! No wonder 1 John 3:3 concludes: “All who have this hope in him purify themselves, just as he is pure!”

And so, I share the prayer of our Patron that we’ll all remember who and whose we are - and what’s our glorious inheritance as those set apart for our God. Then, on All Saints’ and every Sunday, with hearts overflowing with praise, we’ll be able to enter into the very celebration of heaven as the saints at St. Paul’s, and together proclaim in the words of the Nineteenth Century Pastor Robert Lowry:

*My life flows on in endless song  
above earth’s lamentation.  
I hear the real though far-off hymn  
that hails a new creation.  
No storm can shake my inmost calm,  
while to that rock I’m clinging.  
It sounds an echo in my soul,  
how can I keep from singing?  
  
I lift my eyes, the cloud grows thin;  
I see the blue above it;  
and day by day this pathway smoothes,  
since first I learned to love it.  
The peace of Christ makes fresh my heart,  
a fountain ever springing;  
all things are mine since I am his,  
how can I keep from singing?*

God bless you all, always.

Your Brother in Jesus,





## ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TALK
Nov. 10	Fergus	Cyril	Fergus	Fergus
Nov. 17	Cyril	Fergus	Fergus	Keith Daye
Nov. 24	Norman	Cyril & Fergus	Outreach	Sunday School
Dec. 1	Cyril	Fergus	Fergus	Fergus
Dec. 8	Fergus	Cyril & Norman	Norman	Norman

## SAVE THE DATE

### UPCOMING SERVICES



Sunday, Nov. 3 All Saints service & Confirmation with Archbishop

Sunday, Nov. 10: Remembrance Day service

Sunday, Nov. 10: Celtic 7 p.m. evening service

Sunday, Nov. 24: Reign of Christ Guest Speaker

Sunday, December 1: Advent 1

Sunday, Dec. 8: Advent 2 & Celtic 7 p.m. evening service

Sunday, Dec. 15: Advent 3 Gaudete Sunday, Pageant at 10 am

Sunday, Dec. 22: Advent 4 Lessons & Carols at 10 am; 4 pm King's College lessons & Carols at Historic Chapel

### UPCOMING EVENTS

Alpha Day Away

Hot Dogs for Heroes

Sunday School 101

Remembrance Day:

Time to Remember

Men's Breakfast

Ladies' Luncheon

St. Paul's Christmas Market

Taking Charge: Growing Up

Digital Workshops

Secret Friends Christmas Party

Christmas Dinner & Talent Show

St Paul's Pageant

Saturday, Nov. 9, 9:45 a.m. - 5 p.m.

Sunday, Nov. 10 after 10 am service

Sunday, Nov. 10 after 10 am service

Monday, Nov. 11 at 7 p.m.

at Sundance on the Green

Saturday, Nov. 16 at 8:30 a.m.

Saturday, Nov. 16 at 11:30 a.m.

Saturday, Nov. 23 10 a.m. - 3 p.m.

Sunday, Nov. 24

after the 10 a.m. service

Tuesday, Dec. 3 at 6 pm

Saturday, Dec. 15 5:30 & 7 pm

Sunday, December 15 at 10 am

### St. Paul's Ministries to be featured on the third Sunday of each month:

**September** – Fellowship and Food Groups, Ladies pot luck, Men's breakfasts, Alpha Groups, Sunday School

**October** – Coffee time, Father Lacombe ministries, food bank, greeting card ministry, casserole ministry, Pastoral Care

**November** – Greeters, lesson readers, counters, sacramental assistants, sides persons, servers, communications, St. Paul's Christmas Market, promoting Christmas dinner and pageant, Secret friends ministry

**December** – Christian Education, advertise AMP meeting in January

**January** – Choir, hand chimes, screens & sound boards, newcomers, Outreach

**February** – prayers of the people, Sunday prayer teams, PWRDF, hospitality, promote Lenten study and shrove Tuesday dinner

**March** – Nursery, youth group, shepherding, promote Easter services, Altar guild

**April** – Stewardship, fall and spring clean up days, grass cutting, library, book nook, maintenance group

**May** – Bible study, après EFM, yard sale, Quilt and shawl ministry, grief support, chemo care bags

**June** – Sunday school picnic, Stampede BBQ lunch

## BIBLE STUDIES

**Monday Bible Study:** 7:00 pm

**Wednesday :** 9:30 am Holy Eucharist

**Wednesday Bible Study:** 10:30 a.m. Study

of the readings for upcoming Sunday

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.



**Bring the kids for free crafts, Kids-Only shopping and more!**

# *St. Paul's Christmas Market*



**SATURDAY, NOV. 23**

**10 am – 3 pm**

**Bring your friends for gifts ideas, refreshments and a raffle**

## **SPREAD THE WORD**

You better watch out, St. Paul's Christmas Market is coming to town.

Thank you to everyone who has embraced the idea and is pitching in to help make this special day on Nov. 23 a grand success.

Parents seem to like the idea they can bring the kids and leave them busy at the Kids Craft Corner while they peruse the market at their leisure.

Excitement is also building for the Kids Only Shop, where kids can shop for gifts worth a maximum of \$5 each.

Kids will emerge from the shop with gifts already wrapped and ready to go. Parents can help kids make their selections, or volunteers will be available to help little shoppers who would prefer to keep their gifts secret.

For adults, there are vendors and artisans with a wonderful array of gift ideas, and maybe even something special for yourself, as well as a raffle table

and refreshments for purchase.

We are especially grateful that a St. Paul's parishioner who sells SCENTSY products has graciously volunteered to create a table in the market with all proceeds going to St. Paul's.

Make sure you drop by and meet this generous individual.

So what we need now is for St. Paul's to save the date — Saturday, Nov. 23 10 a.m. - 3 p.m. — and spread the word.

We have posters and postcards that you are encouraged to share in person or electronically through Facebook or whatever way speaks to you.

If you know somewhere or someone that might be willing to share a poster or postcard, we would be happy for the help.

Visit [www.stpaulscalgary.ca/events](http://www.stpaulscalgary.ca/events) for a copy of the poster or calendar link you can use for your own reminder or to share with friends.

### **Want to help?**

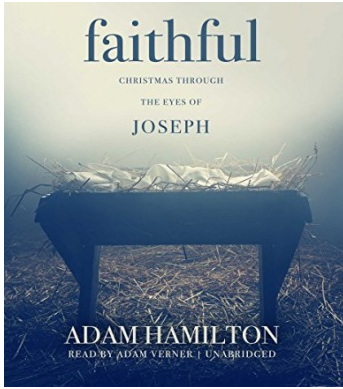
\* Consider donating some items or Christmas gift bags to the Kids Only Shop. We are looking for new items worth up to \$5 that kids might purchase as gifts. If you need inspiration, imagine an item that you would like to receive yourself. We also need gift bags and tissue paper for wrapping. Talk to Annette Pingot.

\* Volunteer for a shift helping with either the Kids Craft Corner or the Kids Only Shop. Talk to Julie Wilson.

\* Ask about helping with the refreshments. Talk to Doreen Peters or Loret MacDonald.

