

Living Waters

March 2020



**St. Paul's
Anglican Church**

Opening Hearts and Minds to God's Grace



Paul tries out the
new keyboard at
St. Paul's
historic chapel.
For more MCES
photos, see
Pages 24-25.

**Alpha begins
... and
ends**

Pages 7-9



**Something
trivial
and fun!**
See Page 6



**Your
talent
needed**
Page 12



**Don't go
breaking
my heart**
See Page 13



St. Paul's

information



SERVICE TIMES

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

Wednesday: 9:30 a.m.

Please see Page 5 for seasonal changes

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

Parish Ministries

Worship Ministries

Altar Guild - Robbie Coller
Sacramental Assistants – Ed Mullaney
10:00 am Music Group – Paul Bourgeois
Prayers of the People – Dinah Breu
Readers 10 am – Robbie Coller
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
Caring Contact - Fergus
Casserole Ministry – Linda Hubert
(Contact Office)
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

Synod Delegates

Cam Cline
Alternates: Parish Council

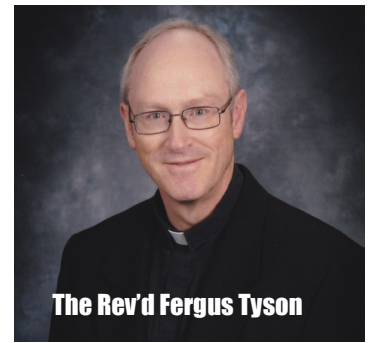
MCES Directors

Kerry Peters , Iona Shaw

Treasurer

Treasurer: Karen Huq
403 275-1325

Life from Love Poured Out: The Heart of Lent for a Wintry World



Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things." Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. (Matthew 16:21-25)

Easter can fall on any date between March 22 and April 25, and this year it falls on April 12. The combination of this relatively late date for Easter with this year's frigid January and snowy (by Calgary standards) winter weather since last October resulted in many of us, I think, having the vague feeling that the winter Season of Epiphany might just continue indefinitely this year, like Narnia under the witch's spell in C. S. Lewis' *The Lion, the Witch, and the Wardrobe*! But now, at long last, the Season of Lent - the forty fast days before Easter - is upon us.

Originally, Lent was the time of preparation for those who were to be Baptized, a time of concentrated study and prayer before their Baptism at the Great Vigil of Easter. But since these new members were to be received into a living community of Faith, the entire community was called to preparation. And we continue to observe this Season of preparation for Easter to this day.

The word, "Lent," is short for "Lenten," which comes from an old English word, *lencten*, meaning "spring" (literally "long day" - think of "lengthen"). The Gillinghams, former members of our Parish whom many of us will remember, posted on Facebook incredible pictures like the one of their house shown on this page of the huge amount of snow they received in the January 17 snowstorm in Newfoundland. I see that they're fore-



cast to receive another 18 to 32 cm of snow in the next 6 days! Our snow here this winter hasn't been anything like this, of course, but certainly as we look around at the white covering that still blankets the ground, walk gingerly on the icy walkways, we may be tempted to think that those who chose to call this time of the year Lent show themselves to have lived in more temperate climes!

I'd like to suggest, however, that our Canadian climate helps give us a powerful insight into the very heart of Lent. For in many ways, the world seems to be struck in perpetual winter - a winter of conflict and confrontation that never ends. Mass shootings occur so often that incidents like the February 26 shooting deaths of 6 people in the Molson Coors Beverage Company in Milwaukee now barely even get coverage. All nations seem to be in turmoil from without or within. And any illusions we may have had about Canada's being immune to this have been taken away by the tumult we've seen in our land in recent days. There never seems to be even a brief Chinook to bring a temporary thaw from violence in our world. And the icy hand of suffering from non-human sources such as sickness also touches all our lives, with a grip that can seem relentless. Every day, we have set before us news about the spreading of the COVID-19 coronavirus, and those who are perishing from it. But how easily we can forget that there are millions who die each year from malnutrition, unsafe water, and treatable diseases.

As Canadians, we understand only too well that it can feel as if winter will last forever. That's why there's the joke that you know you're a Canadian when your seasons are "Winter," "Still Winter," "Almost Winter," and "Road Construction"! But even when the snow is still on the ground, one thing all of us have been able to notice the past several weeks is that there's a gradual lengthening of the days happening outside. Every day, regardless of the outside conditions, we're being given this sure sign of the spring to come. And as the

Season of Lent progresses towards Holy Week, the signs of the approach of the new life of spring will become clearer and clearer. Spring is coming, even as we are in the midst of experiencing the power of winter. Winter may appear to have the final word. But light and life will overcome darkness and death.

What is the heart of Lent? It's embodied in the passage from Matthew's Gospel quoted above. The heart of Lent is that life comes from love poured out. The love of God confronts the power of darkness and death, head-on, and overcomes it. Matthew 16 says, "Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering, and be killed, and on the third day be raised." Jesus tells the disciples that he's going to pour himself out in love to give life. God loves us so much, that God was willing to do whatever it would take to restore the broken relationship between us and God, so that we might know this love and life forever. On the Cross, Jesus took all our death upon himself and gave us his life in return. Indeed, nailed with him to the Cross, his life flows into us, and the warmth of his love brings us to life.

Peter didn't understand this, but Jesus told him that there was more - he must receive Jesus' life within, taking up his own cross and following Jesus as his disciple. "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it." Jesus said we are called to allow our old self-centredness to be nailed with him. The life we now live is no longer our own; it is the life of Jesus. Love gives life from death - Jesus' death means our life. Our death in ourselves means our life in him.

I read recently on the website of the *Daily Mail* the following incredible story of love giving life:

When Carolyn Isbister put her 20 oz baby on her chest for a cuddle, she thought that it would be the only chance she would ever have to hold her. Doctors had told the parents that baby Rachael had only minutes to live, because her heart was beating once every ten seconds and she was not breathing.

Carolyn remembers: "I didn't want her to die being cold. So I lifted her out of her blanket and put her against my skin to warm her up. Her feet were so cold. It was the only cuddle I was going to have with her, so I wanted to remember the moment."

Then something remarkable happened. The warmth of her mother's skin started Rachael's heart into beating properly, which allowed her to take little breaths of her own.

"We couldn't believe it," Carolyn says, "and neither could the doctors. She let out a tiny cry. The doctors came in and said there was still no hope - but I wasn't letting go of her. We had her blessed by the hospital chaplain, and waited for her to slip away. But she still hung on. And then

amazingly the pink color began to return to her cheeks. She literally was turning from gray to pink before our eyes, and she began to warm up, too."

Ian Laing, a consultant neonatologist at the hospital, says: "All the signs were that the little one was not going to make it, and we took the decision to let mom have a cuddle as it was all we could do. Two hours later the wee thing was crying. This is indeed a miracle baby, and I have seen nothing like it in my 27 years of practice. I have not the slightest doubt that the mother's love saved her daughter."

Love gave this child the warmth of life. God's love within us does the same to our hearts. For the cold is not only outside us. It's inside as well. To us, who are

The heart of Lent is that life comes from love poured out.

locked up in the wintry tomb of self-centredness, Jesus says, "Follow me. Love as I love. The way of putting yourself first, of trying to

save your life, is the way of death. Live that way and you will lose all that is life: sharing, caring, joy, peace. Come, lose your life for me and in me. Share my crucified heart, and you will find that life comes from love lavished - not only for others, but for you, too - for the way of love is the way of life, and the way of Good Friday leads to Easter Sunday."

As Lent, the Season of "lengthening days," begins, let's hold to our hearts the heart of Lent - that life comes from love poured out. Let's remember that, though the power of darkness and death is strong, the power of light and love is stronger, just as surely as spring follows winter. The Lenten Study, *The Walk*, by Adam Hamilton, gives us all the opportunity to reflect on, and delve more deeply into, the heart of Lent, by exploring 5 essential spiritual practices that have helped bring new life to the relationship with God of Christians of every kind for the past 2 millennia: Worship and Prayer, Study, Service, Giving, and Sharing. Further details about this Study are given later on in this issue of *Living Waters*. I commend it and our Wednesday and Sunday Lenten worship to us all. As we journey through Lent with these activities, we'll experience God's spring rising up within us, warming us, and causing us to come to life in our relationship of love with our God and all our fellow-creatures. And when we come to Holy Week, with the warmth outside increasing, let's bask in the warmth and light of our Saviour's life-giving love, through which we live for ever. Thus we'll leave the Lenten Season with the iciness in our hearts melted, to enter into the joy of Easter.

