

# Living Waters

## February 2020



Barbara Jean shows off some of the toques, mitts and other items contributed to the Mitten Basket. A total of three baskets of donations were collected for CUPS Calgary, which uses integrated programs and services to help Calgarians facing poverty and trauma build resilient lives.

**Get your pancakes  
on Feb. 25**

See Page 12

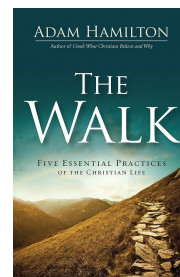
**Alpha Youth  
Series  
begins  
Feb. 16**

See Page 10



**Tourette Syndrome  
talk eye-opening**

See Page 13



**5 essential  
spiritual  
practices  
for Lent**

See Page 17

**Responding to  
Australian bushfires**

See Page 18

**You can  
touch a  
prayer**

See Page 22





# St. Paul's

## information



## SERVICE TIMES

**Sunday Services** at 8:30 and 10 a.m.  
Please see Page 7 for seasonal changes

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

**Celtic Service:** February 16 at 7 p.m.

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

**Email:**  
office@stpaulscalgary.ca  
**Website:**  
www.stpaulscalgary.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 2020

**Administration:** Paul Bourgeois

**Caring Contact:** Fergus

**Christian Education:** Murray Sykes

**Communications:** Paul Bourgeois

**Community Connection:**  
Muyi Ekomwenrenren

**Deputy Incumbent's Warden:**  
Ingrid Bolton

**Hospitality:** Steve Colle

**Maintenance:** Gerald de Vries

**Incumbent's Warden:** Murray Sykes

**New Members:** Julie Wilson

**Pastoral Care:** Nicola Peden

**People's Warden:** Cam Cline

**Outreach:** Loret MacDonald

**Stewardship:** Kerry Peters

**Sunday School:** Gloria Ford

**Worship:** Fergus Tyson

**Youth:** Vacant

**Ex Officio:** The Rev'd Cyril Haynes

## Synod Delegates

Cam Cline  
Alternates: Parish Council

## MCES Directors

Kerry Peters, Iona Shaw

## Treasurer

Treasurer: Karen Huq  
403 275-1325

## 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 - Karla Manuel  
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 - Pamela Fleming  
Youth - Keith Daye

Adult Education  
Clergy & Lay  
Stewardship - Kerry Peters  
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 - Fergus  
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

Outreach Committee  
- Loret MacDonald  
Father Lacombe Sunday Eucharist -  
Kathleen Robinson  
Father Lacombe Fridays -  
Kerry Peters  
AgeCare Seton - Fergus  
NeST - Jennifer Solem  
Food Bank, CAWST, Alpha House etc. -  
shared through Outreach Committee  
PWRDF - Doreen Peters  
Quilt/Shawl Prayer Ministry  
- Laura Anne Fink  
Living Waters  
- Laura Anne Fink & Kathleen Robinson

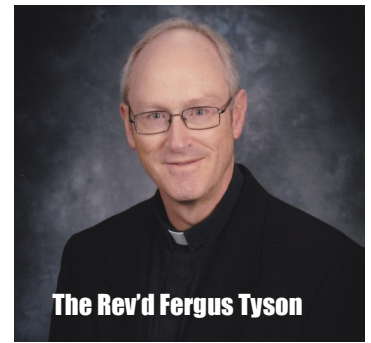


# **INCUMBENT'S 2019**

## **ANNUAL**

### **MEETING REPORT**

As presented at Annual Meeting of Parishioners Jan. 26, 2020



#### **You are the God who works wonders. (Psalm 77:14a)**

It's my great joy to share this, my 13th Annual Meeting Report with you, filled with gratitude to our God, who indeed works wonders in our midst!

#### **Looking Back on 2019:**

I'd like to begin by looking back on the wonderful year we've just shared together, using the four categories of Worship, Discipleship, Fellowship, and Outreach.

#### **Worship:**

As always, our worship in 2019 was enriched by a team of people engaged in a multitude of ministries. In our *AMP Reports*, these take up pages 25-28 to cover! I want to thank everyone mentioned in these Reports for how you helped make worship at St. Paul's so special!

I want to offer special thanks to our Clergy team, Cyril, Norman, and Bob, whose impact on our worship is indicated by the number of times you feature in my Statistical Report.

I'd like to offer special thanks to Robbie Coller, who had just begun as Altar Guild Co-ordinator when I wrote last year's Report, for serving so well, and organising such an outstanding Altar Guild Team. Thank you, Margaret Anne Knowles, for continuing to craft together such special monthly Celtic Services. Thank you, Laura Anne Fink, for taking the lead as St. Paul's hosted the ecumenical World Day of Prayer Service. Thank you, Pamela Fleming, for stepping forward to co-ordinate our Nursery Ministry, ensuring that children and parents alike experience as enjoyable a time of Sunday morning worship as possible. Thank you, Amara and ChiChi Chigbo, for writing our Christmas Pageant this year, and to all our Sunday School for performing it!

For the first time since I've been here, we put on the Pageant in place of the sermon at our 10 a.m. Sunday Service, and I feel it made it that much more special to have it nested in worship. Another change in 2019 that we'll want to continue in 2020 is having the children leading a song at Children's Time on Triple C Services that they've been learning throughout the month. The "Jesus Hokey Pokey" at today's Service is an awesome example of this!

And, we'll want to continue in 2020 the Blessing of Backpacks for all students, from children to adults, which we had for the first time ever in the fall of 2019.

#### **Discipleship:**

We had some outstanding developments in discipleship in 2019. It all began with our children. Gloria Ford took on the ministry of Sunday School Co-ordinator in November 2018, and ever since, her energy, enthusiasm, and vision for our young people have been a great blessing to our Parish!

Shannon Colle's joining Gloria in 2019 increased the blessing still further! Please be sure to read Gloria's Sunday School Report (*AMP Reports*, pages 24-25) to see all that

took place. I have two additions to make: at the end of the year, the Sunday School area underwent a transformation, with a layout that works much better, including unblocking the windows to let the physical light in, just as the spiritual light has been streaming. And, as of this month, Julie Wilson can also be added to the list of Teachers.

All Saints' Sunday saw the Confirmation of seven of our young people. Abuoma, Aisling, Alastaire, Amara, ChiChi, Kai, and Zemen, what a joy it was to share this discipleship milestone with you! Our adults finished up the last two Studies of the 8 Study Pilgrim Series in the first part of the year.

Then in the fall, we began one of the best things we've done to deepen our discipleship in my time here, the Alpha Film Series. The 30 participants in this Film Series, which includes both Parishioners and non-Parishioners, have found the experience tremendously rewarding. The food has been awesome; the films are outstanding; and the small group times have created bonds that continue to grow ever deeper.

I want to thank especially Ingrid Bolton, Gloria Ford, Heather Johnson, and Laura O'Neill for your commitment to be such great Hosts/Helpers for us!

Our Advent Study, "Faithful," with Adam Hamilton was also excellent, prompting me to order another Adam Hamilton Study, "The Walk," for Lent 2020. Our discipleship in 2019 was shown by our sharing of our time, talents, and treasure. To remind us of this, we watched videos by Archbishop Douglas Hambidge, from Thanksgiving through to the end of the year.

This past year was a great one for people venturing out in faith to share their gifts. One such person was Karen Huq. Karen, thank you for your stellar leadership as our new Treasurer! On the financial front, it was awesome to see what an incredible response we had in December, via online donations, and our Sunday and Christmas offerings, almost erasing the large deficit we'd been carrying for most of the year!

It was also awesome to see the exemplary care Gerald de Vries and others provided for our building, including installing new furnaces. Thank you, Kerry Peters, for helping guide our stewardship, including leading by example by your care of our community garden. Thank you, everyone, for giving so faithfully of your time, talents, and treasure to support the ministries to which God has called us.

To help people learn about the ministries in which a person can serve at St. Paul's, we began to have monthly Ministry Sundays focusing on a handful of ministries at a time, rather than one or two Sundays a year focusing on them all. Two highlights for me were the changing signs the Sidespeople wore to showcase the different things they do, and the slideshow put together by Julie Wilson about Secret Friends.

Underpinning all that's occurred is prayer. Thank you to our Prayer Group and Prayer Chain ministries for continuing, day

by day, to lift up our Parish to the Lord. Time and again this past year, I've been struck by how things just "fell into place", with the right person coming forward for the right task at the right time. I'm convinced that prayer had a huge amount to do with it!

Last, I want to thank the Lord, and everyone for your prayerful support, for my improving health in 2019. My feet and legs have healed to the point where I'm now on virtually no pain meds at all, something I hardly dared even hope this time last year! The specialist and the nurses who treated my wounds are all equally amazed at the improvement.

Thanks be to God!



**The Stampede Barbecue was one of the ways we reach out to the community.**

### **Fellowship:**

Fellowship refers to all the ways we build up one another. It can be sharing laughter at fun activities like our Talent Shows, or sharing tears with each other when we're grieving.

It's going through all of life – the good times and the tough times – together. Again, our *AMP Reports* give a sense of the wide range of fellowship activities that took place at St. Paul's in 2019 – for example those by Angela Richardson (Hospitality), Linda Hubert (Casserole Ministry), and Nicola Peden (Pastoral Care Team).