\* Volunteer to help with sharing posters or other publicity. Talk to Kathleen Robinson or Steve





# ADVENT STUDY FAITHFUL: CHRISTMAS THROUGH THE EYES OF JOSEPH

**By Adam Hamilton**

## Synopsis

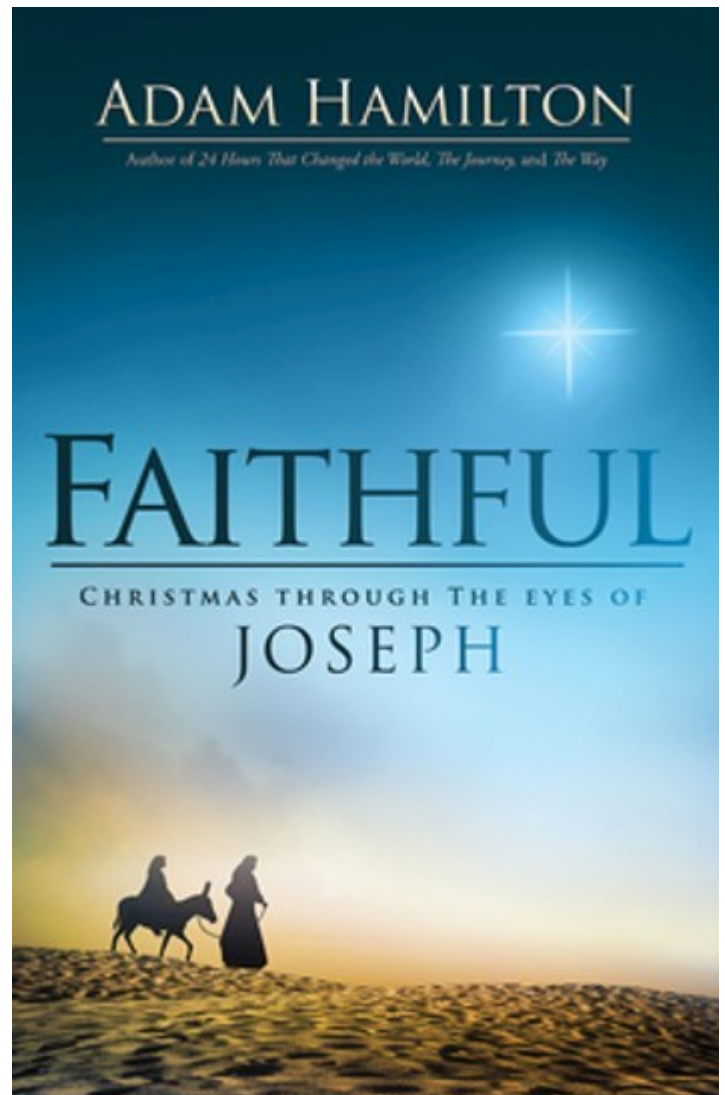
From his beginnings as a humble carpenter to his all-important role as the earthly father of Jesus Christ, Joseph's place in the nativity story is sometimes overlooked but contains valuable lessons for all of us. Join Adam Hamilton as he examines Christmas through the eyes of Joseph. Absent from much of the biblical narrative, Joseph never spoke a word, but his courageous actions were crucial to the birth of Christ and God's salvation plan for humanity.

As you read this book, you will understand how Joseph's story is much like our own. In life, we encounter circumstances that we would never have chosen for ourselves. At times it can be tempting just to walk away. Joseph provides us a great example of humbly obeying God even when we don't understand and faithfully moving forward in the strength that God provides.

Exchange your doubt for courage this Advent and Christmas season. The story of Joseph provides us a great example of humbly obeying God even when we don't understand and faithfully moving forward in the strength that God provides.

Additional components for a four-week adult study include a comprehensive Leader Guide and a DVD featuring author and pastor Adam Hamilton. Chapter topics include:

**A Carpenter Named Joseph  
Whose Child Is This?  
Raising a Child Not Your Own  
The Journey to Bethlehem  
The Rest of the Story**



**Advent Study: Wednesday, November 27 to December 18**  
**Two opportunities: 10:30 am and 7:30 pm**  
**All are Welcome!!!**

Sep 2019 YTD Comparative Income Statement		2019 Actual	2019 Budget Yr To Date	# Weeks/ Mths YTD	2019 Budget Full Yr	Percentage Over/Under Budget Yr To Date	2018 Actual	Year-to- year \$ Increase/ Decrease	Year-to- year % Increase/D ecrease
<b>Income</b>									
	General	\$150,316	\$169,726	39	\$226,301	-11.4%	\$166,098	-\$15,782	-9.5%
	Open	\$2,103	\$3,000		\$4,000	-29.9%	\$2,324	-\$221	-9.5%
	Special	\$0	\$8,625		\$11,500	-100.0%	\$5,250	-\$5,250	-100.0%
<b>Offering Total</b>		<b>\$152,419</b>	<b>\$181,351</b>		<b>\$241,801</b>	<b>-16.0%</b>	<b>\$173,672</b>	<b>-\$21,253</b>	<b>-12.2%</b>
	Other income	\$7,252	\$6,075	39	\$8,100	19.4%	\$6,272	\$980	15.6%
	Fund transfer (Youth events)	\$375	\$375	9	\$500	0.0%	\$375	\$0	0.0%
	Fund Transfers	\$262	\$263		\$350	-0.2%	\$750	-\$488	-65.1%
	Fundraising events	\$1,608	\$2,625		\$3,500	-38.7%	\$2,195	-\$587	0
<b>Total income</b>		<b>\$161,916</b>	<b>\$190,688</b>		<b>\$254,251</b>	<b>-15.1%</b>	<b>\$183,264</b>	<b>-\$21,348</b>	<b>-11.6%</b>
<b>Expense</b>									
	Utilities/ insurance	\$11,124	\$12,278	9	\$16,371	-9.4%	\$13,011	-\$1,887	-14.5%
	General Maintenance	\$8,292	\$10,542		\$14,056	-21.3%	\$9,918	-\$1,626	-16.4%
	Administration	\$20,560	\$24,994		\$33,325	-17.7%	\$23,586	-\$3,026	-12.8%
	Ministerial	\$87,608	\$86,375		\$115,166	1.4%	\$86,001	\$1,607	1.9%
	Apportionment	\$24,831	\$24,835		\$33,113	0.0%	\$26,994	-\$2,163	-8.0%
	Communications	\$776	\$1,152		\$1,536	-32.6%	\$303	\$473	156.1%
	Worship	\$6,193	\$5,930		\$7,907	4.4%	\$6,250	-\$57	-0.9%
	Christian Education	\$1,348	\$4,124		\$5,499	-67.3%	\$9,291	-\$7,943	-85.5%
	Hospitality, Fellowship	\$1,792	\$1,775		\$2,367	0.9%	\$2,111	-\$319	-15.1%
	Outreach	\$17,876	\$17,876		\$23,835	0.0%	\$17,497	\$379	2.2%
	Pastoral Care	\$242	\$450		\$600	-46.2%	\$0	\$242	#DIV/0!
	Other	\$0	\$357		\$476	-100.0%	\$392	-\$392	-100.0%
<b>Total Expense</b>		<b>\$180,642</b>	<b>\$190,688</b>		<b>\$254,251</b>	<b>-5.3%</b>	<b>\$195,354</b>	<b>-\$14,712</b>	<b>-7.5%</b>
<b>Net Operating Income</b>		<b>\$161,916</b>	<b>\$0</b>		<b>\$0</b>		<b>-\$12,090</b>	<b>\$174,006</b>	
<b>Other Income</b>	Interest Revenue	\$704					\$599		
	Planned Giving/bequests	\$0					\$0		
<b>Other Expenses</b>	Transfer to Project Fund	\$245					\$210		
	Transfer to Directed Fund	\$0					\$0		
<b>Net Profit</b>		<b>\$162,375</b>					<b>-\$11,701</b>	<b>\$174,076</b>	
<b>Pass-through/ designated fund donations</b>	PWRDF	\$1,061							
				\$ Bal at					
	CAWST	\$385		Dec31/18					
	Capital Improvement	\$0		6854					
	Expansion fund	\$0		26071					
	Youth-general	\$205		2538					
	Chattel-Worship Items	\$0							
	Chattel- AV/Technology	\$0							
	Inreach- assistance for	\$400							
	Cancer Bags - Donated Funds	\$0		300					
	Sunday School	\$5		50					
<b>Total pass- through/designated fund donations</b>		<b>\$2,056</b>							



# IT'S NOT TOO LATE



If you didn't bring your pledge card in on November 3, no worries!

You can place it in the collection plate any Sunday.

This helps us to develop a more accurate Budget for 2020

If you need a Pledge Card, feel free to cut out the one below

## My Commitment to Financial Stewardship in 2020

I estimate my giving to St. Paul's in 2020 to be:

\_\_\_\_\_ per week, Or \_\_\_\_\_ per month, Or \_\_\_\_\_ per year.