May we all embody the life that comes from love poured out, the heart of Lent for a wintry world.

God bless you all, always.

Your Brother in Jesus,



ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TALK
March 8	Fergus	Cyril & Norman	Norman	Norman
March 15	Cyril	Fergus	Fergus	Fergus
March 22	Fergus	Bob & Cyril	Bob	Triple C Planners
March 29	Norman	Cyril & Fergus	Fergus	Doreen Peters
April 5	Cyril	Bob & Fergus	Bob	
April 12	Fergus	Cyril	Fergus	Fergus

SAVE THE DATE

UPCOMING SERVICES



Sunday, Mar. 1: Lent 1
 Sunday, Mar. 8: Lent 2
 Sunday, Mar. 15: Lent 3
 Sunday, Mar. 22: Lent 4 — Gaudete Sunday
 Sunday, Mar. 29: Lent 5
 Sunday, April 5: Sunday of the Passion: Palm Sunday
 Monday, April 6: 7:30 p.m. Visio Divina Service
 Tuesday, April 7: 7:30 p.m. Compline @ Historic Chapel
 Wednesday, April 8: 7:30 p.m. Tenebrae
 Thursday, April 9: 7:30 p.m. Maundy Thursday
 Friday, April 10: 11:00 am Good Friday Liturgy
 4:00 pm Stations of the Cross for Children
 Sunday, April 12: Easter: 6:46 am Sunrise Service at the Historic Chapel
 8:30 & 10 am Holy Eucharist @ St Paul's

UPCOMING EVENTS

Lenten Study Wednesday, Mar. 4–April 1 at 10:15 a.m. & 7:30 p.m.
 Intergenerational Trivia Night Friday, March 13 7:00 to 8:30 pm
 Men's Breakfast Saturday, March 21 at 8:30 a.m.
 Ladies' Luncheon Saturday, March 21 at 11:30 a.m.

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

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

February – Prayers of the people, Sunday prayer teams,

BIBLE STUDIES

Monday Bible Study: 7:00 pm
 Wednesday 9:30 am Holy Eucharist
 Wednesday 10:30 a.m. & 7:30 pm
 Lenten Study
 Come and see what it is all about!
 No pressure just a chance to learn more about our faith and Bible.



What is the name of
Pikachu's trainer?

Which space shuttle
exploded in 1986?

Which "Chris"
actor plays Star
Lord Peter Quill?

Which band sang
"Elvira"?



*These questions and more from the
1940's to today await you when you play...*

INTER-GENERATIONAL TEAM TRIVIA NIGHT!

*Co-Hosts Sean and Steve Colle ask the
questions that teams work together to answer.*

**FRIDAY, MARCH 13TH
7 PM TO 9 PM**

@ ST. PAUL'S ANGLICAN CHURCH (IN THE HALL)

**A family & friends-event
for the generations!**

Donations of light snacks and finger foods are appreciated.

ALPHA YOUTH SERIES

Explore life's biggest questions



Where : St. Paul's Anglican Church (Please contact the Parish Office if you would like to participate 403 256-1428)

Who : All Youth from age 13 to 18

Dates : March 1, 15 & 29; April 19; May 3 & 17;
June: 7 & 21; Sept. 6 & 20; Oct. 4 & 16

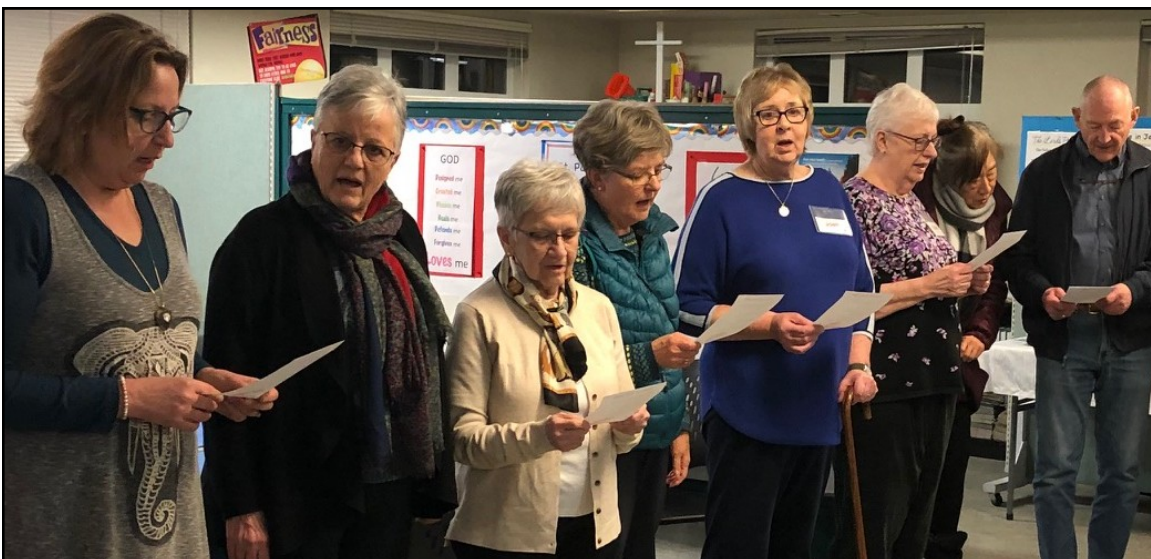
Time : 10 to 11:30 a.m.

Talks

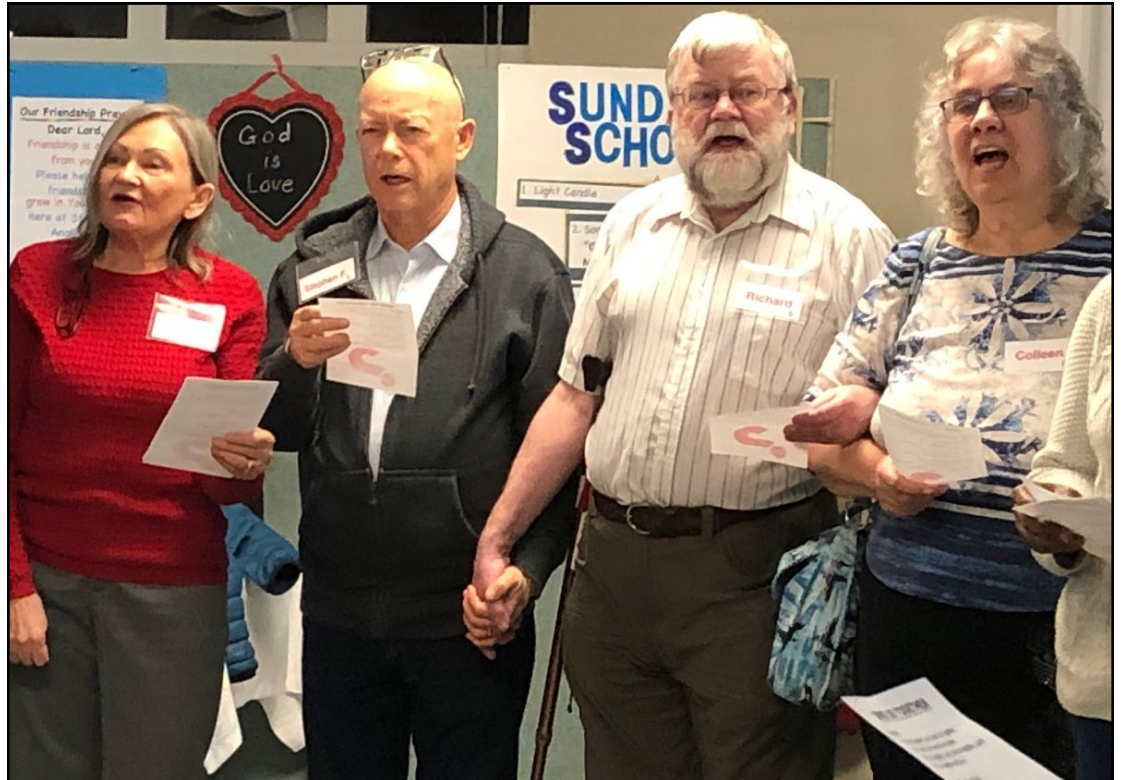
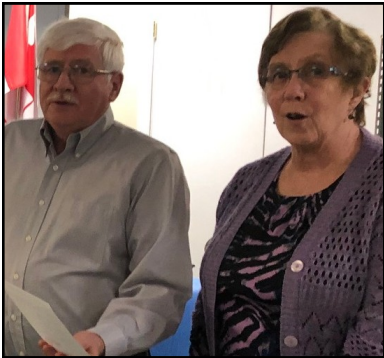
1. Life: Is This It?
2. Jesus: Who Is He?
3. Cross: Why Did Jesus Die?
4. Faith: How Can I Have Faith?
5. Prayer: Why and How Do I Pray?
6. Bible: Why and How Do I Read The Bible?
7. Spirit: Who Is The Holy Spirit and What Does He Do?
8. Fill: How Can I Be Filled With The Holy Spirit?
9. New Life: How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