One aspect of Pastoral Care that I was able once again to offer was financial assistance from the Inreach Fund, established to provide confidential financial assistance for members of our Parish in need of a few dollars up to several hundred. My heart rejoiced at being able to help, while it grieved also at the difficult circumstances so many of us are facing.

All our fellowship events in 2019, whether they were the Alzheimer Workshop or our Christmas Dinner, were worthwhile and well-attended. Angela is stepping down as Hospitality liaison on Parish Council. Thank you, Angela, for your five years of faithful service in this ministry! It was wonderful in 2019 to have many new members with whom to share fellowship. Julie Wilson's New Members Report lists 11 new households, totalling 29 people! Thank you, Julie, for the lovely special touches you provide to help our new members feel welcome!

Our Youth Group met monthly until the summer, culminating in a visit to Calaway Park. Joanne Wrigley then stepped down from her role as co-leader, due to her move to the north of Calgary. Thank you, Joanne, for your long and faithful service over the course of many years, to enrich Youth Ministry in our Parish.

At the end of the year, we began the process of reigniting the Shepherding Ministry. I'll talk more about this under the

"2020" heading. I want to thank Father Cyril for co-ordinating this ministry for so many years. You were instrumental in getting Shepherding started, and in maintaining it literally for decades! As I said in my Shepherding Report, we all owe you a great debt of gratitude. I also want to thank Robbie Collier for offering invaluable help for two months, as you and I worked through the Parish List and identified potential helpers. Part of our care for each other is helping everyone "stay in the loop," to celebrate and participate in all that's occurring. We were helped greatly in this endeavour in 2019 by Kathleen Robinson's coming alongside Laura Anne to help reformat *Living Waters*, and by her becoming the unofficial photographer of our various events (a huge improvement over me and my feeble efforts).

### **Outreach:**

When I think of outreach at St. Paul's in 2019, I think first of all of the work that went into reflecting together for the first time ever on our Missional Footprint. Parish Council made this the focus of our 2019 Council Focus Day, and then Kathleen Robinson took the ball and ran with it. As Kathleen's Missional Footprint Report (*AMP Reports*, p. 30) shares, she put together a Survey that was emailed out on May 30, receiving 68 responses. She published the responses in a three-page Report that was published in the September issue of *Living Waters*. Kathleen then continued,

in communication with Parish Council, to work on putting together a final Report in three parts for the Diocese. This was emailed to the Diocesan Executive Officer, Pilar Gateman, on December 17. I highly doubt that as thorough and well-thought out a Missional Footprint Report has been given by any other Parish in the Diocese! Thank you, Kathleen, for all your incredible work on this! And thank you for your outstanding work as Parish Council Outreach liaison, including your tremendous Annual Meeting Report (*AMP Reports*, pages 20-22)! Anyone who reads the Missional Report in *Living Waters* and Kathleen's Annual Meeting Report will have to be struck by the incredible amount of outreach that takes place through St. Paul's! I can add to this that from my Discretionary Fund tithe of our Outreach Tithe, I was able to offer assistance to non-Parishioners in need on 90 occasions.

We also reached out through our community connections. Our Yard Sale, Stampede and End of Summer BBQs, Remembrance Day Evening at Sundance-on-the-Green, and Christmas Dinner were all attended by our neighbours. In 2019, we replaced our St. Nicholas' Day Tea with a Christmas Market, which saw an influx of visitors from the wider community. Thank you, Steve Colle, and everyone who helped make this so successful!

We also continued to connect with our community online via our new website and social media platforms. Thank you, Paul Bourgeois and Laura Anne, for all your work to make our website winsome and wonderfully informative. (Incidentally, if you haven't looked at *Living Waters* online, you really ought to do so!) In 2019, we also connected with our community via Historical Tours of our Historic Chapel. Thank you, Neil Brown and Jake Robinson, for these! We continued our connection with the community via South of Fish Creek Interfaith, through our contacts Rick Collier,



Heather Johnson (for the first part of the year), Murray Sykes, and Bob Mummery. Last, Jennifer Solem's NeST Report shows how in 2019 we continued contact with the Al Jbawi family, deepening our bonds of love with this dear family.

What an awesome year 2019 was of our God's working wonders! And we have the same wonder-working God with us as we move forward into 2020, so we anticipate awesome things to continue to take place!

### Looking Ahead to 2020:

#### Worship:

We plan to develop our Triple C Services (which we're now calling "Christ-centred Creative Celebrations") to involve our youth and their parents in a deeper way than we have up till now. At our 10 a.m. Services on the 4<sup>th</sup> Sundays of each month, we'd like to have a family choose from the different ministries that help the Service occur (Greeters, Sidespeople, Soundboard, Music Ministry, Servers, Readers, Leaders of the Prayers of the People, and Sacramental Assistants) those in which they'd like to serve. Our other youth will be offered the opportunity to serve in the ministries that aren't chosen.

We'll also look to involve our youth in helping present the message of the day (e.g., Earth Day in April) in a creative way. And we'll end the Services with a "bang", inviting our children to accompany the final hymn with "joyful noise-makers"!

Another possibility for 2020 is what's commonly called "Messy Church." This hands-on Service would occur in the Hall on a Saturday afternoon, followed by supper. If we can get together a team to work on this, we may be able to start by offering it once a quarter. In the churches that have offered it, it's proven to be an excellent way to connect with young families.

This year also promises to be one in which we continue to develop ecumenical worship experiences. Just last week, we hosted our brothers and sisters from All Saints Lutheran Church at a Week of Prayer for Christian Unity Service. On Ash Wednesday, we'll be continuing our practice of going to All Saints for supper and then an evening Service. Once again, I'll have the privilege of preaching. And in the fall, Pastor Wallace and I plan to include other clergy in planning for the 2021 Week of Prayer Service.

#### Discipleship:

We've already had an excellent start to discipleship in 2020, with our January 8 Tourette Syndrome Workshop, led by Steve Colle, and the resumption of our

Alpha Film Series on January 15. After Alpha, our adults have the opportunity to share "The Walk" Lenten Study.

In the fall, we'll offer Alpha again, either in someone's home or here at St. Paul's. Speaking of home groups, our first home group is set to begin when Alpha ends on February 5, as one of our Alpha small groups has decided they'd like to continue meeting together.

One of the most exciting discipleship developments this year is our putting on the Alpha Youth Series for our Junior High- and High School-age youth. As the trailer we watched at today's 10 a.m. Service shows, this Series promises to be as great as the Film Series has been for adults. Thank you, Keith Daye and Kai Bolton, for acting as Hosts/Helpers for our Junior High and High School aged youth, respectively. Thank you, also, Gloria Ford, for your help in getting this organised. There will be 13 sessions, all on Sunday mornings, usually on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month, starting February 16.

Another possible discipleship opportunity is to make use of our Screens for a return to Movie Nights, possibly in conjunction with Coffee Houses (see below). Also, look for an ongoing year-long focus on stewardship in all its "3T" components (time, talents, and treasure).

#### Fellowship:

A big focus for me in 2020 will be developing our Caring Contact Ministry (formerly called Shepherding). To reiterate what I said in my Shepherding Report: "Carers will be asked to keep in contact with around 10 households once a month, via email, phone, or in-person conversations, and to share any pastoral concerns (e.g., if someone has lost their job, or is having surgery) with me.

The purpose is to help everyone feel cared for and loved as part of our Parish family. We don't want anyone to 'fall through the cracks,' and feel that no one knows or cares.

If you'd like to be a Carer in the Caring Contact Ministry, please let me know." Another new initiative in 2020 has been put forward by Paul Bourgeois. Paul is suggesting that we try the idea of Coffee Houses, where we can enjoy times of fellowship as we share the gift of music. We'll look to have the first of these by the spring.

Also in the spring, look for the installation of benches in loving memory of dear members of our Parish who've gone to be with the Lord.

As Julie Wilson mentions in her New Members Report, in 2020, we're going to welcome new members a little differently, in smaller groups three times a



**The End of Summer BBQ is an opportunity to get to know our neighbours.**





**A Christmas pageant written by Amara and ChiChi and performed by members of our Su8nday School and performed during the Sunday service was one of the highlights of 2019.**

year, instead of one big group in June. The first of these will take place at the end of the 10 a.m. Service on February 9. Our new Hospitality liaison on Parish Council will also undoubtedly have lots of ideas for our fellowship activities.

#### Outreach:

In the Missional Footprint form we received from the Diocese for 2019, we were asked to complete the following sentence to help us better impact our world: "Two things we plan to do, or redo, next year that will continue the work of Jesus in our community/area are ..." We answered, "1. Continue Alpha course, including adding youth version (mentioned above). 2. Expand community engagement outside the walls of St. Paul's by actively seeking opportunities to help community organizations - specifically partnering with South of Fish Creek Interfaith."

So far this year, there are two South of Fish Creek Interfaith activities in which we can engage: the annual spring clothing giveaway at All Saints Lutheran, and clean-up of an invasive weed in Fish Creek Park. Please watch for details as we get closer to these dates. Another activity with the potential to increase our community visibility is the offering of Historical Tours of our Chapel to schools. Jake Robinson is looking into this possibility.