NAME: \_\_\_\_\_

(Please print clearly)

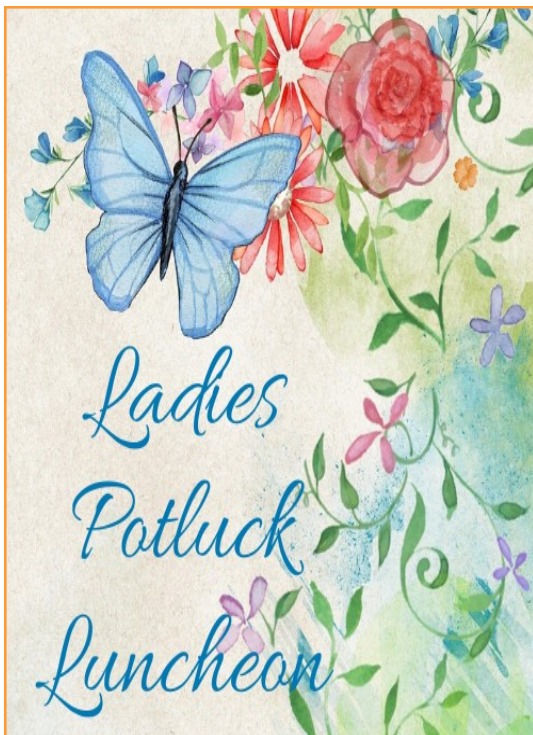
I understand this to be an estimate so that the Parish Council can plan the church budget for 2020. It is understood that my financial situation may change in the coming year. As a result, my giving may increase or decrease.

*Please return this card at any service by placing it in the offering plate in an envelope.*

THANK YOU! The Parish Council of St. Paul's



## So many reasons to give thanks



October is Thanksgiving month traditionally in Canada.

Carrying that theme into our ladies potluck luncheon was easy to do - we all have so much to be thankful for to our loving Heavenly Father.

Enjoying great food with our Happy Face napkins and chitchatting with each other, we then took time to share some Thanksgiving stories and get to know each other better and love each other better.

From the miracle of the birth of an unexpected granddaughter to relief from pain and everything in between, lives were shared.

The verse we took home with us on pumpkin coloured cards:  
*Philippians 4:6*

*Don't worry about **ANYTHING**.  
Instead, talk to God  
about **EVERYTHING**.*

*Ask and pray.*

*Give **THANKS** to Him.*

I pray this verse is now hidden in our hearts, being part of us, a comfort at all times.

**Ladies, please join us November 16 at 11:30** for a time of laughs and fun, getting to know each other through the Grace of Jesus.

Bring a dish to share, if you can, and especially bring as many friends as you wish.

The more the merrier!

The love of Jesus multiplies exponential.

Respectfully submitted by  
Gloria Ford



## World of Gifts makes a world of difference

You can pick Christmas gifts that make a difference by choosing from the PWRDF World of Gifts catalogue which came as an insert to the Anglican Journal, or you check it out at [pwrdf.ca](http://pwrdf.ca)

## Small change for big change

Putting some coins (or bills) into the CAWST water filter by the library 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.

## Calgary Food Bank box

There is box by St. Paul's main entrance to collect donations of non-perishable items for the Calgary Food Bank.

Please contribute whenever you are able. When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. On that day, everyone is encouraged to make an extra effort to bring a donation for the Food Bank.



# What can I bring for the Operation Christmas Child boxes?



Operation Christmas Child is a project created by Samaritan's Purse to teach people who are lucky enough to live in places like Canada to share with people who aren't so lucky. So the fun part for us, is we get to pack shoeboxes full of neat stuff that will get sent to kids all around the world.

At St. Paul's some families like to pack their own boxes, and we have a stack of them out in the Parish Hall for anyone who wants to do that.

But we also think it is fun to do some boxes as a group. So we ask everyone to bring some items on Nov. 17 that we can pool together. And then, during the Sunday school time that day, the kids can pack boxes together.

So, what kinds of things should you bring to put in a shoebox?

There are a few categories Operation Christmas Child suggests:

### 1) Wow item

Delight a kid! Start with a medium to large item that will capture the child's attention the instant he or she opens the box. **Ideas include:** Soccer ball with pump, Stuffed animal, Toys (puppets, trucks, etc.), Doll (baby, Barbie, etc.), Musical instrument, Outfit of clothes, Shoes, a small instrument

**2) Toys:** Include items that children will immediately embrace such as toy cars, yo-yos, jump ropes, balls, toys that light up and make noise (with extra batteries), hand puppets, etc.

**3) School Supplies:** pens, pencils and sharpeners, crayons, markers, notebooks, paper, solar calculators, coloring and picture books, etc.

**4) Non-liquid Hygiene/personal care Items:** toothbrushes, bar soap, combs, hair brushes, nail files, washcloths, etc.

**5) Accessories:** T-shirts, socks, hats, sunglasses, hair clips, jewelry, watches, flashlights, etc.

**6) Crafts:** Make your own items such as hair bows, finger puppets, and friendship bracelets.

**7) A Personal Note:** You may enclose a note to the child and maybe a drawing of yourself, your family, or group or anything you would like to share. If you include your name and an address, the child may be able to write back.

### Do Not Include

Candy; toothpaste; used or damaged items; war-related items such as toy guns, knives, or military figures; chocolate or food; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans.



Whether you are bringing in donations to participate in our joint effort, or filling your own box, please return everything by Nov. 17.



## St. Paul's Outreach Ministry



### Alpha House donations

The Calgary Alpha House Society gratefully accepts donations of clothing and backpacks to help provide a safe and caring environment for individuals whose lives are affected by alcohol and other drug dependencies. Top needs include backpacks, footwear for men and women including runners, winter boots and steel-toed boots, as well as jeans, hoodies, T-shirts, long-sleeve shirts, athletic pants and shorts, pyjama pants, belts, jackets, gently used towels and sleeping bags. There is a marked area on the coat rack near the south entrance for donations.



### Calgary Humane Society Bin

You may have noticed the big blue bin in our parking lot.

This bin is a fundraising effort by the Calgary Humane Society (CHS) and St. Paul's. The animal welfare organization connects the lives of animals and people while providing essential animal services to the community. CHS shelters about 5,000 homeless animals each year. You can help by putting gently used clothing and footwear of any kind in the bin.



# Kettle & bell ringer volunteers needed

The annual Christmas Kettle campaign will begin around November 19 and runs Mondays to Saturdays up to Christmas Eve.

There are about 75 locations. Shifts normally last three hours:

11 a.m. to 2 p.m.

2 p.m. to 5 p.m.

or 5 p.m. to 8 p.m.

The Salvation Army is always short of volunteers so if you can help there is lots of opportunity. If there's a volunteer by the kettle you get money, about \$300 per shift on average my experience. If there's no volunteer, then there's no money.

For more information, please call 403-410-1113 or look for a detailed info sheet on the notice board.

- Kerry Peters



## Calgary Processing Centre looking for help with shoeboxes



Want to help put the finishing touches on shoebox gifts for children around the world?

You can play a vital role in reaching boys and girls across the globe with the true meaning of Christmas — the birth of our Lord and Saviour, Jesus Christ.

The processing centre opens as of Nov. 18 and St. Paul's is looking to see if there is interest in working a shift.

If you are interested, please contact Laura Anne in the parish office.



**A World of Gifts**  
Handmade  
for you



Photo by Eric St-Pierre

## **Shop Fair Trade**

A connection to the world is closer than you imagine

15% of purchases at the Crowchild Ten Thousand Villages on November 20<sup>th</sup> from 6:00pm – 8:00pm will be donated toward PWRDF.

Join us from 6-8PM on November 20<sup>th</sup> for some Fair Trade shopping. There will be hot beverages, chocolate sampling, and a short discussion on the mission of Ten Thousand Villages.