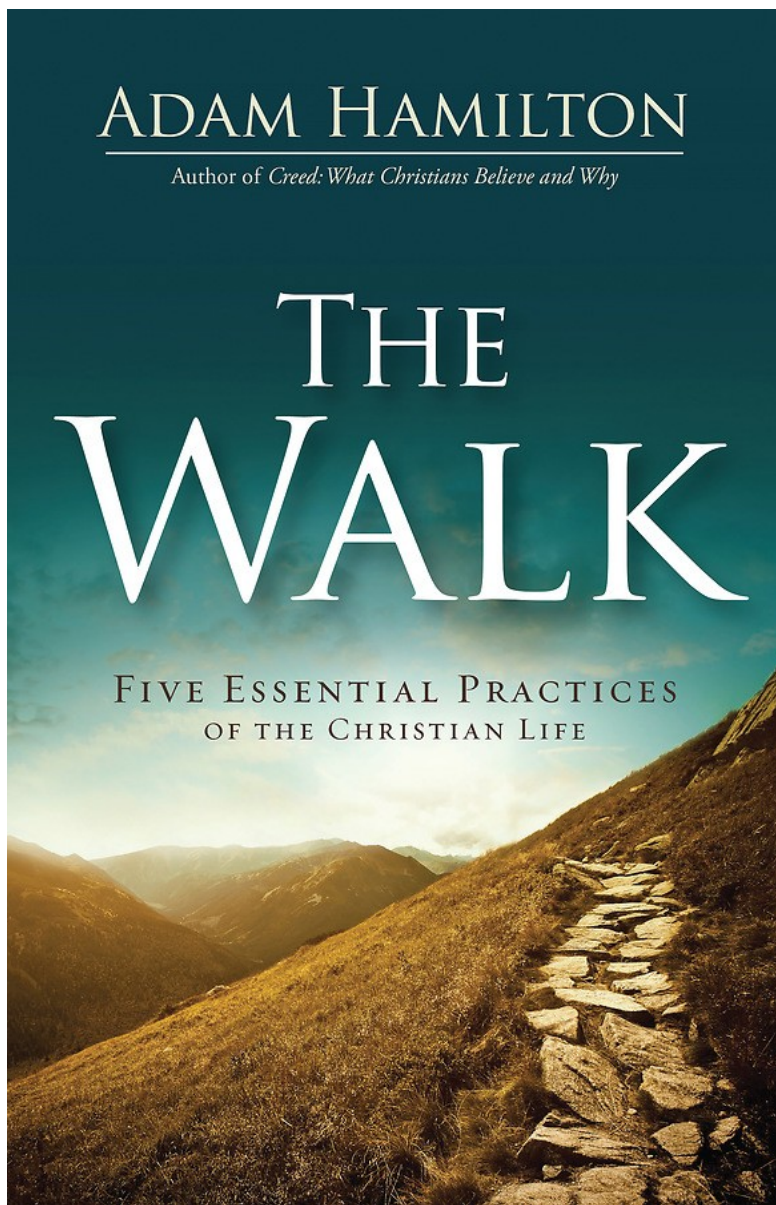


Alpha family celebrates



Fergus led an enthusiastic rendition of Bind Us Together as Alpha classes concluded in February. The interactive sessions saw participants discuss life and faith in a fun, friendly and informal way with videos and wonderful meals to start each session. A special thank you to Ingrid, Gloria, Laura and Heather for being our hosts and small group leaders over these inspiring weeks.





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.

January Financial Figures

Jan 2020 YTD Comparative In- come Statement		2020 Actual	2020 Budget Yr To Date	Percentage- Over/Under Budget Yr To Date		2019 Actual	Year-to-year \$ Increase/ Decrease	Year-to-year % Increase/ Decrease
Income								
	General	\$14,579	\$16,648	-12.4%		\$14,889	-\$310	-2.1%
	Open	\$84	\$335	-74.8%		\$132	-\$48	-36.1%
	Special	\$0	\$0	0.0%		\$0	\$0	0.0%
Offering Total		\$14,663	\$16,983	-13.7%		\$15,021	-\$358	-2.4%
	Other income	\$250	\$854	-70.7%		\$257	-\$7	-2.7%
	Fund transfer (Youth events)	\$0	\$0	0.0%		\$42	-\$42	-100.0%
	Fund Transfers	\$0	\$0	0.0%		\$29	-\$29	-100.0%
	Fundraising events	\$1,154	\$342	237.8%		\$0	\$1,154	0
Total income		\$16,067	\$18,178	-11.6%		\$15,349	\$718	4.7%
Expense								
	Utilities/insurance	\$944	\$1,257	-24.9%		\$915	\$29	3.2%
	General Maintenance	\$873	\$1,040	-16.1%		\$261	\$612	234.5%
	Administration	\$2,325	\$2,204	5.5%		\$2,743	-\$418	-15.2%
	Ministerial	\$9,916	\$9,739	1.8%		\$9,812	\$104	1.1%
	Apportionment	\$2,539	\$2,539	0.0%		\$2,759	-\$220	-8.0%
	Communications	\$49	\$107	-54.2%		\$49	\$0	0.0%
	Worship	\$462	\$679	-31.9%		\$530	-\$68	-12.8%
	Christian Education	\$68	\$228	-70.2%		\$210	-\$142	-67.6%
	Hospitality, Fellowship	\$0	\$173	-100.0%		\$314	-\$314	-100.0%
	Outreach	\$1,840	\$1,840	0.0%		\$1,987	-\$147	-7.4%
	Pastoral Care	\$0	\$35	-100.0%		\$0	\$0	0.0%
	Other	\$21	\$49	-56.8%		\$0	\$21	0.0%
Total Expense		\$19,037	\$19,890	-4.3%		\$19,580	-\$543	-2.8%
Net Operating Income		<u>-\$2,970</u>	<u>-\$1,712</u>			<u>-\$4,231</u>	<u>\$1,261</u>	
Adjusted Operating Income		<u>-\$2,970</u>	<u>-\$1,712</u>			<u>-\$4,231</u>	<u>\$1,261</u>	
Other Income	Interest Revenue	\$0				\$85		
	Planned Giving/ bequests	\$0				\$0		
Other Expenses	Transfer to Project Fund	\$0				\$0		
	Transfer to Directed Fund	\$0				\$0		
Net Profit		<u>-\$2,970</u>				<u>-\$4,146</u>	<u>\$1,176</u>	

CALLING ALL TALENTS **for ST. PAUL'S VARIETY SHOW**



**TALENTS NEEDED FOR A FUN
EVENING OF UNIQUE
ENTERTAINMENT
ON MAY 9, 2020 AT 7p.m.**

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

Sorrento **in the CITY**

Sat., March 21 * 5.00 pm

**St Stephen's Anglican Church
1121 14th Ave SW, Calgary**

Calling all old friends of the Sorrento Centre! Welcome to new friends! Come to a free, family-friendly event and experience a day-in-the-life of our beloved Centre.