Last, because of the generosity of people donating specifically to the Inreach Fund, I'll have sufficient resources to respond to the needs of our congregation, without receiving a portion of our Outreach Tithe for Inreach. So for 2020, we're returning to the 90% and 10% Outreach Tithe split between our Outreach Fund and my Discretionary Outreach, freeing up more funds for the support of group responses to need at the local, national, and international levels.

What an awesome year 2020 promises to be of God's continuing to work wonders in our midst!

Thank you to all those named in this Report. Special thanks to our Wardens, Rick Coller and Murray Sykes, whom we are so blessed to have had serving in these ministries. Rick will be stepping down as People's Warden after today's Meeting. Murray will continue on for one more year, while our new Deputy Incumbent's Warden learns the ropes.

Thank you, Cyril, Norman, and Bob, for all you do, and your companionship as brothers in the Lord. Thank you, Laura Anne Fink, for continuing to be invaluable to us all! Thank you, Robbie Coller (Parish Clerk), Angela Richardson (Hospitality), and Kathleen Robinson (Outreach) for your service on Parish Council.

Thank you to those who've come forward to serve as People's Warden, Deputy Incumbent's Warden, and Parish Clerk and Hospitality and Outreach liaisons on Parish Council, whom we'll identify later on today. Thank you, Dan Brisbin, for your continuing on as Treas-

urer for the beginning of 2019, easing Karen's transition, and for your ongoing service as the Treasurer for MCES. Thank you to all those named in the Annual Meeting Reports: those who stepped down from a ministry in 2019, those who began, and those who continued on in their serving. Thank you to EVERYONE who participates in the life of our Parish family! Together, let's keep growing closer to God and one another. To God be all the praise.

Let us pray:

***ALMIGHTY and everlasting God, who dost govern all things in heaven and earth: Mercifully hear our prayers, and grant to this Parish all things needful for its spiritual welfare. Strengthen and confirm the faithful; protect and guide the children; visit and relieve the sick; turn and soften the wicked; arouse the careless; recover the fallen; restore the penitent. Remove all hindrances to the advancement of thy truth; and bring us all to be of one heart and mind within the fold of thy holy Church, to the honour and glory of thy blessed Name; through Jesus Christ our Lord. Amen. (BCP, pages 43-44)***

With great gratitude to our wonder-working God, this Report is respectfully submitted by

Your Brother in Jesus



## ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TALK
Feb. 9	Fergus	Cyril	Cyril	Joanne Wrigley
Feb. 16	Cyril	Fergus	Fergus	Fergus
Feb. 23	Norman	Cyril & Fergus	Fergus	Sunday School
Mar. 1	Fergus	Cyril	Cyril	Keith Daye

## SAVE THE DATE

### UPCOMING SERVICES



Sunday, Feb. 2: Presentation of the Lord

Sunday, Feb. 16: Family Day and Valentine's Day Theme

Celtic Service at 7 p.m. followed by Creation Group

Sunday, Feb. 23: Transfiguration; Triple C at 10 am

Wednesday, Feb. 26: 9:30 am Holy Eucharist & Imposition of Ashes

10:30 am Ash Wednesday Reflections ;

6:00 & 7:00 pm All Saints' Dinner & Service

Sunday, Mar. 1: Lent 1

Sunday, Mar. 8: Lent 2

Sunday, Mar. 15: Lent 3

### UPCOMING EVENTS

Alpha Wednesdays, Feb. 5 & 12 at 6 p.m.

Men's Breakfast Saturday, Feb. 15 at 8:30 a.m.

Ladies' Luncheon Saturday, Feb. 15 at 11:30 a.m.

Shrove Tuesday Pancake Supper Tuesday, Feb. 25 at 5 to 7 p.m.

Lenten Study Wednesday, Mar. 4 – April 1 at 10:15 a.m. & 7:30 p.m.

Men's Breakfast Saturday, March 21 at 8:30 a.m.

Ladies' Luncheon Saturday, March 21 at 11:30 a.m.

### BIBLE STUDIES

Monday Bible Study: 7:00 pm

Wednesday 9:30 am Holy Eucharist

Wednesday 10:30 a.m. Bible Study

We study the readings for the upcoming Sunday. Come and see what it is all about!

No pressure just a chance to learn more about our faith and Bible.



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

**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

**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

# Candlemas:

## History, Traditions... And Crepes!

By Sharon Ely Pearson

“In Christian communities today, it continues to be a day of purification, renewal, and hope. Some call the day Candlemas (Candle Mass)... local churches hand out candles, or people bring their own, to be blessed.”

### What Is Candlemas?

On February 2, exactly 40 days after Christmas, we commemorate Mary's adherence to the Mosaic law as she entered the Temple for the ritual purification, as explained in *Leviticus 12:2-8*. Also, forty days was the time when a firstborn was brought to the Temple to be dedicated to the Lord (*Exodus 13:2-12*). The Gospel reading for The Feast of the Presentation describes the scene: “And when the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord.” The story continues as Simeon holds the baby in his arms and says that Jesus will be a light for the Gentiles (Luke 2:22-32).

In Christian communities today, Candlemas continues to be a day of purification, renewal, and hope. Some call the day *Candlemas* (Candle Mass), which comes from the activities associated with the feast. Often local churches hand out candles, or people bring their own, to be blessed. After an antiphon, during which the candles held by the people are lighted, there is a procession into the church. During the procession to the church, the *Nunc Dimittis* is sung, replicating the words that Simeon proclaimed. In Roman Catholic and Orthodox churches, the procession into the church for Mass commemorates Christ's entrance into the temple.

### Candlemas Traditions

Various traditions developed about Candlemas, including the following:

#### Weather Predictions

Candlemas was the day when some cultures predicted weather patterns. An old English song goes: *If Candlemas be fair and bright, Come winter, have another flight If Candlemas bring clouds and rain, Go winter, and come not again*. Thus if the sun cast a shadow on Candlemas day, more winter was on the



way; if there was no shadow, winter was thought to be ending soon. Of course, this practice led to the folklore behind “Groundhog Day,” which falls on February 2.

### Crepes and Coins

It is traditional to eat crepes (thin pancakes) on Candlemas in some parts of Europe, such as France. Each family member prepares and cooks a crepe while holding a coin in hand. This is believed to assure wealth and happiness until the next Candlemas celebration. Another tradition involves taking turns to flip the pancake with a

flick of the wrist, deftly maneuvering the pan with the right hand while holding a coin in the left. The crepe must not fall, stick to the ceiling, or come back down in shreds. Achieving this feat successfully will bring happiness.

### Candelaria

Candlemas is also known as *Candelaria* in Spanish speaking countries. One tradition is that whoever found the baby figure inside the *Rosca de Reyes* (Kings Cake) on Epiphany (January 6) – that person is obliged to bring food to the Candelaria gathering on February 2nd.

#### Candlemas Bells Flowers

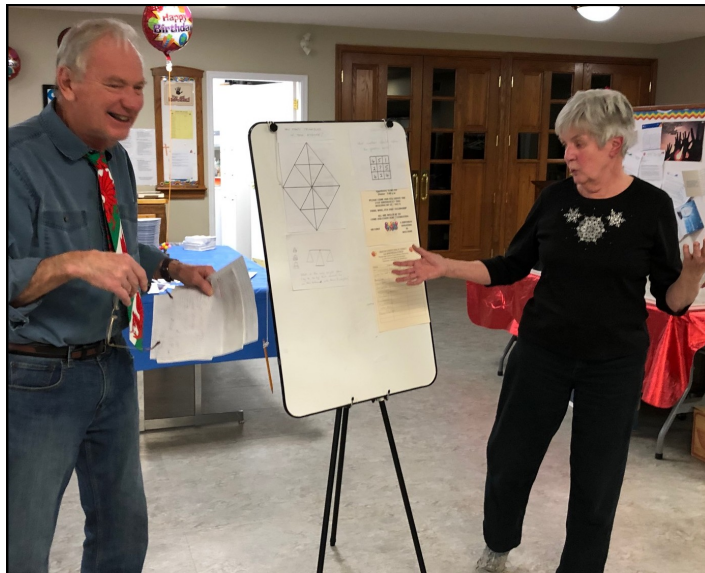
Snowdrops (*galanthus nivalis*) are known as Candlemas Bells because they often bloom early in the year, even before Candlemas. According to folklore, an angel helped these Candlemas bells to bloom and gave them as a sign of hope to Eve, who wept in despair over the cold and death that had entered the world. Many Christians see the flower as a symbol of Jesus Christ being the hope for the world.

---

*Sharon Ely Pearson is an editor and the Christian Formation Specialist for Church Publishing Incorporated (CPI). She is the author/editor of several books, most recently The Episcopal Christian Educator's Handbook and Signed, Sealed, Delivered: Theologies of Confirmation for the 21<sup>st</sup> Century. When not traveling for work or pleasure, she enjoys tossing tennis balls to her year old black lab, Chobe.*

<https://buildfaith.org/candlemas/>





## Happy Birthday St. Paul's

Thank you to Kerry and Doreen for good eats, stories, songs ... and of course the Hokey Pokey at the St. Paul's Birthday Party in January. The evening also saw \$1,154 raised.