220 Crowchild Trail NW, Calgary 403-270-0631  
[www.TenThousandVillages.ca](http://www.TenThousandVillages.ca) • Fair Trade since 1946

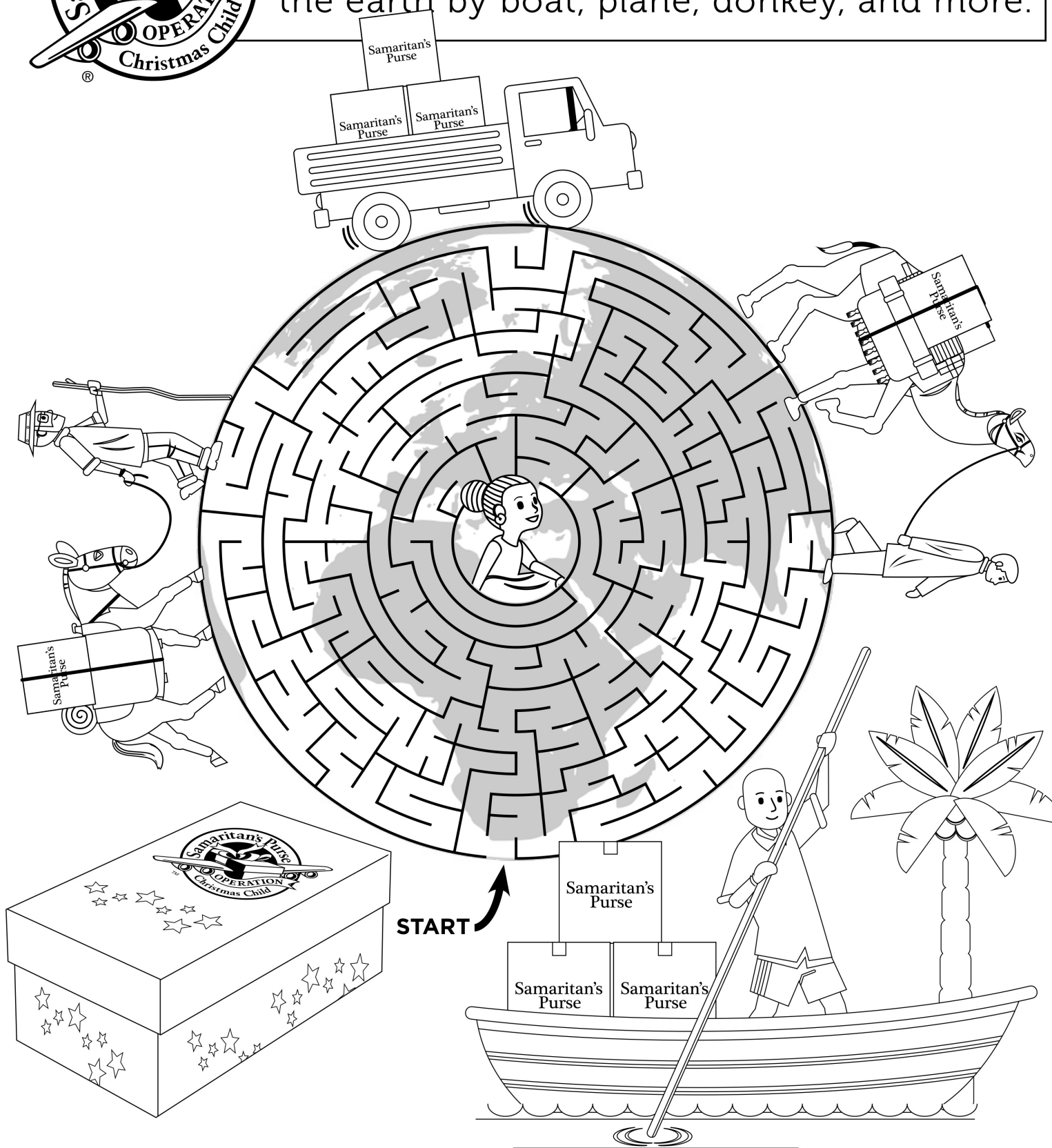


TEN THOUSAND  
VILLAGES



## MAZE COLORING ACTIVITY

Shoebbox gifts are delivered to the ends of the earth by boat, plane, donkey, and more.



# St. Paul's Sunday School November 2019

**Statement of Faith Song - I Believe in Jesus**

**Song of the Month - This Little Light of Mine**

**November 3<sup>rd</sup> - For All the Saints**

*Project: To be determined*

Archbishop Greg visiting and Youth confirmations

Christmas Pageant revealed & role sign up!

**November 10<sup>th</sup> - The Right Answer to the Wrong Question**

Remembrance Sunday Service

*Project: The Lord's Prayer Beads*

**Junior class to help prepare and serve "Hot Dogs for Heroes" – please bring an apron from home!**

Volunteer training with Gloria Ford following lunch – this is for any Youth or Adult who would like to help in the Nursery, Sunday School, Youth classes.

**November 17<sup>th</sup> - Faithful to God Who is Faithful to Us**

*Project: Shoeboxes and Preparation for Triple C Service*

All Classes will be sorting and preparing shoeboxes for Operation Christmas Child – please bring in your shoeboxes and/or donations.

**November 24<sup>th</sup> - Christ the King of Love and Grace**

Triple C Service: Christ-Centred, Compact, Creative!

*Project: Blessing Jars – **please bring a small jar or plastic container** to hold popsicle sticks*

All Classes will sing "This Little Light of Mine" and reveal the Ultimate Top 10 List!

Volunteer Schedule for Teachers & Assistants			
Date	Beginner Class Ages 3 & 4	Primary Class Grades K to 3	Junior Class Grades 4 to 6
Nov. 3	ChiChi Chigbo Evelyn Hart (assisting)	Amara Chigbo Rick Coller (assisting)	Pat Lecuyer Shannon Colle (assisting)
Nov. 10	Frances Pike Zemen Ebomwenrenren (assisting)	Angela Richardson Aiden Daye (assisting)	Shannon Colle
Nov. 17	<b>VACANT</b>	Rick Coller	Shannon Colle
Nov. 24	Frances Pike	<b>VACANT</b>	Shannon Colle

*Sunday  
School*

*Registration  
is ongoing!*

*Please see  
Gloria Ford  
or Shannon  
Colle*

## Sunday School Happenings

The school year starting in September also signifies the beginning of our Sunday School Year. Registration began Sept. 1 and is ongoing. **If you haven't returned your child's signed Registration Form indicating whether your child's photo can be taken and used with St. Paul's media, please do, as quickly as possible.**

Blessing Back Packs Sunday, Sept. 15, was a great success with youth participating along with the Sunday School. Shannon and Steve Colle made 30 luggage tags for that Sunday.

Apparently there were adults who were going back to school who also asked for tags. Then one person who was going home to Nigeria asked for 8 tags to take back. The Colles ended up making another 30 tags! PTL for this blessed event which we hope to repeat next year!

Starting in October, the most amazing and exciting news.....4 youth told me they ***WANT*** to help with Sunday School as teachers and assistants!!! See the Sunday School Roster posted on the sandwich board in the narthex.

To help equip our new teachers and assistants, I am doing a **Teaching Sunday School from the Anglican Church perspective 101** class after the Hotdogs for Heros Sunday lunch Nov. 10. Using the Liturgical Calendar Year for lessons gets Very complicated - regarding using the teaching material from the USA Episcopal church on line!!!

St. Paul's Foster Child, Desta Woyema Keweti, is now 14 years old. We have been supporting him for quite a number of years through the Christian Children's Fund of Canada - **now called Children**

**Believe.** In September, an extra \$20 is charged to our VISA as an annual pre-authorization for a Christmas gift for Desta. Our Sunday School classes have been drawing and writing something special to Desta which Shannon Colle and I will send to him in booklet form.

Excitement is brewing over the new Christmas Pageant which will replace the sermon **Sunday, Dec. 14.**

This new pageant has been created by our youth and will be revealed to our Sunday School on Nov. 3 so that parts can be assigned and rehearsal continue until Dece.14.

Respectfully submitted,  
Your volunteer  
Sunday School coordinator,  
Gloria Ford





# Prayers



## **A Prayer for Those Being Confirmed November 3**

Loving God, our Heavenly Father,  
 We lift up to you Kai Bolton, Alastaire Daye, Abuoma Chiedozi-Madueke, Chiamaka Chigbo, Amarachukwu Chigbo, Osazemen Ekomwenrenren, and Aisling O'Neill and ask that this commitment which they make before you will be a deep and meaningful step in their faith journey;  
 that you fill each one of them with your Holy Spirit; and  
 that each one of them grow in love and knowledge of you all the days of their lives.  
 This we ask in the name of our Lord and Saviour, Jesus Christ.  
 Amen - D.M.B.