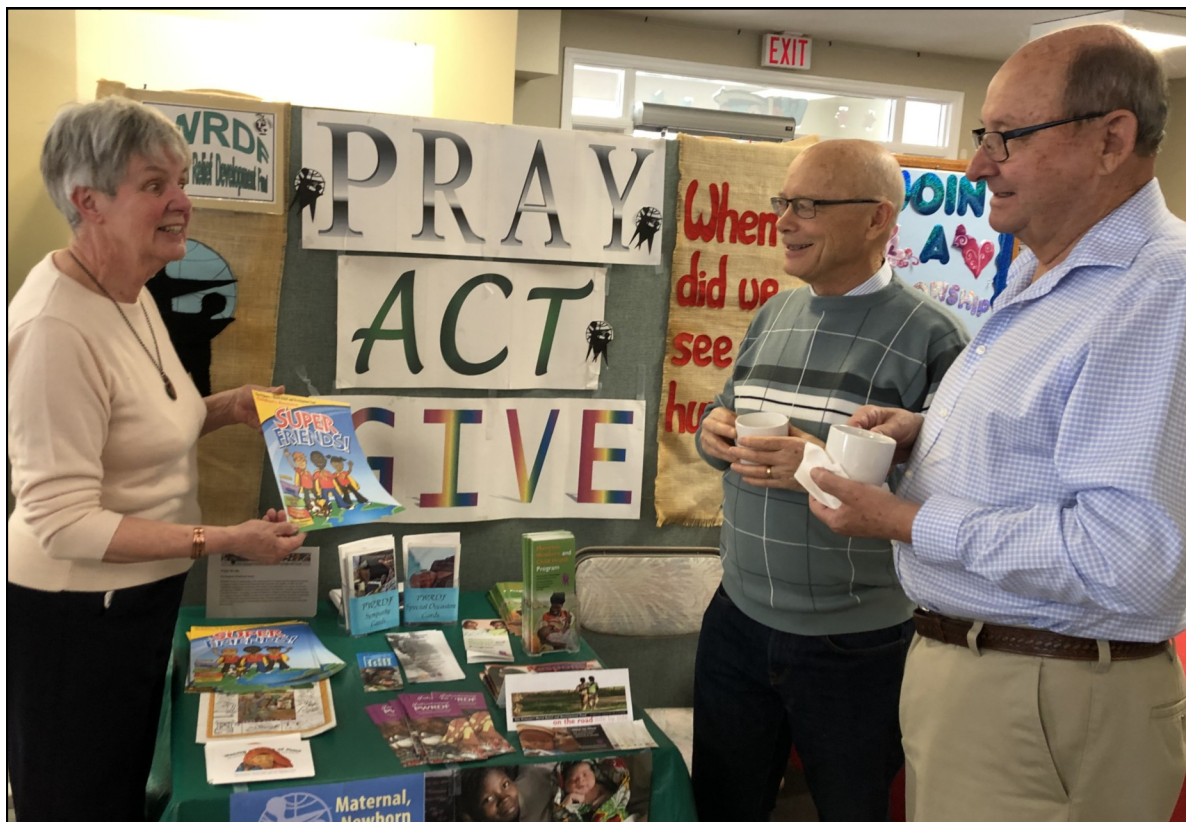
Sarah Williams, who is one of the Sorrento Centre's loyal Board members, is hosting a very special family-friendly evening on March 21st at St Stephen's in Calgary.

We're inviting all of our old friends, and welcoming new ones, to an evening of fun that features a day-in-the-life of the Sorrento Centre. There will be arts and crafts, music, some serious thoughts and - best of all - our very special Sorrento Centre tacos!



Free on-line registration:

<https://www.eventbrite.ca/e/sorrento-in-the-city-calgary-tickets-94287306873>



Spreading the word on PWRDF

PWRDF was one of the church groups featured on Ministry Sunday in February.

Doreen Peters had loads of information to share about the important work of the Primate's World Relief and Development Fund, which works toward a truly just, healthy and peaceful world by responding to relief and development needs on behalf of the Anglican Church of Canada.

Hart to Heart lesson shared



A Jello shaped like a real heart was a tasty and fun way for Cari Hart to introduce a serious message about heart health and the unique risk factors and symptoms faced by women.

There was a whole lot of heart to the themes for the February Ladies Potluck Lunch.

Not only is February the month of love with Valentine's Day, but also it is Heart Month and a time to bring attention to cardiovascular health.

And we did it all!

Cari Hart gave an excellent presentation on how the risk factors and signs of heart disease can be quite different for women compared to men. She outlined some of the unique risk factors for women, provided advice on how to recognize risk factors and signs of heart disease to help us prevent and manage our heart health, and answered our questions.

Thank you Cari!

God is Love was the message shared by Gloria Ford. She told us our source of inspiration for love is God's Word, the Bible, including 1

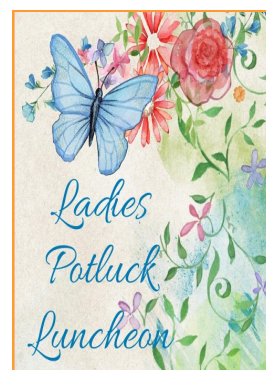
Corinthians 13 NIV: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres..."

"And now these three remain: faith, hope and love. But the greatest of these is love."

We even each received a Valentine from Jesus.

Each month we try to make time to share our lives with each other. This time we numbered off into four groups to share and pray for each other what was on our Hearts.

Please join us for Ladies Potluck Lunch on the third Saturday of each month, beginning at 11:30 a.m. for this time of food and fellowship.





Prayers



THE WAY OF PRAYER

"Jesus..... went off to a solitary place where he prayed"
- Mark 1:35

I AM REMINDED TODAY, LORD, THAT PRAYER IS NOT A POSTURE;
IT'S A CONVERSATION BETWEEN YOU AND ME. WHETHER I LOOK
TO THE HEAVENS OR HAVE MY FACE TO THE GROUND, WHETHER
IN A ROOM FULL OF PEOPLE OR IN MY CLOSET AT HOME, OPEN MY
EARS THAT I MIGHT HEAR YOU.

WHEN I FOLLOW JESUS IN PRAYER, I SIMPLY COME TO YOU, FA-
THER, WHEREVER I AM AND OPEN UP MY HEART. AMEN

- Susan Senechal

PRAYERS FOR OURSELVES AND OTHERS

A Daily Prayer to Our Loving God

O God of love, we ask you to give us love;
Love in our thinking, love in our speaking,
Love in our doing.

And love in the hidden spaces of our souls;
Love of those with whom we find it hard to bear,
And love of those who find it hard to bear with us.

Love of those with whom we work,
And love of those with whom we take our ease;
That so at length we may be worthy to dwell with you,
Who are eternal love. AMEN - William Temple

Lord, I am one of your people, the sheep of your flock. I pray for
you to heal those who are wounded; touch those who are in pain;
clean those who are soiled; warm those who are cold; help me to
know the Father's love through Jesus the shepherd, and through
the Spirit.

Help me to lift up that love, and show it all over this land. Help me
to build love on justice and justice on love. Help me to believe
mightily, hope joyfully, and love divinely. Renew me that I may
help renew the face of the earth.