# ALPHA YOUTH SERIES

Explore life's biggest questions



**Where :** St. Paul's Anglican Church & Sundance on the Green — Great Room

**Who :** All Youth from age 13 to 18

**Dates :** Beginning Sunday, February 16

March 1, 15 & 29; April 19; May 3 & 17;

June: 7 & 21; Sept. 6 & 20; Oct. 4 & 16

**Time :** 10 to 11 a.m.

## Talks

1. Life: Is This It?
2. Jesus: Who Is He?
3. Cross: Why Did Jesus Die?
4. Faith: How Can I Have Faith?
5. Prayer: Why and How Do I Pray?
6. Bible: Why and How Do I Read The Bible?
7. Spirit: Who Is The Holy Spirit and What

Does He Do?

8. Fill: How Can I Be Filled With The Holy Spirit?
9. New Life: How Can I Make The Most Of The Rest Of My Life?
10. Evil: How Can I Resist Evil?
11. Telling Others: Why and How Should I Tell Others?
12. Healing: Does God Heal Today?
13. Church: What About The Church?



# 2019 Financial Figures

Dec 2019 YTD Comparative Income Statement		2019 Actual	2019 Budget Yr To Date	Percentage Over /Under Budget Yr To Date		2018 Actual	Year-to-year \$ Increase/Decrease	Year-to-year % Increase/Decrease
<b>Income</b>								
	General	\$216,425	\$226,301	-4.4%		\$222,943	-\$6,518	-2.9%
	Open	\$4,368	\$4,000	9.2%		\$3,935	\$433	11.0%
	Special	\$0	\$11,500	-100.0%		\$11,467	-\$11,467	-100.0%
<b>Offering Total</b>		<b>\$220,793</b>	<b>\$241,801</b>	<b>-8.7%</b>		<b>\$238,345</b>	<b>-\$17,552</b>	<b>-7.4%</b>
	Other income	\$11,126	\$8,100	37.4%		\$12,500	-\$1,374	-11.0%
	Fund transfer (Youth events)	\$500	\$500	0.0%		\$500	\$0	0.0%
	Fund Transfers	\$358	\$350	2.3%		\$1,000	-\$642	-64.2%
	Fundraising events	\$4,113	\$3,500	17.5%		\$2,382	\$1,731	0
<b>Total income</b>		<b>\$236,890</b>	<b>\$254,251</b>	<b>-6.8%</b>		<b>\$254,727</b>	<b>-\$17,837</b>	<b>-7.0%</b>
<b>Expense</b>								
	Utilities/insurance	\$14,778	\$16,371	-9.7%		\$16,019	-\$1,241	-7.7%
	General Maintenance	\$12,224	\$14,056	-13.0%		\$14,828	-\$2,604	-17.6%
	Administration	\$27,803	\$33,325	-16.6%		\$32,798	-\$4,995	-15.2%
	Ministerial	\$115,556	\$115,166	0.3%		\$113,464	\$2,092	1.8%
	Apportionment	\$33,108	\$33,113	0.0%		\$35,992	-\$2,884	-8.0%
	Communications	\$1,258	\$1,536	-18.1%		\$910	\$348	38.2%
	Worship	\$8,008	\$7,907	1.3%		\$7,763	\$245	3.2%
	Christian Education	\$2,678	\$5,499	-51.3%		\$9,992	<u>-\$7,314</u>	-73.2%
	Hospitality, Fellowship	\$2,034	\$2,367	-14.1%		\$2,316	-\$282	-12.2%
	Outreach	\$22,326	\$23,835	-6.3%		\$22,227	\$99	0.4%
	Pastoral Care	\$409	\$600	-31.8%		\$243	\$166	68.3%
	Other	\$571	\$476	20.0%		\$476	\$95	20.0%
<b>Total Expense</b>		<b>\$240,753</b>	<b>\$254,251</b>	<b>-5.3%</b>		<b>\$257,028</b>	<b>-\$16,275</b>	<b>-6.3%</b>
<b>Net Operating Income</b>		<b>-\$3,863</b>	<b>\$0</b>			<b>-\$2,301</b>	<b>-\$1,562</b>	
<b>Adjusted Operating Income</b>		<b>-\$3,863</b>	<b>\$0</b>			<b>-\$2,301</b>	<b>-\$1,562</b>	
<b>Other Income</b>	Interest Revenue	\$927				\$839		
	Planned Giving/bequests	\$0				\$0		
<b>Other Expenses</b>	Transfer to Project Fund	\$245				\$1,666		
	Transfer to Directed Fund	\$0				\$2,016		
<b>Net Profit</b>		<b>-\$3,181</b>				<b>-\$5,144</b>	<b>\$1,963</b>	
<b>Pass-through/designated fund</b>	PWRDF	\$1,540						
	CAWST	\$871						
	Capital Improvement	\$0						
	Expansion fund	\$0						
	Youth-general funds	\$205						
	Chattel-Worship Items	\$0						
	Chattel-AV/Technology	\$0						
	Inreach-assistance for parishioners	\$400						
	Cancer Bags - Donated Funds	\$50						
	Sunday School	\$5						
<b>Total pass-through/designated fund donations</b>		<b>\$3,071</b>						

# Pancakes! Pancakes! Pancakes!



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

**Where:** St. Paul's Anglican Church  
7 Sunmills Green S.E.  
403 256-1428

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

**Who:** Bring your friends  
and neighbours

**When:** Tuesday, February 25, 2020

**Time:** 5:00 pm to 7:00 pm

**Cost:** \$5.00/ person to a maximum of \$15.00/family  
Pay at the Door

**Everyone Welcome!!**

**Gluten Free  
Pancakes  
available!!**



# You're Invited

Please join us at St. Paul's on Sunday,  
February 9th for a New Members Meet  
and Greet.

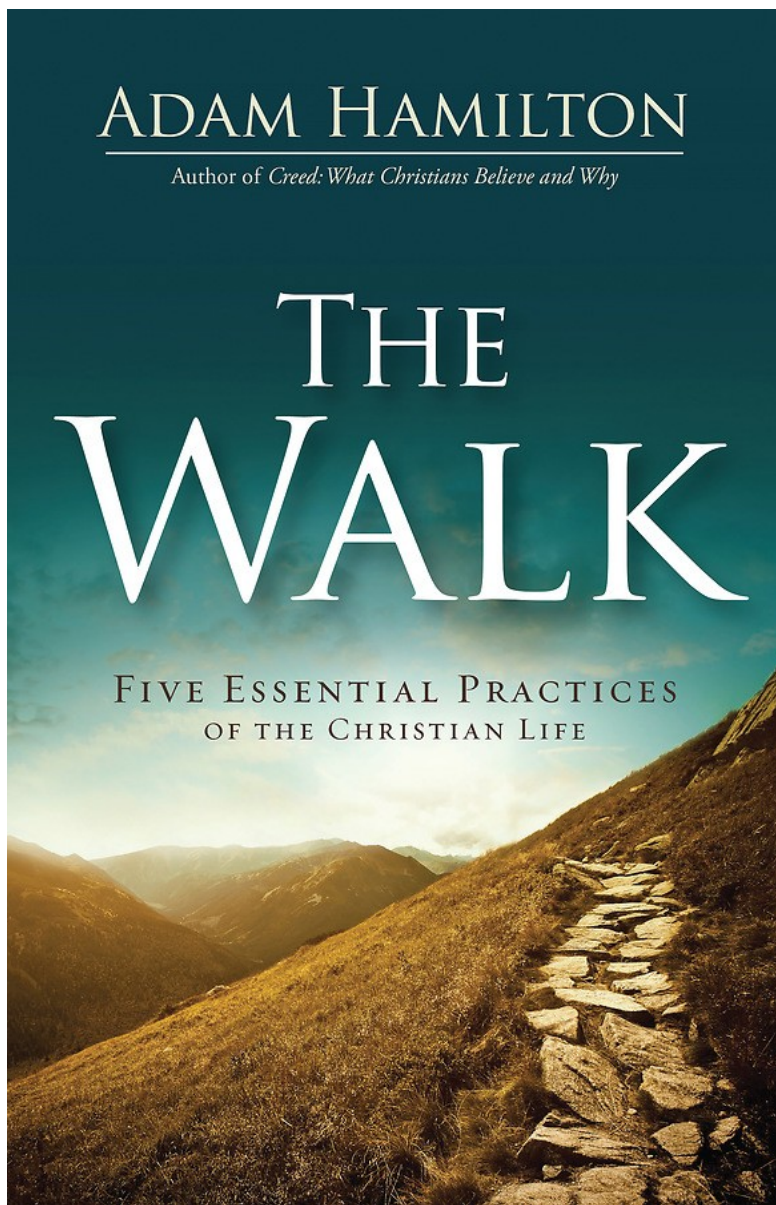
We will have cake and refreshments after  
the 10:00 a.m. service where we can  
gather and enjoy a time of fellowship  
with you our New Members.

## INFORMATIVE & EYE-OPENING

Vivid videos, lots of laughter, a few tears and one nearly impossible hand-writing assignment were among the highlights of a special evening in January. Entitled *My Gift of Tourette Syndrome: Frustrating, Exhausting, Painful and Rewarding*, the presentation combined personal stories with clinical facts presented by parishioner Steve Colle, who has lived with Tourette Syndrome for most of his life. Steve had those attending simulate writing the lyrics to a song while also experiencing a motor tic to get a small taste of the challenges faced by those with this highly stigmatized condition.