## **A Prayer for Morning**

This day, Lord, may I dream your dreams;  
 this day, Lord, may I reflect your love;  
 this day, Lord, may I do your work;  
 this day, Lord, may I taste your peace. AMEN  
 - author unknown

## **Words of Encouragement**

Goodness is stronger than evil;  
 Love is stronger than hate;  
 Light is stronger than darkness;  
 Life is stronger than death;  
 Victory is ours through him who loves us.  
 - Desmond Tutu

As the rain hides the stars, as the autumn mist hides the hills,  
 as the clouds veil the blue of the sky, so the dark happenings of  
 my lot hide the shining of your face from me.

Yet, if I may hold your hand in the darkness, it is enough.  
 Since I know that, though I may stumble in my going, YOU do  
 not fail.

- unknown author/Gaelic

## **The Lord is near to all who call on him Psalm 145:18**

God you are invisible but not unseen. You reveal yourself in creation and demonstrate your kindness in a stranger's sincere smile.

You are intangible but not unfelt. You caress our faces with the wind and embrace us in a friend's arms.

We look for you and feel your presence. Amen  
 - author unknown

"God is our refuge and strength, an ever present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea." Ps.46:1-2

How comforting, steadfast God, to know that you tend us as we move through life's extremes. You are there with us in births and deaths, in stillness and activity. We find the courage to live through these present moments and to move into the future, knowing that we cannot wander so far in any direction that you are not already there.

Thank you for your unwavering faithfulness.

Amen

- from Prayers of Comfort

## **All Saints**

We praise you, Lord our God:

- for all the saints who went before us, have spoken to our hearts and touched us with your fire.
  - for all the saints who live beside us, whose weaknesses and strengths are woven with our own.
  - for all the saints who live beyond us, who challenge us to change the world with them. Amen
- adapted from a prayer by Janet Morley

Almighty God, the God not of the dead but of the living:  
 we praise and bless your holy name for your saints of every time and place who have served you faithfully in their generation and have enriched the world by their lives, their witness and their example.

Help us by your grace to follow them as they followed Christ, that with them we may be partakers of your everlasting joy; through the merits of Jesus our Saviour and our Lord.

Amen - Writer unknown

## **All Souls**

Eternal God, Lord of heaven and earth, we remember with thanksgiving, and commend to your infinite love, those faithful souls who having served you here on earth are now at rest in your presence, especially those most dear to us.

Give us grace so to follow their faith and god examples that we may share their joy, and at last be numbered with your saints in glory everlasting;

through the mercy of our Lord and Saviour Jesus Christ.

Amen - Frank Colquhoun

## **Reign of Christ**

"Hallelujah, for the Lord our God the Almighty Reigns!  
 Let us rejoice and be glad and give him glory!" Rev. 19: 6-7

All power glory and honour be to Jesus  
 Name above all Names  
 Lamb of God, Redeemer,  
 Living Word,  
 Alpha and Omega,  
 King of Kings and Lord of Lords.

Almighty God and Father, we thank you that the head that once was crowned with thorns is crowned with glory now.

We celebrate with joy the kingship of Jesus.

Give us grace to acknowledge his rule in our lives as well as with our lips, and to serve his worldwide kingdom; that the day may be hastened when all nations shall own him Lord, and He shall reign for ever and ever.

Amen - F. Colquhoun

## **St. Andrew the Apostle November 30**

Lord Jesus Christ, who called Andrew from his nets to become a fisher of men and a messenger of your good news;

may we so find in you our Saviour and our Lord that others through our testimony may come to put their trust in you and rejoice in your salvation, to the honour of your name.

Amen Leo Stephens-Hodge

## The Anniversary of our Church Building

*I was glad when they said to me, 'Let us go to the house of the Lord.'*  
Psalm 122:1

*How lovely is your dwelling place,  
My soul desires and longs  
to enter the courts of the Lord.  
My heart and my flesh sing joyfully  
to the living God.  
Happy are those who dwell in your house;  
they will sing your praises forever.*  
- Psalm 84: 1-2, 4

O God,  
make the door of this house wide enough to receive all who  
need human love and fellowship; narrow enough to shut out  
all envy, pride and strife.  
Make its threshold smooth enough to be no stumbling-block to  
children, nor to straying feet, but rugged and strong enough to  
turn back the tempter's power.  
God make the door of this house the doorway to thine eternal  
kingdom.

AMEN

- Thomas Ken

Living God,  
In this house, used to the sound of singing;  
this house which has seen baptisms and funerals;  
this house where people have come to be married, or to cele-  
brate the birth of a child;  
this house where people have wept, and been filled with joy;  
this house where people have wrestled with the deep things of  
life,  
have prayed urgently, and been stirred and changed;  
in this house, where you have so often been with your people,  
be with us now. AMEN

- Patterns and Prayers for Christian Worship

### At the End of the Day

Send your peace into my heart, O Lord,  
that I may be contented with your mercies of this day and  
confident of your protection for this night;  
and having forgiven others, as you forgive me, may I go to my  
rest in peaceful trust, through Jesus Christ, our Lord. AMEN  
- attributed to St. Francis of Assisi

### A Blessing

May the grace of Christ our Saviour,  
And the Father's boundless love,  
With the Holy Spirit's favour,  
Rest upon us from above. AMEN - John Newton

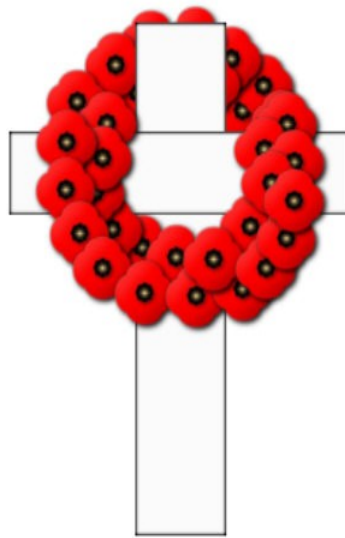
## REMEMBRANCE DAY

Almighty God, on this day we remember and lift up to you

- all those who have sacrificed their lives in times of war
- all those currently serving in troubled areas of the world and their families
- all those who were and are prisoners of war
- all those who have returned wounded and suffering in body, mind and spirit
- all those who have lost loved ones

and we pray to you, Lord,  
asking that the nations of the world learn your way of  
peace and that your people be freed from war, tyranny  
and oppression. AMEN - D.M.B.

We remember today, O Lord, all those who have died  
in any kind of war:  
soldiers who perished in the horror of battle,  
householders buried beneath the rubble,  
men, women and children hacked to death in their villages.  
Today we especially remember and give thanks for those who  
served and died in wars past and the members of our Cana-  
dian Forces who serve now in troubled places in the world,  
many of whom have given their lives in service.  
We also remember those who have returned home with terri-  
ble injuries,  
those who returned suffering in mind and spirit through the  
trauma of war  
and all those who have lost loved ones.  
Have mercy on us, Lord, for all the damage done to people  
by people in war and strengthen those who are striving to  
bring peace in our world now. Amen  
- adapted/ Angela Ashwin



### Prayers for Peace and Reconciliation

*Lord, as we remember with sad-  
ness the horror of war, help us to  
work for a better understanding  
between races and nations.  
Open our eyes to see our own part  
in discord and aggression between  
people now;  
forgive us our pride and divisions,  
and renew in us the search for  
peace,  
so that trust may replace suspicion,  
friendship replace fear, and your  
spirit of reconciliation be known  
among us. AMEN*  
- author unknown

*Grant to us to look with your eyes of compassion,  
O merciful God, at the long travail of mankind:  
the wars, the hungry millions,  
the countless refugees,  
the natural disasters,  
the cruel and needless deaths,  
man's inhumanity to one another,  
the heartbreak and hopelessness of so many lives.  
Hasten the coming of the messianic age  
when the nations shall be at peace,  
and all peoples shall live free from fear and free from want  
and there shall be no more pain or tears,  
in the security of your will,  
the assurance of your love,  
the coming of your Kingdom,  
O God of righteousness, O Lord of compassion. Amen*  
-George Appleton

# *Secret Friends Christmas Party*

**All ladies of the Parish Welcome  
Please join us for an evening of fun, food and fellowship.**

**Tuesday December 3<sup>rd</sup>, 2019**

**Potluck**

**6:00 PM**

**Refreshments Provided**



**Please sign-up in the Church Hall to bring a dessert or savoury dish  
to share.**

**“Ugly Christmas Sweaters Welcome”**

## **What is the Secret Friend Ministry?**

St. Paul's Secret Friend Ministry is open to all women of our parish. It is designed to bring the women of our parish closer together through the blessings of a "Secret Friend."