- AMEN - Daily Prayer Ministries

A Prayer for Relationships

Waiting can be an arduous task, O Lord. Though I want life to hap-
pen on my time, I recognize that often I must wait for your time.
While I wait for my relationships to grow deeper, give me a stead-
fast faith. While I wait for damaged relationships to heal, give me
patience. Teach me how to carry the crosses of relationships so
that I can wait patiently for your will to be done on earth as it is in
heaven. Let me cry out to you Heavenly Father, as you incline your
ear to me. AMEN -Trevor Sutton

A Prayer for a Tranquil Mind

Heavenly Father, in this age of noise and speed and restless activ-
ity, grant us tranquility:
the inner tranquility of spirit which is theirs who trust in your sov-
ereign love and wisdom;
that as the life of the world surrounds us, we may yet be still and
know that you are God.

Through Jesus Christ our Lord. AMEN Frank Colquhoun

A Prayer for a World in Need

May we learn from each other
how to give, how to receive;
how, in joy, to celebrate
and how, in pain, to grieve;
how to fight for what is right
yet not do any wrong;
how to be the family
to which we all belong.

AMEN - A Book of Prayers

PRAYERS FOR LENT

LORD OF HEALING

Lord of my darkest place;
Let in your light.

Lord of my greatest fear:
Let in your peace.

Lord of my most bitter shame:
Let in your word of grace.

Lord of my oldest grudge:
Let in your forgiveness.

Lord of my deepest anger:
Let it out.

Lord of my loneliest moment:
Let in your presence.

Lord of my truest self- my all:
Let in your wholeness.

AMEN - Alison Pepper

Lord Jesus, we turn with confidence to you, knowing that that you
were tempted in all respects as we are, yet without sin.
Give us your help, that we may obtain victory over our tempta-
tions.

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

Teach us to remember the promise that those who wait upon the
Lord shall renew their strength. May we wait and be made strong.
We ask it in your name and for your sake.

AMEN - based on a prayer of Peter Marshall

**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)

IDEAS FOR OBSERVING TRADITIONAL LENTEN PRACTICES

PRAYER

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

Read the Bible;

Read a book about God;

Write a thankfulness journal;

Spend time listening to God, rather than speaking to Him.

FASTING

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

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

ALMSGIVING

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

Bring non-perishable food items to a place where they will be taken to Food Banks for the needy;

Give money to Lenten outreach projects of your parish;

Donate money to the Primates World Relief and Development Fund or other Christian relief efforts;

Joy with peace, amendment of life, time for true repentance, the grace and comfort of the Holy Spirit and perseverance in good works, grant us,

O almighty and merciful Lord. AMEN

OTHER PRAYERS FOR THE SEASON

A Prayer for St. David's Day March 1

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

AMEN - F. Colquhoun

World Day of Prayer March 6

Today Lord, we join in prayer with women all over the world. May we all rise, take up our mats and walk in Jesus's unconditional love as he calls us to fear not to act on his words; but to act on them in love for transformation, peace & reconciliation.

Amen

A Prayer of St. Patrick March 17

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

AMEN

St. Joseph of Nazareth March 19

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

MOTHERING SUNDAY March 22

Thank you Lord for our Mothers.

We remember today their loving care and their ceaseless love for us.

May we show by our words and actions that we love and care about them too.

AMEN

- M. Batchelor

THE ANNUNCIATION March 25

We praise you, our Father, for the marvelous news announced to Mary;

for the grace of life that prepared her for her call;

for her obedience to your will and her humility in accepting it;

for her loving care and patience in fulfilling it;

Give us such grace and obedience that we may be accounted worthy to bear the Good News to our world;

through Jesus Christ our Lord.

AMEN

- Basil Naylor

A Prayer at Night

Father God, I thank you that you have looked after me today. I thank you that you have provided for me today. You have given me clothes, shelter, money, a job, family and friends. I acknowledge that all these are gifts that have come from your hand. I thank you for your goodness to your whole creation. I pray for peace in your world.

As I go to rest now Father, I thank you for the gift of sleep. I pray that I will know your rest and restoration within me, that I will awake alert and ready to serve you tomorrow.

AMEN

- Martin Manser

A BLESSING

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Amen

Romans 15:13

Prayer for our upcoming Diocesan Synod June 5-7, 2020

Almighty and everliving
God, source of all wisdom
and understanding, be present
with those who take
counsel in our Diocesan
Synod for the mission and
renewal of your church.
Teach us in all things to seek
first your honour and glory.
Guide us to perceive what is
right, and grant us both the
courage to pursue it and the
grace to accomplish it;
through Jesus Christ our Lord.
AMEN

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 March

29. Year-round there is a box by the main entrance to collect donations of non-perishable items for the Calgary Food Bank.



What's the blue bin?

The big blue bin in our parking

lot is a fundraising effort by the Calgary Humane, an animal welfare organization connects the lives of animals and people while providing essential animal services to the community. Gently used clothing and footwear of any kind can be put in the bin for donation.



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.

Clothing appreciated



Calgary Alpha House Society gratefully accepts do-

donations of clothing and backpacks to help provide a safe and caring environment for those whose lives are affected by alcohol and other drug dependencies. Top needs include backpacks, jeans, hoodies, 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.

Listen to the Lenten Gospels

This Lent, PWRDF invites you to join an audio journey through the Gospels of Lent

Beginning on Ash Wednesday and continuing each Sunday to Easter, you can receive an email with an audio recording of the day's Gospel and an audio reflection responding to the Gospel by Archbishop Linda Nicholls and six other friends of PWRDF. (Written texts will also be provided.)

On each of the following three days, you will receive emails inviting you to listen to the reading again and enter into your own time of reflection using Gospel-based Discipleship, the practice developed by the Anglican Church of Canada's Indigenous Ministries. This practice asks you to identify how the words speak to you, and what Jesus (the Gospel) calls you to do. Finally, PWRDF will invite you to read how PWRDF responds to the Gospel message through our projects and partners.

The diverse group of voices are:

Ash Wednesday – Archbishop
Linda Nicholls
*Primate, Anglican Church
of Canada*

Lent 1 – Rev. Scott McLeod
*Refugee Sponsorship Coor-
dinator, Diocese of Niagara*

Lent 2 – Dorothy Marshall
*PWRDF Representative,
Diocese of Edmonton*

Lent 3 – Allison McDougall
Postulant, Diocese of Huron

Lent 4 – James Kornelsen
Canadian Foodgrains Bank, Winnipeg

Lent 5 – Elsa Tesfay
PWRDF staff member

Palm Sunday and Holy Week – Rev. Canon David Harrison
PWRDF Board of Directors, Diocese of Toronto

Easter – Archbishop Linda Nicholls
Primate, Anglican Church of Canada

**To subscribe to receive these reflections, please visit
pwrdf.org**



Good Pictures Bad Pictures

Books can help with strategies to protect children in the digital age

To anyone born in the digital age, living with Internet access can seem almost as important as breathing.

It has become ingrained in us, and has the power to mold who we are.

A lot of what that brings can be very good and enhances our lives.

But some is bad.

We are living in a time when it is no longer a questions of if kids will be exposed to pornography, but when.

At a workshop called Growing Up Digital hosted by St. Paul's in November, representatives from the Calgary Pregnancy Care Centre's Take-Charge@HOME initiative talked about some strategies parents can use to protect their kids.

The key advice was to build healthy, trusting relationships with your kids by making them know it is OK to talk about this and other difficult topics.

You want them to pick you as the go-to expert with their questions, rather than the Internet or their friends.

Chances are you don't have any idea what your kids are doing on the Internet. There are devices that can help parents set time limits and filter mature content, but they can only do so much.

But you can teach them what pornography is, why it's dangerous and how to reject it.