# Lenten Study

**Beginning Wednesday,  
March 4:**  
10:15 a.m. and 7:30 p.m.

Please sign-up on the  
sheet in the Hall so we  
have enough books for  
everyone.

Examine five essential spiritual practices rooted in Jesus' own walk with God.

How do we walk with Christ—daily follow him, grow in him, and faithfully serve him?

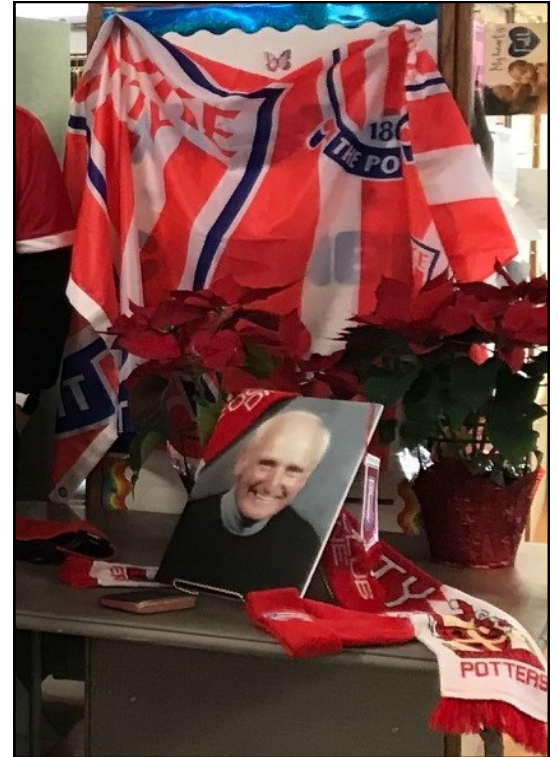
Join Adam Hamilton this Lent and Easter in *The Walk* and discover five essential spiritual practices rooted in Jesus' own walk with God. In each chapter, Hamilton's engaging teaching style will help you explore one of these practices—each of which is intended to be a part of our daily walk with Christ—its New Testament foundation, and its potential effect on our personal lives and our lives together as the church.



# Men's Breakfast Len's Day



Around 20 men enjoyed an English Breakfast in memory of Len Mountford at the January Men's Breakfast. Shorts and sports jerseys were worn and an Bobby was there to keep everyone in line. More than \$300 was raised for the Morales Orphanage in Mexico, which Len and Lynda supported.





# Prayers



## A New Beginning

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

AMEN

- Richard Foster

## PRAYERS FOR OURSELVES AND OTHERS

Out of the depths we cry to you, O Lord. We know you hear us. You are never so far away as we imagine.

Put your words on our lips in times of darkness and suffering, Spirit of God. May those words have power to capture hearts.

We trust you, Lord Jesus, to know our every sorrow, fear and pain. Help us be messengers of your compassion for all in need.

AMEN

- Frederick Neidner

God of love, whose compassion never fails; we bring before thee the troubles and perils of people and nations, the sighing of prisoners and captives, the sorrows of the bereaved, the necessities of strangers, the helplessness of the weak, the despondency of the weary, the failing powers of the aged. O Lord, draw near to each; for the sake of Jesus Christ our Lord.

AMEN

- Anselm, 1033-1109

Jesus, our healer, we commend to your gentle hands those who are sick....

Ease their pain and heal the damage done to them in body, mind or spirit.

Be present to them through the support of friends and in the care of doctors and nurses, and fill them with the warmth of your love now and always. AMEN

- Angela Ashwin

God, we know you recognize that every person we lose is a gift to be treasured and a part of our hearts forever. Thank you for understanding that although we believe in eternal life, it hurts so much to lose someone we love, Comfort those of us who are grieving, Lord. Fill us with the knowledge that you are grieving with us. Carry us through this difficult time.

AMEN

## Prayers of Comfort

Heavenly Father, thank you for the precious gift of memories. May our grief in the passing of those we love be soothed by the years we shared and the ways they touched our lives. May our tears be shed in love.

This we ask in the name of your Son,  
our Lord and Saviour, Jesus Christ.

AMEN

## "Prayers of Comfort"

Gentle me,  
Holy One,  
into an unclenched moment,  
a deep breath,  
a letting go  
of heavy experiences,  
of shriveling anxieties,  
of dead certainties,  
that, softened by the silence,  
surrounded by the light  
and open to the mystery,  
I may be found by wholeness,  
upheld by the unfathomable,  
entranced by the simple  
and filled by the joy  
that is You.

AMEN

-Ted Loder

## The Presentation of the Lord (Feb.2)

Lord we praise you for the quiet strength of Joseph,  
the prophetic insight of Simeon,  
the self-dedication of Anna,  
and the courage of Mary  
as she faced the truth  
that a sword would pierce her heart.

Make us bearers of your light which lightens the  
world, and help us, like Simeon, to live for you and to depart  
in peace.

-Angela Ashwin

## FAMILY DAY PRAYER (Feb.17)

Lord, you understand all about families, the ups and downs of life, the hustle and bustle, the good times, the not-so-good times.

On this day, devoted to families, we give you thanks for our families — for each and every one. Thank you for the variety you give us in our families — different characters, individual strengths and weaknesses, for some who are quiet and for some who are louder. May we all cope with one another and grow closer to one another and closer to you.

*Bless the times of family togetherness: may they be happy and secure times, times of fun, joy and laughter, times of loving, caring and sharing. Be with us in the not-so-good times—times we find difficult, when we need to work harder at all living under the same roof.*

*Give us all the strength and perseverance to pull together in the same direction.*

*May our life as a family develop as we all get older; may our care and love for one another deepen and expand. May we continue to grow in the warmth and affection we have for one another. May all those who are members of our family come to know you personally and follow you.*

*May the bonds of trust and love go deep so that what we are as a family may be passed on to future generations.  
In Christ's name we pray, AMEN.*

- Martin Manser



### **A PRAYER FOR OUR PARISH**

Bless, O Lord our God, the worship and work of this church,  
that it may be a house of prayer, a centre of Christian teaching, a community of service,  
and a witness to your redeeming love; through Jesus Christ our Lord.

AMEN

- New Parish Prayers

### **FOR OUR PARISH COUNCIL**

Father, we give you thanks for those who form our Parish Council.

We ask your blessing upon them as they offer themselves, their time and their talents to your parish of St. Paul.  
Give them wisdom and understanding, strengthen them and encourage them and give all of us in the parish the desire to  
both help and support them in their ministry.

AMEN

- D.B.

Father, may your Holy Spirit guide them in all the business that lies before them.

In planning for the future, give them vision;  
in matters of finance, give them responsibility;  
in dealing with people, give them love.  
Help them in all things to honour your Name,  
to advance your kingdom,  
and to carry out your will; through Jesus Christ our Lord.

AMEN

-New Parish Prayer

### **ASH WEDNESDAY**

*"YOU ARE DUST AND TO DUST YOU WILL RETURN"*

Life-giving God,  
we thank you for creating us out of the dust of the earth,  
and breathing your life into us;  
may these ashes be to us a sign  
that life is more than our physical bodies,  
and that our hope of eternal life  
depends, not on our merits, but on your mercy alone,  
to which we turn now  
in sorrow for our sins,  
and with the trust of children  
AMEN - Angela Ashwin

Dust and ashes touch our face,  
mark our failure and our falling.  
Holy spirit, come,  
walk with us tomorrow,  
take us as disciples,  
washed and wakened by your calling.  
Take us by the hand and lead us,  
lead us through the desert sands,  
bring us living water,  
Holy Spirit, come.

- Brian A. Wren

### **LENT**

Lord, in these days of mercy make us quiet  
and prayerful;  
in these days of challenge, make us stronger in you;  
in these days of emptiness, take possession of us;  
in these days of waiting, open our hearts to the mystery of  
your cross.

AMEN

- Angela Ashwin

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

Almighty God, we pray that through this season of Lent, by  
prayer and study and self-discipline we may penetrate more  
deeply into the mystery of Christ's sufferings; that following  
in the way of his cross and passion we may come to share in  
the glory and triumph of his resurrection; through the same  
Jesus Christ our Lord.

AMEN

- adapted

Holy Father, whose Son Jesus Christ fasted forty days in the  
desert, give us grace to discipline ourselves in humble sub-  
mission to your Spirit; that we may lead holy and upright  
lives to your honour and glory; through the same Jesus Christ  
our Lord.

AMEN

- A Christian's Prayer Book

### **An Evening Prayer**

At this evening hour,  
O Lord our God,  
we remember with thankful hearts your care and protec-  
tion and all the blessings we have received in the day  
that is past.  
In your mercy forgive us any wrong we have done,  
any evil thoughts we have harboured,  
any unkind words we have spoken.  
Have in your safekeeping this night those we love;  
comfort and relieve the sick,  
the suffering and the sorrowful;  
and give us all the benediction of your peace;  
through Jesus Christ our Lord.  
AMEN

### **A BLESSING**

The peace of God which passes all understanding keep your  
hearts and minds in the knowledge and love of God, and of  
his Son Jesus Christ our Lord; and the blessing of God al-  
mighty, the Father, the Son and the Holy Spirit, be among  
you and remain with you always. Amen

- BAS

## 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.

## Food for Others on March 29

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**.