Throughout the year, a Secret Friend will get to know their new Secret Friend. They will lift them up in prayer and bless them with regular correspondence and perhaps a small gift for special occasions, all secretly, of course.

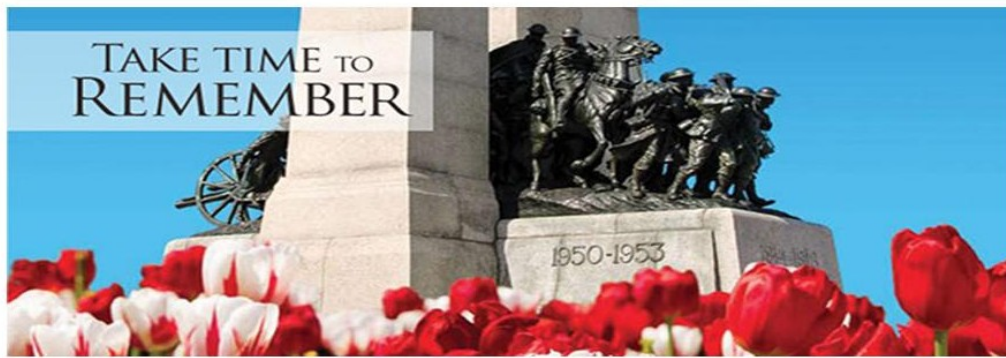
The reveal and choosing of a new Secret Friend will take place at our annual Secret Friend Christmas Party on Tuesday December 5th. All the women of our parish are invited and you do not have to be a Secret

Friend to attend. If you would like to join us just for the evening celebration or to become a Secret Friend, please sign up in the church hall and bring a small gift for the exchange.

It is also our tradition to have a few items to raffle at the Christmas dinner. All the monies collected from the raffles will be given to St. Paul's sponsored child, Desta Keweti. If you have an item you would like to donate to the raffle please let Julie know.

We look forward to another wonderful year of Secret Blessings! For more information please contact Julie Wilson.



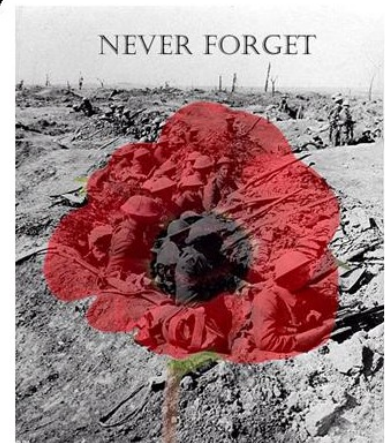


**PLEASE JOIN US AT SUNDANCE ON THE GREEN IN  
THE GREAT ROOM  
(SPONSORED BY ST. PAUL'S ANGLICAN CHURCH)  
3 SUNMILLS GREEN SE  
ON  
**MONDAY, NOVEMBER 11**  
AT 7:00 PM  
FOR A TIME OF REMEMBRANCE**

**COME TO HONOUR THE MEN AND WOMEN WHO  
FOUGHT IN THE WARS. A TIME TO SHARE POEMS,  
READINGS, SINGING, ANECDOTES, AND MEMORIES. COME  
AND SHARE YOUR MEMORIES OR  
THOUGHTS AND LISTEN TO  
OTHERS.**



**ALL ARE WELCOME TO  
JOIN US AS WE HONOUR  
AND REMEMBER THE  
SACRIFICES OF SO MANY.**



Remember our November 11th Remembrance Day tribute please and come to Sundance on the Green at 7:00 p.m. We have tributes, songs, poems, memories. Participation is encouraged. This year Civilian casualties are being remembered along with the soldiers.



## TEENS

*Navigating relationships, communication and boundaries*

This workshop talks about healthy relationships and sexual decision-making in the context of the digital world.

Topics discussed:

- Healthy relationships and communication
- Boundaries and consent
- Social media and sexting

# Take charge: GROWING UP DIGITAL

**St. Paul's Anglican  
Church**

**Sunday, Nov. 24**

**Lunch @11:45 am**

**Presentation**

**from 12:15 - 1:15 p.m.**

**RSVP to 403 256-1428**

**or office@stpaulscalgary.ca**

## PARENTS

*Equipping you to raise your kids in the digital age*

This workshop provides insight, resources, and tangible tips for raising kids in the digital age.

Topics discussed:

- Building healthy, trusting relationships with your kids
- Pornography and Internet safety
- Safe-proofing your home
- Healthy digital boundaries
- How to talk with your kids about all of the above!



Calgary Pregnancy  
**Care Centre**  
Education | Connection | Support



# If you feel awkward, you should come

Hey, anybody want to talk about sexting?

Healthy relationship boundaries online?

How about online pornography?

Anybody want to talk about this stuff with kids?

Your grandkids?

Anybody's kids?

Feeling a bit awkward yet? That's normal. And that is exactly why we should talk about it.

Here is a more academic way to make the point:

**"Emerging technologies are paradoxical in that they hold both promise and peril for individuals, families and communities.**

**At a time of rapid technological change, those who work with children, families, schools and communities need to understand the ways in which online digital activities affect offline health and mental wellbeing."**

- The Alberta Teachers' Association

Let's face it, for most of us, when we got "the talk" from a parent, or friends, it was awkward. But we presume they had some experience on the topic.

But when it comes to online dating and friendships, many of us are sending our kids on a journey to a world that we know almost nothing about.

We wouldn't drop them off in a strange city and tell them to navigate on their own, and just try to avoid 'creepy stuff.'

But that is what we do with an entire online world. We are so far in over our heads, we do little to help them.

OR, we completely overreact and try to find excuses to ban them from using their phones or laptops. That may make us feel better in the moment, but it in the long run, it probably does more harm than good.

What we actually need to do, is find out how we can help them. The digital world is a huge part of their lives. How can we have a relationship that supports them in navigating it?



Created with the family unit in mind, workshops are designed to help students navigate life in the digital age while equipping parents to help their kids along the way. Both workshops — one for parents, one for teens — provide insight, resources, and tangible tips to manoeuvre through today's culture.

## Teens

*Navigating relationships, communication, and boundaries*

This workshop talks about healthy relationships and sexual decision-making in

the context of the digital world.

Topics discussed:

Healthy relationships and communication

Boundaries and consent

Social media and sexting

## Parents

*Equipping you to raise your kids in the digital age*

Topics discussed:

Building healthy, trusting relationships with your kids

Pornography and Internet safety

Safe-proofing your home

Healthy digital boundaries

How to talk with your kids about all of the above!

***Anyone attending a workshop can participate in a pizza lunch starting at 11:45 a.m. The presentations will run from 12:15 - 1:15 with teens and adults in separate groups to try to make everyone as comfortable as possible.***

To try to get an idea of numbers for lunch, please RSVP to 403-256-1428

Or email [office@stpaulscalgary.ca](mailto:office@stpaulscalgary.ca)

Questions: contact Kathleen Robinson

No clue? You are not alone.

On behalf of St. Paul's Outreach, we are bringing in experts to give some reasonable and practical advice that focuses on the most important aspect of this, getting kids and adults to have open communication on a difficult topic.

The trained facilitators are provided by the Calgary Pregnancy Care Centre.

They can provide insight about what you don't know, what you should know and tangible tips for raising kids in the digital age.