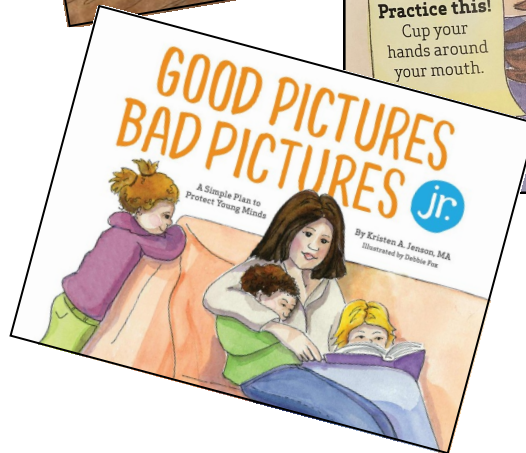
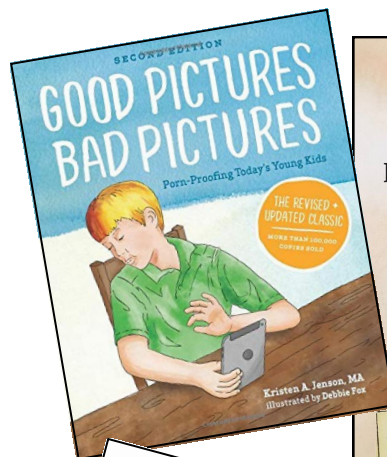
If you are struggling to know how, what and when to communicate with kids, you are not alone.

At the workshops, two books were made available that might help.

Good Pictures Bad Pictures Jr. is intended for ages 3 - 7.

Using gentle, age-appropriate messages, children will learn to Turn, Run & Tell when they are accidentally exposed to inappropriate content. The idea is to empower kids with their own internal filter and introduce important safety rules that every kids needs growing up in the digital age.

Illustrations help parents by providing a comfortable, effective way to begin this sensitive but essential conversation. There are also Notes to Parents and Caregivers in the back of the book that explain how to use the book, and what to do if your child does tell you they have been exposed to unhealthy sexual messages.



For kids age 7 and up, there is another read-aloud storybook called *Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids*. Divided into chapters, this is a story about a mom and dad who teach their child what pornography is, why it's dangerous and how to reject it.

At the end of each chapter are "Let's Talk!" questions designed as a way to depend and solidify understanding.

Again, at the back of the book are Notes to Parents and Caregivers with advice on how to use the book, and how to handle some of the questions that will arise.

This is not an easy topic. Not every parent will like everything they see in these books, but they are a tool to at least get you thinking about some of the issues your child may be facing in the digital era.

If you would like to check out the books, they are available in Fergus' Book Nook outside his office.

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 Collier.

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 griever's 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.

A good day to thank a caregiver

Date Celebrated : November 13 and/or March 3

This is a very important day of recognition for millions of Canadians who selflessly give their time to care for those who are ill, disabled, or elderly.

Many individuals and organizations have declared a caregiver recognition day on many different dates. The most common of them are November 13, and March 3.

This day of recognition is for both paid and unpaid care givers. We believe unpaid care givers, deserve even more special recognition. They silently go about the task of supporting someone in need, most often a family member. They give their time freely, and often spend their own money in doing so. It can be a thankless task....



without even a thanks from the person being cared for or other relatives who find countless reasons not to help.

How to Celebrate Caregiver Appreciation Day:

Most care givers, especially unpaid care givers, do not seek or expect any form of recognition. They do what they do, simply because it needs to be done, and it is the right thing to do.

* Give a simple thank you to everyone you know who is a caregiver in any capacity.

* Send a thank you card by mail or email.

* Give them a day off. Take over the role of caring.

* If you are an organization, make up recognition certificates to care givers.

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Mark Your Calendars

**WE NEED YOU TO PARTICIPATE TO MAKE OUR NEW
PICTORIAL DIRECTORY COMPLETE!**



IPC

Canada Photo Services Inc.

100% Canadian owned and operated

**IPC Photo Services will be here to photograph all parishioners
for St. Paul's Photo Directory:**

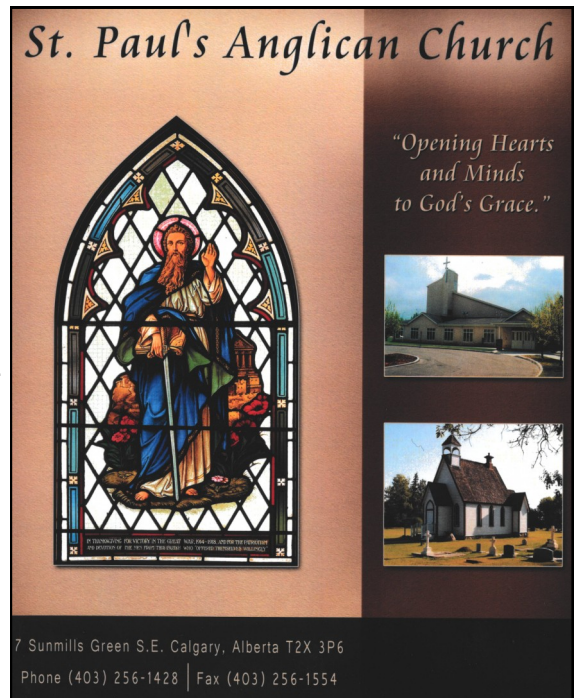
April 23rd & 24th 2:30 PM to 8:30 PM
April 25th 10:00 PM to 3:00 PM
June 6th 10:00 PM to 3:00 PM

Every participating family receives a free directory and a \$20 coupon off any personal purchase. Please note: there is no obligation to purchase.

It's a great opportunity to have a family photograph for gifts or personalized Christmas cards.

You will be able to sign-up for your sitting on-line or in the Church Hall a month before.

We hope to have a great turn out. For more information please see our Information Corner in the Church Hall, visit the company website at ipcphoto.ca or contact Julie Wilson.



Together we can do "infinitely more"

I found an article on Stewardship in a newsletter from St. Stephen's from a couple of years ago.

They used "Glory to God, whose power working in us, can do infinitely more than we can ask or imagine" as their theme for stewardship program.

I think it is really appropriate, therefore it is.

As a parish we have all we need to be good stewards of Time, Talents and Treasure.

I believe we are being generous with our monetary giving, we have all sorts of talent in our parish family and much of it is used and on display.

Time is a bit of a concern there is never enough for what we want to do, so priorities have to be set.

Unfortunately the programs we want to do at church

tend to require considerable time commitment and we will have to work that out for ourselves.

There are many ways we can participate at St. Paul's and when we realize how much

we are blessed by God's abundance, then — by giving back a portion of this abundance to what God is doing through St. Paul's — it is likely we can do infinitely more than we can ask or imagine.



Kerry

Exciting new Triple C service involves families on 4th Sunday of each month

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 Read-

ing begins.

As usual, the **Sunday School** kids will go out to their own Order of Service after their Children's Talk in the sanctuary, to bring glory to God.

For each monthly Triple C Service, we'll have a family who is blessed to bring the sacraments to the altar and who bless us in turn, by choosing to serve in some of the different ministries that help the Service occur:

Greeter / Sidespeople / Soundboard / Music Ministry / Servers / Readers / Prayers of the People / Sacramental Assistants

Our other youth will be offered the opportunity to serve in the ministries that aren't chosen.

In February, the Spoonheim Family were blessed to bring up the sacraments to the altar and in turn, blessed us by being sidespeople, reading and serving as well as other service.

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 and all present, to accompany the final hymn with "joyful noisemakers"!

In February, one of our youth, Shahana Huq, played the final hymn for all of us "joyful noisemakers"!

How thrilling for us, Shahana!!



Alpha Youth

On Sunday, Feb. 16, Family Day Long Weekend, Alpha Youth began at St. Paul's. Meeting next door, at Sundance on the Green, 8 youth and 4 hosts viewed the first of 13 sessions. The first topic was **LIFE IS THIS IT?**

Alpha is an invitation to explore life's biggest questions and a chance to look at the life and message of Jesus. Every opinion and question is welcome.

Some of the key quotes and scriptures we heard were:

"In each one of our hearts, it's like we have a happiness bucket that we're constantly trying to fill."

"I am the bread of life." **Jesus, John 6:35**

"Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important." **C.S. Lewis**

"I am the way and the truth and the life."

Jesus, John 14: 6

The next session is Sunday, March 1 at 10 a.m. The topic will be **JESUS: WHO IS HE?**

Sunday, March 15 at 10 a.m. the topic will be **CROSS: WHY DID JESUS DIE?**

Sunday, March 29 at 10 a.m. the topic will be **FAITH: HOW CAN I HAVE FAITH?**

It's never too late to start! And **All youth are encouraged to bring a friend.**

Sunday School

We are so blessed to have our contingent of teachers and assistants growing.