The next one is Mar. 29. Year-round there is also a box

by the main entrance to collect donations of non-perishable items for the Calgary Food Bank on an on-going basis.



The big blue bin in our parking lot is a fundraising effort by the Calgary Humane Society (CHS.) The animal welfare organization connects the lives of animals and people while providing essential animal services to the community. CHS shelters about 5,000 Gently used clothing and footwear of any kind can be put in the bin for donation.

## Responding to Australian bushfires

As Canadians watched the fires engulf Australia, PWRDF has been in contact with our counterparts there: the Australian Board of Mission and Anglican Overseas Aid, both agencies of the Anglican Church of Australia and fellow members of the Anglican Alliance.

Anglican Overseas Aid primarily focuses its funding on overseas relief and development work, but is now supporting the Melbourne Anglican Foundation Trust's bushfire emergency relief fund, to provide relief and support to those in need across the Victorian dioceses impacted (currently this is predominantly in the north and eastern parts of the state).

It's important to stress that we're only halfway through the bushfire season so we have a few more months to go – the emergency services, volunteers and communities have more trials ahead."

You can donate to the Australian bushfire appeal at [pwrdf.org/give-today](http://pwrdf.org/give-today)

You can also pray for the people affected by this disaster. The primate of Australia, Archbishop Philip Freier, has posted this prayer



***All things look to you, O Lord,  
to give them their food in due season:  
look in mercy on your people,  
and hear our prayer for those whose lives and  
possessions are threatened by fire.  
Give protection and wisdom to fire fighters and  
other emergency service personnel.  
Encourage our generosity to those who suffer loss.  
In your mercy restore your creation and heal our land.  
So guide and bless your people,  
that we may enjoy the fruits of the earth  
and give you thanks with grateful hearts,  
through our Lord Jesus Christ. Amen***

## Warm clothes gratefully accepted

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 clearly marked Alpha House bin on the base of a coat rack near the south entrance where you can leave donations.







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

**BY SHARING HOLY EUCHARIST  
& THE IMPOSITION OF ASHES  
ON FEBRUARY 26,, 2020      ASH WEDNESDAY**

**ST. PAUL'S ANGLICAN CHURCH 9:30 AM  
ALL SAINTS LUTHERAN  
6:00 PM DINNER & 7:00 PM HOLY EUCHARIST**

What is Ash Wednesday?

Ash Wednesday — officially known as the Day of Ashes — is a day of repentance, when Christians confess their sins and profess their devotion to God.

During the service, the pastor places the ashes on a worshipper's forehead in the shape of a cross. The ceremony is meant to show that a person belongs to Jesus Christ, and it also represents a person's grief and mourning for their sins — the same sins that Christians believe Jesus Christ gave his life for when he died on the cross.



## **Celtic Service & Creative Group**

**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;
- \* decorative papers.

**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.

Feb. 16, 2020  
March 15, 2020  
April 19, 2020



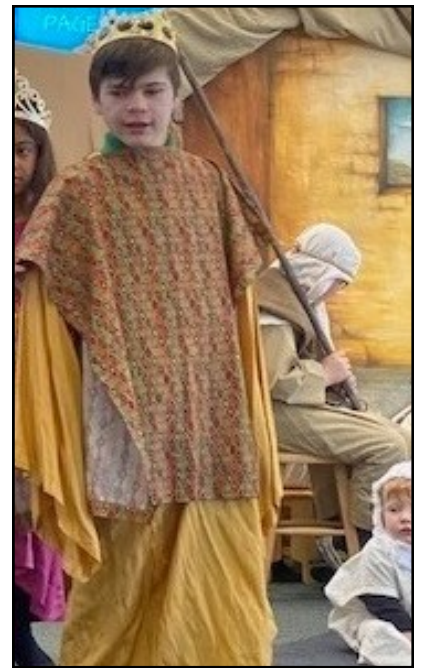




**Congratulations to Amara and ChiChi for creating such a wonderful celebration for St. Paul's by writing this year's Christmas presentation, which was performed during the 10 a.m. service on Dec. 15. Thank you also to all the wonderful and talented children and youth who participated, and all the adults who supported them in those in a whole angelic host of ways.**







# The Story of Christmas



# Quilts share God's love

Can you touch a prayer? Can you pull it close and feel its comfort? You can if it's part of a Prayer Quilt from Prayers & Squares, the Prayer Quilt Ministry. It's a simple idea with powerful results, but our Prayer Quilts are more than just colorful, comforting blankets.



**What are prayer Quilts?** The purpose of a prayer Quilt is to give someone a tangible example of God's love and care. It is a prayer that you can pull close and feel the comfort. Sometimes we know who we are making the quilt for, and sometimes we don't, but we pray for the person who receives it just the same. It is a simple yet powerful way to share our love through prayer.

**Who do we minister to?** Those in need of strength while undergoing medical procedures; those in need of comfort after a loss; those in need of peace and patience during an illness and recovery; those in celebration of graduation, a marriage or a birth of a child...There are endless possibilities!

**How do I take part in this great ministry?** The wonderful thing about our prayer shawl ministry is anyone can join! We meet regularly to share tips, to teach and help the new knitters and quilters enjoy fellowship. What makes each quilt or shawl special is not the pattern, color, or workmanship, but the fact that prayer is symbolically tied into each one.

**The Knots Tied in the Quilts Represent a Prayer** The idea behind these prayer quilts is simple. A heavy thread is used to take stitches through the quilt layers, and the



ends are left free to be tied with square knot. As each knot is tied, a silent prayer is said for someone in special need, who then receives the finished quilt. This surrounds the person with prayer from their parish community.

**Who should receive them?** A Prayer Quilt or shawl is always given free, no money is ever exchanged! There should be no obligation to the receiver in any way. The receiver should be informed of the quilt and be willing to receive the prayers said for them. Out of respect for that person, you should never **surprise** someone with this ministry.

**We meet the second Wednesday of each month with the next one being February 12. If you are interested in being a part of this ministry please come and join us. No experience is necessary! All supplies are provided. For more information contact Laura Anne at 403 256-1428.**

## Grief Support Group provides support in journey of loss

### Who is this for?

This group is open to anyone who has suffered a loss and who feels they would benefit from being with others who are travelling a similar journey.

### Why go to a support group?

A support group is a forum where you are not expecting an answer but know you have the freedom to ask the big questions, share the anguish and process the pain. It is confidential. It is not a therapy group but it is therapeutic. It is loving, caring, generous and concerned, healing and growth enhancing. It can also be fun!

We are looking at beginning a group as soon as we have enough interested people. Please contact Laura Anne at 403 256 1428 if you would like more information.



May God who walked the dusty road  
to Emmaus with grievers  
bend low to you  
these grief-filled days.

May your path frequently lead  
to that oasis called courage.

May your eyesight rest on a closer horizon  
colored with hope.

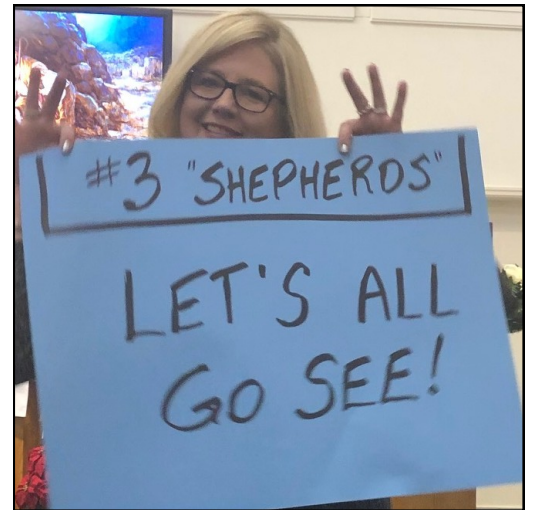
May you never lose trust  
in God's incredible mercy,  
new every morning,  
sufficient for the demands  
of any day. Amen





## Getting in on the act Christmas Eve

Children at the Christmas Eve 5 p.m. service on Christmas Eve got to get in on the action with a story that had them all taking part.





# SUNDAY SCHOOL & YOUTH

## Exciting New Triple C Service

### involves families

#### Triple C Service

- Christ-Centred (always)
- Creative (by the power of the Holy Spirit)
- Celebrations (celebrating God among us & God in us)

The Triple C has an exciting change in the Order of Service! For the First Reading of Scripture, the Sunday School kids will remain in the sanctuary. They have a choice of staying with their parents/care givers until the Children's Talk / Monthly Song **OR** coming forward to sit in the front seat before the First Reading begins.

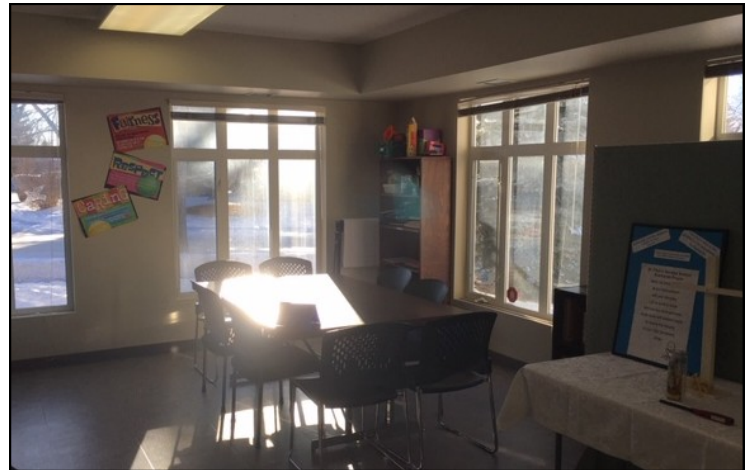
As usual, the Sunday School will go out to their own Order of Service after their Children's Talk / Monthly Song to bring glory to God.