If we can communicate, then kids have a safety net, someone they can go to for help.

And parents/grandparents/loved ones can have the reassurance that the kids they love, know how to ask for help.

Even when the conversation is awkward. ESPECIALLY when the conversation is awkward.

**Here's an easier question, does anyone want pizza?**

**On Sunday, Nov. 24, after the 10 a.m. service, St. Paul's is hosting two simultaneous workshops that are open to the public:**

**Growing up Digital  
for Parents & Students**



# Helpful Information

**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.

## Useful Web-sites and other Social Media Platforms:

### St. Paul's:

[www.stpaulscalgary.ca](http://www.stpaulscalgary.ca)

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

**Twitter:**

@stpaulscalgary  
@Pastor\_Fergus

**Toddlers to Tweens Group Facebook:**

[toddlerstotweens](https://www.facebook.com/toddlerstotweens)

**Youth Group's Facebook:**

[StPaulsCalgaryYouth](https://www.facebook.com/StPaulsCalgaryYouth)

**St. Paul's Alpha Facebook:**

[stpaulscalgaryalpha](https://www.facebook.com/stpaulscalgaryalpha)

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

**Facebook** [historicstpaulschurch](https://www.facebook.com/historicstpaulschurch)

**Pastor's Postings Blog:**

<http://pastorfergus.wordpress.com>

**Diocese of Calgary:**

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

**Facebook** [calgary.anglican](https://www.facebook.com/calgary.anglican)

**Canadian National Church:** [www.anglican.ca](http://www.anglican.ca)

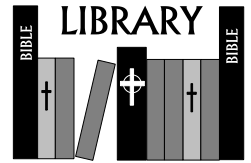
**PWRDF**—[www.pwrdf.org](http://www.pwrdf.org)



## Welcome to Chinook Free Learners Co-op

The Chinook Free Learners Co-op is renting use of the Parish Hall during the day on Mondays and Fridays. The co-op focuses on fostering independent, self-reliant and creative learners.

## 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.



## St. Paul's is 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 hair-sprays, etc. Many thanks.



## Information you may find helpful:

**Large Print Order Of Service:** We have large print copies of the service and hymn book available. Please ask the sides people.

**Hearing Devices:** If you have trouble hearing the service, we have hearing devices that can help. 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:** St. Paul's Business Cards with service times are available. They are designed to carry in your wallet to give to people who ask about St. Paul's. This is a form of Outreach to the community.

## Can Tabs

Those little tabs from your drink cans can do some good. Rick and Robbie Collier seasonally attend St Mark's in Mesa. That parish collects the tabs as a fundraiser, so please feel free to help.



### **Chemo Care Bag**

If you know of anyone who is beginning Chemotherapy treatment and would benefit from receiving a Chemo Care Bag please contact Robbie Collier @ 403-257-5783 or 403-869-6608.

### **Prayer Shawl Ministry**

This ministry meets the second Tuesday of each month at 1 p.m. All are welcome to join us! No experience needed! Everything is supplied. For more info. contact Laura Anne at the Parish Office.



### **Grief Support Group**

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. If you are interested, please contact Laura Anne at the Parish Office.

### **Join this ministry**

If you'd like to be part of our St. Paul's Pastoral Care Team, please contact Fergus or Nicola Peden. Training will be provided to anyone interested in this important ministry.

*Give your wounded self a holiday*

## ***Navigating Grief and Loss in the Here and Now***

***November 15- 17, 2019***

***Experience a weekend retreat of peaceful exploration and tending of the soul through creative expression with Suzanne Cleese & Sr. Ger Curran, FCJ.***

*This retreat is of special interest to anyone who is experiencing a significant transition or loss: relationship, employment, dreams or aspirations. The spirit of the retreat is making space for God through art, nature, meditation, and journaling. (Please note, this is not suitable for any one bereaved in the last 6 months).*

What you can expect

- Feel a sense of safety and freedom to explore new ways of seeing life following loss.
- Find new ways to retrieve your life energy that allows you to navigate situations with a sense of peace.
- Take away a greater sense of self-awareness
- Experience your own calm center with the introduction of healing practices.

### ***Allow yourself to dream forward***

Gain appreciation and compassion for your personal story while engaging in a variety of processes that express life as it is for you.

Creativity helps to gain insights into fears and pain.

Creative expression serves to uncover strengths and sources of joy.

***"Peace is the result of retraining your mind to process life as it is rather than as you think it should be." Wayne W. Dyer***

**Live-In: \$285.00 Commuter: \$185.00**

Pre-registration required. MasterCard and VISA are accepted. Cancellation fees apply. To avoid cancellation due to low enrollment, please register at least 2 weeks prior to workshop starting date. To register by phone, please call (403) 228-4215 or email [info@fcjcentre.ca](mailto:info@fcjcentre.ca)



# THE *Vision* WORKSHOP

## *3 Keys to Discerning God's Voice in Daily Life:*

- *Do you want to discover your true dream or Life's purpose? Find new purpose?*
- *Would you like to learn tools to help you deal with fear, doubt, and worry and move toward your goals with confidence?*
- *Do you want to increase prosperity and stay in complete harmony with your highest values and Spiritual beliefs?*

If these questions resonate with you, then you are going to love this Advent Vision Workshop!

When: November 30<sup>th</sup> from 9 a.m. to noon

Where: St. Paul's Anglican Church

Investment: This Workshop is Free.

During this Workshop, you will discover that your deepest heart's desire is your soul speaking to you about your Life's Purpose and God's will for you!

### *You will learn:*

- Two essential keys for tuning into your purpose.
- A 5-point test for determining whether your dream is right for you.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
- A proven method for dissolving resistance you may have to prosperity so you can attract higher levels of results and abundance in all areas of your life.
- The 1 critical thing you must give up in order to reach your dream.
- *And much more!*

REGISTER Here:

Gaelh@telus.net

For more information:

Gael Hogan: gaelh@telus.net



### About Gael Hogan

Gael has worked as a trained Spiritual Director and Prayer Companion, with individuals and groups of retreatants, helping them to deepen their prayer lives and their relationship with God, discern God's will, and create richer, more fulfilling lives.

Gael is now a DreamBuilder® Coach with Life Mastery Institute, working with people to empower them to live lives of purpose and fulfillment.

"What I've learned is that Spiritual Direction and Life Coaching are really about the same thing: discerning God's will in your life and taking concrete, practical steps in that direction," says Gael.

Whether it's a one hour seminar or a 3 three hour workshop – you will take steps to discern God's will in daily life and to live your values even more deeply.



# Celtic Service & Creative Group

We want to invite you to join our monthly group that meets at St. Paul's Church for a half hour Celtic service with music, followed by a snack and time to be social and creative!

The Art Class is now full but please feel free to just attend the Celtic service, at no charge of course. No pre-registration is required. The service runs from 7 to 7:30 pm, followed by light refreshments.

## Tentative Dates for the Celtic Services and Creative Group:

Once we meet as a group we can change dates as required if there is a consensus. A revised list will be published for the parish.

Nov. 10, 2019

Dec. 8, 2019

Jan. 12, 2020

Feb. 16, 2020

March 15, 2020

April 19, 2020

**The following donations** would be greatly appreciated for the Celtic Service and Art group. There will be a box labelled Celtic Group in the coat racks for donations. Thank you!

- empty gift cards or cards of similar size;
- clean Styrofoam meat trays;
- magazines with lots of nature photographs;



## Missional Minute

"How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation, who says to Zion, "Your God reigns."" (Isaiah 52:7)

### Our Diocesan Vision

**Statement:** To be a church that is inwardly transformed by the Holy Spirit; a church that reflects the virtue and grace of Jesus; a church reaching out to proclaim God's love to a broken world.

**Proclamation** - it's defined as declaration...speaking, sharing a topic.

How have you shared news about something you care about? What did you tell people when you were proud of your children graduating, or your wedding, or a friend's promotion? When we have been transformed by the love of God, we have a wonderful story to tell!