Pre-schoolers 3-4: Frances Pike, Evelyn Heart, ChiChi Chigbo, Zemen Ekomwenrenren

K-Grade 3: Rick Collier, Angela Richardson (till June), Julie Wilson, Stephanie Evans, Amara Chigbo, Aiden Daye

Grades 4-6: Shannon Colle, Pat Lecuyer, Alister Daye, Jbe Wilcox

We continue to revamp the Order of Service so that it is clear and concise and gives the kids time to share important life events with each other. Preparing a Monthly Song with actions with Ingrid Bolton or Kathleen Robinson, for the Triple C Service is tons of fun too. Our teachers are an amazing bunch who share the love of Jesus in so many imaginative and concrete ways. PTL. Have a look on the Sunday School divider, at the Peace Sign with all the connecting hands telling us the ways of peace.

Respectfully submitted by

Your volunteer Sunday School Co-ordinator — Gloria Ford





Holy pancakes St. Paul's!

Pancakes and ham and sausage and Keto pancakes and ice cream — oh my! There was no shortage of tasty treats, or folks to enjoy them at the annual Pancake Supper on Feb. 25. Many thanks to the volunteers who organized, cooked and cleaned up for this fun event.





Canadian Lutheran Anglican Youth Gathering

The Canadian Lutheran Anglican Youth Gathering (CLAY) is a program of the Evangelical Lutheran Church in Canada (ELCIC) and the Anglican Church of Canada (ACC).

The Goals Of Our Gatherings

To proclaim the grace and faithfulness of God revealed to us in Jesus Christ.

To respond to God's grace and faithfulness in ways that are intentional, practical and meaningful.

To celebrate that, by the grace of God, we are children of God.

To celebrate the Full Communion relationship of the ELCIC and the ACC and encourage youth to live out that relationship in their home contexts.

What We Value

Providing a youth-centered program that will develop leadership.

Offering varied worship experiences that help youth connect word and sacrament to their daily Christian life.

Sharing what has been learned and experienced with others.

CLAY 2020 is August 20-23, 2020 at The Southern Alberta Institute Of Technology in Calgary, Alberta.

Participants at CLAY should be aged 14-19 as of December 31 of the year of the Gathering.

Registration for CLAY 2020 will be open soon! Please refer to the Registration Booklet and Pre-Registration Package before registering.

Registration Cost:

\$515 per participant (Early Bird before April 1)

\$575 per participant (After April 1)

<http://claygathering.ca/>

St. Paul's can help financially please contact Fergus for details.

Ember Days

In the liturgical calendar of the Western Christian churches, the Ember Days are four series of Wednesdays, Fridays, and Saturdays which correspond to the natural seasons of the year.

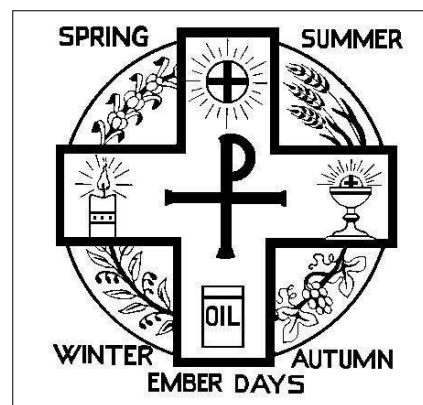
Autumn brings the September, or Michaelmas, Embertide; winter, the Advent Embertide; Spring, the Lenten Embertide; and in summer, the Whit Embertide (named after Whitsunday, the Feast of Pentecost).

These days set apart for special prayer and fasting were considered especially suitable for the ordination of clergy, a time to pray for all clergy and a time to thank God for the gifts He gives us in nature and beseeching Him for the discipline to use them in moderation. The Ember Days are known in Latin as

the *quatuor anni tempora* (the "four seasons of the year"), or formerly as the *jejunia quatuor temporum* ("fasts of the four seasons").

The four quarterly periods during which the ember days fall are called the embertides.

This year the Lent Ember Days are Wednesday, March 4, Friday, March 6 and Saturday March 7. Take the time to pray for our clergy and also our country.



National Quilting Day

Date When Celebrated : Third Saturday in March

National Quilting Day celebrates fabulous quilts and those who make them. Historically a ladies hobby, quilting is a skill that produces warm and beautiful results. It is a day to recognize and appreciate the quiltmakers, the skill and the warm and the results.

If you are a quiltmaker, spend a minute to recognize and appreciate that you have truly been blessed with a special skill. If you are not a quilt maker, wrap yourself into a quilt and enjoy the warmth.



Take a Walk in the Park Day

Date When Celebrated : This holiday is always March 30

Don't miss out on "Take a Walk in the Park Day". It is an opportunity for exercise and relaxation.



Are you stressed out? A walk in the park is just what the doctor ordered. Its calming and therapeutic. Taken after a busy work day, it helps clear your mind and re-energize you. Or, take the walk during lunch and you will find the afternoon of work goes by quicker and easier.

A walk in the park will likely be the most enjoyable part of your day. However, make sure to do so with a clear mind and with your eyes open. In addition to avoiding a fall, open eyes will allow you to take in the beauty of nature's wonders: flowers, and trees, birds, and wildlife.

Tip: We suggest you take a walk in the park with a friend or family member. It will prove far more enjoyable if you have company on your walk.

Origin of "Take a Walk in the Park Day":

Our research did not find the creator, or the origin of this day. But,

ahh, what a joyful and soothing this day is filled with the beauty of nature!

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Celtic Service & Creative Group

The following donations would be greatly appreciated for the Celtic Service and Art group. There is 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!

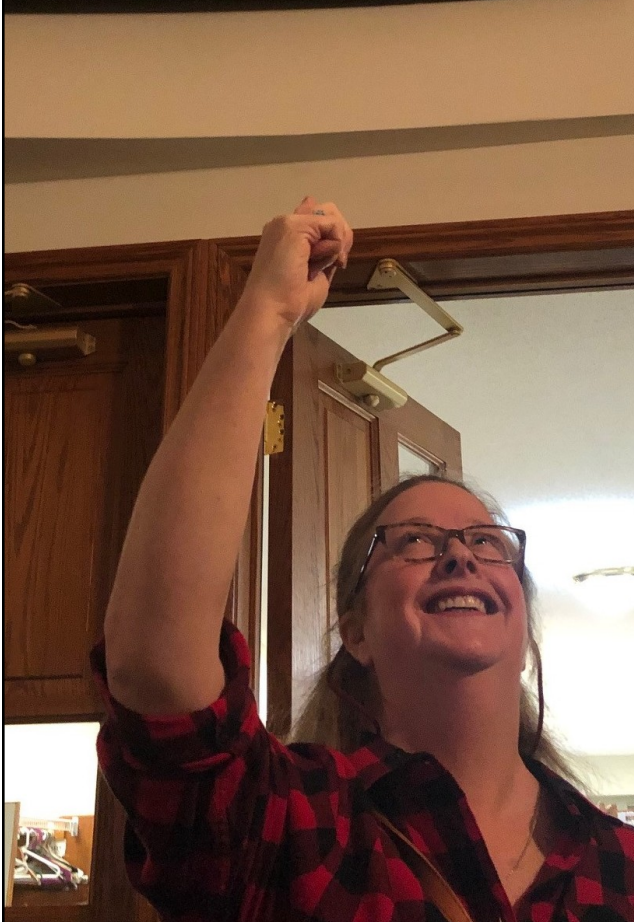
The Art Class is now full but please feel free to just attend the Celtic service, at no charge of course. No pre- registration is required. The service runs from 7 to 7:30 pm, followed by light refreshments.

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.

March 15, 2020 and April 19, 2020





MCES AGM & social mixes business & pleasure

The Midnapore Church of England Society (MCES), which maintains the historic St. Paul's Chapel, combined its annual general meeting with a social on Jan. 28. The evening ended with some excellent treats, but first there was business conducted. Neil Brown was again chosen as Chair for 2020, with Robert Worden as Vice-chair and 14 Directors appointed. New business included approval of a new digital organ. The next meeting will be April 21.