For each monthly Triple C service we'd like to have a family choose from the different ministries that help the Service occur (Greeters, Sidespeople, Soundboard, Music Ministry, Servers, Readers, Leaders of the Prayers of the People, and Sacramental Assistants) those in which they'd like to serve. Our other youth will be offered the opportunity to serve in the ministries that aren't chosen.

We'll also look to involve our youth in helping present the message of the day (e.g., Earth Day in April) in a creative way. And we'll end the Services with a "bang", inviting our children to accompany the final hymn with "joyful noisemakers"!



## NEW SET-UP LET'S THE SUNSHINE IN!!





# Pastoral CARE

## 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.



## 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.

A new group will hopefully begin in March. If you are interested please contact Laura Anne at the Parish Office.

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



## Christian Pastoral Caregivers Association

### Healing Presence

Healing presence is about creating space for the other person to heal. Sometimes that means creating space for that person to speak aloud his or her thoughts, fears, emotions.

Sometimes we create space for the silence that is necessary to allow the other person to sit in their thoughts, to rest in their emotions, to be with themselves. Often, it's less frightening to be in that place when someone else is with us. That someone else is like our security blanket. "I'll be okay as long as you're here with me."

Remember Linus? He always had his blanket with him. It gave him a sense of security when he was younger. He panicked when he lost his blanket or when someone took it from him. He was broken. But when he had his blanket, he felt complete – healed!

Healing presence is a non-active action. Healing presence is "being". It is seemingly inactive involvement in another person's life. We have the fortune of being invited into people's lives. We listen as they share their stories, pain, and joys with us.

Healing presence is the condition of being consciously and compassionately in the moment with another person, believing in and affirming their potential for wholeness, wherever they are in life.

There is distinct terminology that applies to healing presence. Healing presence is being with another person in their moment of fear or anxiety or sorrow or happiness ... Healing presence is ...

a. being with a person, concentrating on hearing them, on their feelings, and relating to them

- b. walking with or walking alongside a person – not physically walking, but emotionally walking with them
- c. journeying with another person
- d. companionship of a person even though we are unable to provide a "fix" or "cure".

It's like we're their travelling companion.

All of this means that we focus our energies on the thoughts and feelings of the other person so that we can be with him or her in a living and vital relationship. The Japanese have a term for this. It's called the MA space. Ma is created when 2 items are in sync with each other. So, you place 2 watches side by side on the table, ticking on their own. Very shortly, the tic of the second watch will align with the tic of the first watch. That's what we have to be able to do – to tic with the people we journey with.

A listening proverb I learned many years ago: God gave us 2 ears and 1 mouth – use them proportionately! Here's why. "Every grieving person requires 5 hours of another's ability to listen, in order for them to begin to process their grief." (Russell Dicks in Principles and Practices of Pastoral Care, 1968). People who are grieving or in any way distressed need 5 hours of listening time from us.

Let's learn to be present to the people we are caring for.

Nancy Cowtun  
from Creating Space to Become a Healing Presence Workshop, 2012

# Rise! Take Your Mat and Walk. .

## Join us for the World Day of Prayer 2020 Zimbabwe



Please join us for the World Day of Prayer, a prayer movement that invites us to enrich our faith experience with the experience of Christians from other countries and cultures and to bring hope to women touched by injustice. Service written by the World Day of Prayer Committee of Zimbabwe.

**St Albert the Great Parish (10 Prestwick Dr SE)  
Friday, March 6, 2020 at 1:00 p.m  
All are welcome!**

If you would like to participate in the service please call St. Paul's Parish Office.



## Christian Pastoral Caregivers Association

**Please join us for our Annual General Meeting at  
Carewest Colonel Belcher 1939 Veteran's Way NW.  
Calgary  
Monday, March 23rd, 6:00 pm – 9:00 pm Doors open  
at 5:30 for registration  
Dinner at 6:00 pm Presentation at 7:00 pm Annual  
meeting 8:15 pm  
After dinner, Rev. Michael Soentgerath will present  
Introduction to Elder Abuse**

This workshop will introduce you to the various forms of elder abuse within our society, how to identify them and how we are all called to be the "eyes of the community" we live in. We will identify resources within the Calgary area that you can contact if you feel someone you know, may be at risk.

**Michael Soentgerath** began his pastoral work in the Catholic Diocese of Calgary. Since then he has worked in several Calgary parishes and for the Catholic School Board on a High School Chaplaincy Team. From 1997 until 2019, he worked at the Catholic Pastoral Centre

heading the departments of Religious Education & Pastoral Health Care. Now retired, Michael continues to minister as the Parish Deacon of St. Bernadette's Parish in Calgary.

**Tickets: \$50 (Early Bird \$40 until March 15)**

**These events are open to everyone.**

For more information, to register, or to become a member, visit <https://cpcassoc.ca> or Contact Karen at 403-253-7946





# 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!

February's Prayer will be on Friday, February 14 at Holy Cross Anglican Church (2828 19th Street NW Calgary)

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>

### 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 February 12. Everyone is welcome.**

**For the Journey Retreat with Steve Bell, March 13-14. Four Sessions including Trinity, Worship as Journey, the Story that Forms Us (the church calendar) and Psalms, Saints & Ancient Prayers. At Varsity Bible Church, 4807 Valiant Dr. N.W. Cost \$129 (\$99 until**

**Feb.22) Registration at [stevebell.com](http://stevebell.com) or call 1 800 3499**

**St. James, Calgary: Steve Bell Concert, February 9th at 7:00 pm.** An evening of tunes and tales from Steve Bell's journey. Tickets are available on **Steve's website**, or at the church. Phone toll-free for tickets at **1 (800) 854-3499**. This is Steve's first official 2020 concert. He has loads of stories and songs to share!

### **78th Convention of Synod:**

Archbishop Greg Kerr-Wilson along with the Diocesan Council has announced that the **78th Convention of Synod** has been called for **Friday, Saturday and Sunday, June 5, 6 and 7, 2020.**

## Missional Minute

*"1 Peter 3:15 "In your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that is in you."*

This phrase has sometimes made me nervous. What would I say? How would I articulate what I believe? What *is it* that I believe.

Sometimes we spend a lot of time in church and with fellow believers attending events, doing good deeds and taking care of one another. We don't always stop to consider why we do these things, or what we

believe that we want to share. How has the love of Jesus transformed your life? What things do you do differently because of Jesus' influence? How do you view the world differently now? Asking ourselves these questions can make us more aware when others are trying to make sense of their lives. How can we gently and lovingly speak of the transforming power of Jesus in our lives? How can we help them with the transformation we have received?

-Diocese of Calgary

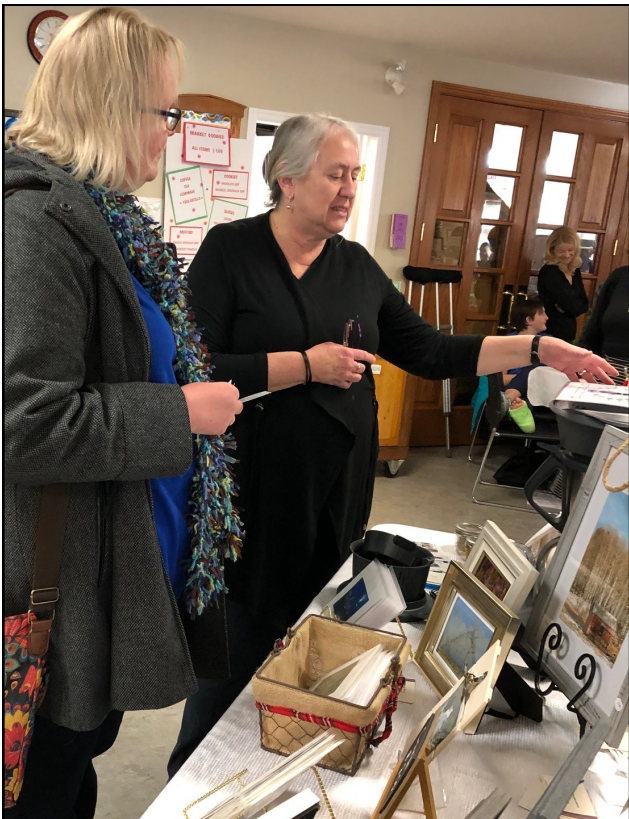






# Now that looks good and fun!

The St. Paul's Christmas Market was a huge success with loads of vendors and visitors.  
 Thank you Steve!











A SPIRITUAL JOURNEY  
FROM CALGARY TO FRANCE

# JOURNEY TO TAIZÉ

FOR YOUNG ADULTS  
AGES 18-35

**Join us for a journey that transforms you, restores you, inspires you: the best 2 weeks of your life.**

Taizé is a Christian community which attracts thousands of young people every week, from all around the world. Many are Christian, and many don't know what they believe. Everyone is welcome at Taizé.