How might we tell that story? Do we answer questions of those who wonder why we attend church? Do we share with others that the reason we volunteer is because of the love God gives us for our neighbor? One way to become comfortable with this is to simply share these thoughts with a trusted

friend.

We proclaim with our hands and feet; we also proclaim with our words. From 1 Peter 3:15 we learn, Always be prepared to give a reason for the hope that is in you. God bless you as you consider all the ways that you are already proclaiming God's work in your life and all the ways you will proclaim!

From the Diocesan Newsletter October 24, 2019



# TaizeYYC

## A Monthly Ecumenical Taizé Prayer in Calgary

This monthly Prayer gathering will happen the second Friday of each month at a different location each time.

All are welcome!

November's Prayer will be on Friday, November 8 at Hope Lutheran Church (3527 Boulton Rd. NW).

Follow us for the location of future Taize Prayers: Facebook: TaizeYYC; Instagram: taize\_calgary; Eventbrite: TaizeYYC.eventbrite.ca



## DIOCESAN EVENTS

The Diocesan webpage ([www.calgary.anglican.ca](http://www.calgary.anglican.ca)) Find us on Facebook!

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

**Saturday, November 9: St. Edmund, Calgary: Annual Christmas Sale, Bake Sale & Christmas Tea, 11:00 am - 2:00 pm.** A traditional Tea by our local Brownies and Girl Guides. Browse through our Christmas Sale Tables and Bake Sale. Come early for best selection! Purchase a raffle ticket to win some great prizes (including a chance at 12 Dozen Cookies!) and fabulous door prizes drawn throughout the day.

### Holy Cross, Calgary:

**Lectio Divina:** All are invited to The Anglican Parish of Holy Cross for an evening of silence, prayer and biblical meditation. **An Evening of Lectio Divina will be held on the second Tuesday of every month, starting at 6:30 pm, next on November 12. Everyone is welcome.**

**Saturday, November 16: St. Andrew, Calgary: Christmas Tea & Bazaar, 1:30 - 4:00 pm. \$5.00 admission.** Fellowship, afternoon tea, plus baking and crafts. Wheelchair accessible

**St. Edmund's Food Bank is in need of Donations:** With the start of the cold weather, we have seen a large uptick in the number of requests for our Food

Bank. Looking ahead at planning for our Annual Christmas Hamper program, we are putting out an appeal for assistance! We are in need of canned products (canned meats, vegetables, pastas, soups, etc.) as well as things like pasta, cereals, dry soups, etc. We also need things for children's lunches: juice boxes, granola bars (nut free), puddings, fruit cups, cookies, cheese strings, etc. Personal items are always welcome (toothpaste, deodorant, shampoo, etc.) as well as pet supplies (food, kitty litter, treats). We also appreciate

donations in cash or by cheque so that we can purchase those items that we are in greatest need of. Donations may be dropped off during Food Bank hours (9:30 - 11:30 am, Mondays and Thursdays) or by appointment by calling (403) 288-6330 or (403) 239-5266.

### The Calgary School for Mission & Ministry Announcement:

First Course to Students will be happening June 18 to 20, 2020. If you are interested in being part of this first weekend, please contact

[csmm@calgary.anglican.ca](mailto:csmm@calgary.anglican.ca) for applications and registration steps. Applications for the School will be available online (via the Diocesan Website) on October 1, 2019. Apply by December 31, 2019 to be eligible for the June programming. ministry in the church and in the world. A second daytime class has been added. For more information, please contact [ctubman@shaw.ca](mailto:ctubman@shaw.ca)



# Free Printable Bible Word Search Game

## Books of the New Testament

Here's a great puzzle for anyone who's trying to learn the books of the New Testament. Find the capitalized words from the word list in the Bible word search grid. Words may appear in any direction. Here's a twist: Can you also find the name of the man who wrote much of the New Testament?

Q	S	P	R	B	H	S	U	G	P	U	E	Z	N
T	C	N	L	E	U	K	A	S	T	C	A	N	H
D	H	U	A	T	V	L	R	E	T	E	P	O	O
P	A	E	I	I	A	E	S	A	D	C	S	M	J
P	H	T	S	T	S	N	L	U	M	N	O	E	F
Y	M	I	I	S	A	S	J	A	A	R	P	L	O
K	M	A	L	M	A	T	O	I	T	H	R	I	R
L	N	A	O	I	I	L	H	L	E	I	H	H	E
S	S	R	T	M	P	T	O	S	O	E	O	P	T
U	G	E	O	T	N	P	I	N	B	C	L	N	T
Q	N	T	M	I	H	A	I	R	I	U	S	G	E
Q	H	H	R	A	N	E	E	A	K	A	V	T	L
Y	J	O	O	S	J	W	W	E	N	E	N	C	F
H	C	F	C	J	S	W	H	J	W	S	Q	S	K

MATTHEW  
MARK  
LUKE  
JOHN  
ACTS  
ROMANS  
(I and II) CORINTHIANS

GALATIANS  
EPHESIANS  
PHILIPPIANS  
COLOSSIANS  
(I and II) THESSALONIANS  
(I and II) TIMOTHY  
TITUS

PHILEMON  
HEBREWS  
JAMES  
(I AND II) PETER  
(I, II AND III) LETTER OF JOHN  
JUDE  
REVELATION





# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ALL Saints' 3</b> <b>Archbishop Greg</b> <b>presiding</b> <b>8:30 am</b> Holy Eucharist <b>10 am</b> Confirmation & Holy Eucharist	<b>4</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i> <b>7:00 pm</b> Bible Study  <b>7:30 pm</b> Prayer Group	<b>5</b>	<b>6</b> <b>9:30 am</b> Holy Eucharist <b>10:30 am</b> Bible Study	<b>7</b> <b>6:15 pm</b> TOPS <b>7:00 pm</b> Après EFM <b>7:30 pm</b> Music Group	<b>8</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>9</b> <b>9:45 am to 5:15 pm</b> Alpha Day Away at Sundance on the Green
<b>10</b> <b>Remembrance</b> <b>Sunday</b> <b>8:30 &amp; 10 am</b> Holy Eucharist <i>Christian Fellowship</i> <b>5 pm</b> 7:00 pm Celtic Service & Creation Group	<b>11</b> <b>Remembrance Day</b> <b>Parish Office Closed</b>  <b>7:00 pm</b> Remembrance Day Tribute Sundance on the Green	<b>12</b> <b>7:00 pm</b> Parish Council	<b>13</b> <b>9:30 am</b> Holy Eucharist <b>10:30 am</b> Bible Study 1 pm Prayer Shawl Ministry	<b>14</b> <b>6:15 pm</b> TOPS <b>7:30 pm</b> Music Group	<b>15</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>16</b> <b>8:30 am</b> Men's Breakfast <b>11:30 am</b> Ladies Potluck Lunch
<b>17</b> <b>8:30 &amp; 10 am</b> Holy Eucharist <b>5 pm</b> <i>Christian Fellowship</i>	<b>18</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i> <b>7:00 pm</b> Bible Study <b>7:30 pm</b> Prayer Group	<b>19</b>	<b>20</b> <b>9:30 am</b> Holy Eucharist <b>10:30 am</b> Bible Study	<b>21</b> <b>6:15 pm</b> TOPS <b>7:00 pm</b> Après EFM <b>7:30 pm</b> Music Group	<b>22</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>23</b> <b>10 am to 3 pm</b> Christmas Market
<b>24</b> <b>Reign of Christ</b> <b>8:30</b> Holy Eucharist <b>10 am</b> Holy Eucharist & Triple C Guest Speaker from Pregnancy Care at both ser- vices <b>12:15 pm</b> Growing Up Digi- tal Workshop <b>5 pm</b> <i>Christian Fellowship</i>	<b>25</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i> <b>7:00 pm</b> Bible Study <b>7:30 pm</b> Prayer Group	<b>26</b>	<b>27</b> <b>9:30 am</b> Holy Eucharist <b>10:30 am &amp; 7:30 pm</b> Advent Study	<b>28</b> <b>6:15 pm</b> TOPS <b>7:30 pm</b> Music Group	<b>29</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>30</b> <b>9:00 am to Noon</b> The Vision Workshop With Gael Hogan