Spend a week making friends with people from many different languages and cultures.

Discover more about yourself, and explore what is most important to you.

Meet a God of love and compassion in the beauty of silence and song.

Then spend 5 days with us in Paris, the most beautiful city in the world.

Afterward, if you want to travel on your own, we can offer flexible return dates on your ticket.

Spaces for adults aged 31-35 are limited.

About the organizer:

The Rev. Clara King is an Anglican Priest in the Diocese of Calgary.

She first went to Taizé as a very young adult in 2005 and has been back countless times.

She's led or co-led pilgrimages to Taizé for youth, young adults and older adults; though young adults are her favourite group to take!

She was a Permanent (live-in volunteer) at Taizé in 2007; went to the Taizé Meeting in Nairobi in 2008, and to the Taizé Meeting at Pine Ridge Reservation in South Dakota in 2012.

In 2019 she organized for Brother Emile to come to Calgary - the first time the Brothers had been to Calgary since the 1970s. And now she's the coordinator for Taizé YYC, a monthly non-denominational Taizé prayer in Calgary which started in October 2019.

To learn more about Taizé please go to the website <http://taize.fr/en>

To register or for more information go to **[JourneyTo-Taize.eventbrite.ca](http://JourneyTo-Taize.eventbrite.ca)**

**This is open to any young adults  
so please pass it on.**

*"THE BEST 2 WEEKS  
OF YOUR LIFE"*

**1 WEEK AT TAIZÉ**  
June 28 – July 5

**5 NIGHTS IN PARIS**  
July 5 – 9

\*flexible returns available if you  
want to travel longer

**JUNE 26 – JULY 10, 2020**

**EARLY BIRD | \$2,400**  
Register before January 24

**REGULAR | \$3,000**  
Register before February 28

**[JourneyToTaize.eventbrite.ca](http://JourneyToTaize.eventbrite.ca)**



# FIND THE HIDDEN BOOKS OF THE BIBLE BY CIRCLING THEM!

Dear Sir/Madam,

The Bible is a remarkable book. Within this letter there are 26 books of the Bible hidden. Can you find them all? Have a go at it using a pen or pencil highlight the ones you find or click with a mouse.

The Bible was written by God, using many authors from all sorts of backgrounds, having many different jobs. God tells us the story of his nation Israel and His son, Jesus Christ, making sure it has been preserved for us through the ages for us to read today.

The Bible outlines the right way to lead our lives, as well as containing many historical accounts. Moses led Israel through the Red Sea, at the battle of Jericho trumpeters marched round the walls for seven days, Judea saw great wars and captivity, Abishag gained David as a husband, the Pharisees would act superior to everyone else, perhaps almsgiving for example, but Jesus kept giving them a most stern rebuke. Jesus also per-



formed many miracles, after receiving the Holy Spirit upon his baptismal achievement, with his first miracle being turning the water into wine for the groom at the wedding, maybe it was a nice Spanish Rioja? Mesopotamia was an important region in Biblical history, with Ur and Babylon in that area, as was Sudan I elsewhere read.

When studying the Bible it is helpful to look out for any Bible echo. Search for them whenever you read as you will see some fascinating things, particularly when reading the letters to the various churches, or ecclesias. Testing what you hear against the Bible is also very important to show if it is true, for example if someone suggests Jesus was born in Suez rather than Bethlehem, you would use the Bible to check its accuracy. The same applies if you think Paul ate locusts, David played a banjo eloquently for Saul, Barnabas went on missionary work to Dijon, a horse carried Jesus into Jerusalem or Lazarus died of swine flu, keep going back to the Bible as you can learn a lot from answers to your questions. There is no need to put being academic ahead of everything else though as Jesus said it is most important to love one another, in a humble spirit. Jesus gave his life for us and when we are in a spiritual rut, his love will give us the comfort we need.

Sincerely, the Rev. E. Lation

**Check page 35 for answers**



# IT'S NO SECRET!

Those ladies have fun  
at the Secret Friends  
Christmas Party with games  
and gifts and lots of laughs

**Thank you Julie!**









# Helpful Information

## Office Hours: 9:00 am to 12:00 pm Monday to Friday

The office is closed on statutory holidays. Please see calendars for seasonal changes.

**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

### Youth Group's Facebook:

StPaulsCalgaryYouth

### St. Paul's Alpha Facebook:

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.



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.







## LESSONS & CAROLS

The traditional King's College Lessons & Carols service was celebrated at St. Paul's Historic Chapel on Dec. 22 with members of the congregation reading scripture between carols.

## Answer to Hidden Books of the Bible

Dear Sir/Madam,

The Bible is a **remarkable** book. Within this letter there are 26 books of the Bible hidden. Can you find them all? Have a go **at it** using a pen or pencil highlight the ones you find or click with a mouse.

The Bible was written by God, using many authors from all sorts of backgrounds, having many different **jobs**. God tells us the story of his nation Israel and His son, Jesus Christ, **making** sure it has been preserved for us through the ages for us to read today.

The Bible outlines **the** right way to lead our lives, as well as containing many historical accounts. Moses led Israel through the Red Sea, at the battle of Jericho **trumpeters** marched round the walls for seven days, **Judea** saw great wars and captivity, Abishag **gained** David as a husband, the Pharisees would **act** superior to everyone else, perhaps **almsgiving** for example, but Jesus kept giving them **a** most stern rebuke. Jesus also performed many miracles, after receiving the Holy Spirit upon his baptismal **achievement**, with his first miracle being turning the water into wine for the groom **at the** wedding, maybe it was a nice Spanish **Rioja?** **Mesopotamia** was an important region in Biblical history, with Ur and Babylon in that area, as was **Sudan** I elsewhere read.

When studying the Bible it is helpful to look out for any Bible **echo**. **Search** for them whenever you read as you will see some fascinating things, particularly when reading the letters to the various churches, or **ecclesias**. **Testing** what you hear against the Bible is also very important to show if it is true, for example if someone suggests Jesus was born in **Suez** rather than Bethlehem, you would use the Bible to check its accuracy. The same applies if you think Paul ate locusts, David played a **banjo** eloquently for Saul, Barnabas went on missionary work to **Dijon**, **a** horse carried Jesus into Jerusalem or Lazarus died of swine **flu**, **keep** going back to the Bible as you can learn a lot **from** **answers** to your questions. There is no need to put being **academic** ahead of everything else though as Jesus said it is most important to love one another, **in a** humble spirit. Jesus gave his life for us and when we are in a spiritual **rut**, his love will give us the comfort we need.

Sincerely, the **Rev. E. Lation**



# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>Presentation of the Lord/ Candlemas</b> <b>8:30 &amp; 10 am</b> Holy Eucharist <i>Christian Fellowship</i>	<b>3</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>4</b>	<b>5</b> <b>9:30 am</b> Holy Eucharist <b>10:30 am</b> Bible Study <b>6:30 pm</b> Alpha	<b>6</b> <b>6:15 pm</b> <i>TOPS</i> <b>7:00 pm</b> Après EFM <b>7:30 pm</b> Music Group	<b>7</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>8</b>
<b>9</b> <b>8:30 am</b> Holy Eucharist <b>10 am</b> Holy Eucharist Welcoming of New Members <b>5 pm</b> <i>Christian Fellowship</i>	<b>10</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>11</b> <b>7:00 pm</b> Parish Council	<b>12</b> <b>9:30 am</b> Holy Eucharist <b>10:30 am</b> Bible Study 1 pm Prayer Shawl Ministry	<b>13</b> <b>6:15 pm</b> <i>TOPS</i> <b>7:30 pm</b> Music Group	<b>14</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>15</b> <b>8:30 am</b> Men's Breakfast <b>11:30 am</b> Ladies Potluck Luncheon
<b>16</b> <b>8:30 &amp; 10 am</b> Holy Eucharist <i>Christian Fellowship</i> <b>5 pm</b> Celtic Service & Creation Group	<b>17</b> Family Day	<b>18</b>	<b>19</b> <b>9:30 am</b> Holy Eucharist <b>10:30 am</b> Bible Study	<b>20</b> <b>6:15 pm</b> <i>TOPS</i> <b>7:00 pm</b> Après EFM <b>7:30 pm</b> Music Group	<b>21</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>22</b> <b>4:30 to 7:30 pm</b> Scout rental
<b>23</b> <b>Transfiguration Sunday</b> <b>8:30 am</b> Holy Eucharist <b>10 am</b> <b>Triple C</b> Holy Eucharist <i>Christian Fellowship</i>	<b>24</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>25</b> <b>Shrove Tuesday</b> <b>5:00 to 7:00 pm</b> Pancake Supper	<b>26</b> <b>Ash Wednesday</b> <b>9:30 am</b> Holy Eucharist & Imposition of Ashes <b>10:30 am</b> Ash Wednesday Reflections <b>6:00 &amp; 7:00 pm</b> All Saints' Dinner & Holy Eucharist	<b>27</b> <b>6:15 pm</b> <i>TOPS</i> <b>7:30 pm</b> Music Group	<b>28</b> <b>8:30 am to 4 pm</b> <i>Free Learner Co-Op</i>	<b>29</b>