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!

World Compliment Day: How nice!

Date When Celebrated : This holiday is always March 1. You, the reader of this article, are an intelligent person who seeks to broaden your knowledge and appreciates the value of learning and expanding your mind.

How's that for an honest, positive, and very sincere compliment!? If you reflect on that for a moment, you will realize that actually describes you!

According to Hans Poortvliet of the Netherlands who created this day, *World Compliment Day* addresses the basic human need for recognition and appreciation. This is a non-commercial day that simply makes people happy and feel good about themselves. Benefits of giving honest and sincere compliments goes to both the giver and receiver of the compliment.

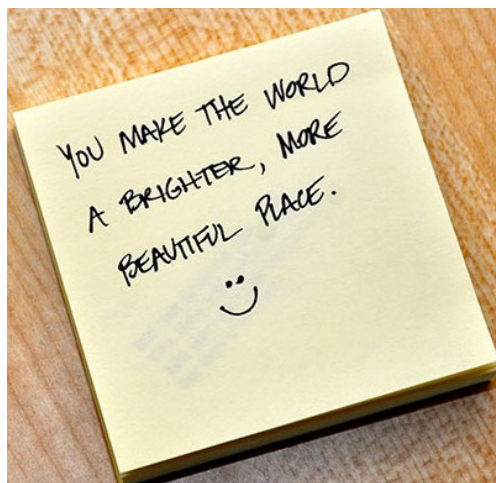
Participating in this special day is simple and easy. As you meet people today, think about them and who they

are. Give them a compliment that is positive, honest and sincere. Do it with a smile. Then, watch the smile appear on their face. Compliments can be oral or written. They should be given face to face, in person.

- The benefits of compliments are many:

- It simply makes people happy.
- It increases self-esteem and self-worth
- Given on the job, it increases productivity.
- It increases pride.
- It creates mutual well-being.
- Compliments given come back in numerous ways.

Your goal for today: Compliment at least three people. However, we challenge you to do more. You'll be glad you did!



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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!

March's Prayer will be on Friday, March 13 at Varsity Acres Presbyterian Church - 4612 Varsity Dr. N.W.

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) 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 March 10. 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 or call 1 800 3499

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 **June 5, 6 and 7, 2020.**

Town Halls 2020 feature Mission Coaches

Calgary, Red Deer and Lethbridge

March 7 Calgary, Good Shepherd Church

March 14 Red Deer, St. Luke's Church

March 28 Lethbridge, St. Augustine's Church

Such meetings are opportunities for parish leaders to hear about what's going on throughout the Diocese, connect to neighbouring parishes, and receive Diocesan support and encouragement.

This year, our Diocesan Missional Coaches will be sharing outlines of workshops they were trained to lead this past fall.

All church leaders, people interested in becoming more missionally focused, and others



curious about what a missional focus might look like, are invited.

Come join us, as together we explore what "missional" means for us in practice, and seek out where God may be leading us in our churches and our lives.

There will be opportunities for parishes to sign up for workshops.

All are welcome! We are excited to come and share the great information we learned!

Time 10:00 am – 2:00 pm

Lunch will be provided

You are requested to register by emailing ctubman@calgary.anglican.ca at least a week prior, so we can ensure there will be enough refreshments for all. Please let Carol know if you have any food restrictions.

If March 7 doesn't work for you, Fergus will be going to the equivalent Meeting at St. Luke's in Red Deer, from 10 -2 on March 14, and has room for 3 passengers.



Candlemas procession

On Feb.2, St. Paul's celebrated Candlemas with the lighting of candles and the whole congregation joining in a procession around the sanctuary while holding candles.

Candlemas is a day of purification, renewal and hope.

Feb. 2 is exactly 40 days after Christmas and so Candlemas commemorates Mary's adherence to the Mosaic law as she entered the Temple for ritual purification 40 days after giving birth.

Forty days was also the traditional time for a firstborn to be brought to the Temple to be dedicated to God. So Candlemas also commemorates Christ's entrance into the Temple.

Members of the congregation were also encouraged to bring their own candles to be blessed.



LETTING GO & WALKING IN PURPOSE

CHRISTIAN YOUNG *silent retreat* PROFESSIONALS

MAY 1 - 3, 2020

LOCATION: MOUNT ST. FRANCIS RETREAT CENTER
41160 RETREAT ROAD, COCHRANE AB

CHECK-IN: FRIDAY MAY 1 FROM 5:00PM TO 7:00PM

RETREAT STARTS: FRIDAY MAY 1 WITH A SUPPER AT 7PM

RETREAT ENDS: SUNDAY MAY 3 WITH LUNCH

QUESTIONS/CONTACT

EMAIL CHIKA AND NAKASHA AT
CYPRETREAT@GMAIL.COM

REGISTER & MORE INFO

[HTTPS://TINYURL.COM/SPQYD89](https://tinyurl.com/spqyd89)

SCAN QR CODE



"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight" Proverbs 3:5-6 (NIV)

WORD SEARCH FOR LENT

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

ASH WEDNESDAY
ALMSGIVING
SACRIFICE
PRAYER
FASTING
LENT
HOLY WEEK
HOLY THURSDAY
GOOD FRIDAY
HOLY SATURDAY
EASTER

PALM SUNDAY
PURPLE
PALM BRANCH
FORTY DAYS
JESUS
PASSEOVER
FOOT WASHING
RESURRECTION
LOVE
JUDAS
GETHSEMANE

LAST SUPPER
UPPER ROOM
EUCCHARIST
BETRAYAL
SHROVE TUESDAY
ASHES
STATIONS
CRUCIFIXION
NAILS
CROWN OF THORNS

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

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

PWRDF—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.



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lent 1 1 8:30 & 10 am Holy Eucharist 10 am Youth Alpha Series 5 pm <i>Christian Fellowship</i>	2 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7 pm Bible Study 7:30 pm Prayer Group	3	4 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lenten Study "The Walk"	5 6:15 pm TOPS 7 pm Après EFM 7:30 pm Music Group	6 8:30 am to 4 pm <i>Free Learner Co-Op</i>	7 10 am to 2 pm Town Hall Meeting at Good Shepherd
Lent 2 8 8:30 am Holy Eucharist 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	9 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7:00 pm Bible Study 7:30 pm Prayer Group	10 7:00 pm Parish Council	11 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lenten Study "The Walk" Prayer Shawl Ministry	12 6:15 pm TOPS 7:30 pm Music Group	13 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7 to 8:30 pm Intergenerational Group Trivia Night	14
Lent 3 15 8:30 & 10 am Holy Eucharist 10 am Youth Alpha Series 7 pm Celtic Service & Creation Group	16 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7 pm Bible Study 7:30 pm Prayer Group	17	18 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lenten Study "The Walk"	19 6:15 pm TOPS 7 pm Après EFM 7:30 pm Music Group	20 8:30 am to 4 pm <i>Free Learner Co-Op</i>	21 8:30 am Men's Breakfast 11:30 am Ladies Potluck Luncheon
Lent 4 22 8:30 am Holy Eucharist 10 am Triple C Holy Eucharist 5 pm <i>Christian Fellowship</i>	23 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7pm Bible Study 7:30 pm Prayer Group	24	25 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lenten Study "The Walk"	26 6:15 pm TOPS 7:30 pm Music Group	27 8:30 am to 4 pm <i>Free Learner Co-Op</i>	28 10 am to 3 pm Parish Council Focus Day
Lent 5 29 Food for Others Sunday 8:30 & 10 am Holy Eucharist 10 am Youth Alpha Series	30 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7pm Bible Study 7:30 pm Prayer Group	31	April 1 9:30 am Holy Eucharist 10:30 am & 7:30 pm Lenten Study "The Walk"	2 6:15 pm TOPS 7 pm Après EFM 7:30 pm Music Group	3 8:30 am to 4 pm <i>Free Learner Co-Op</i>	4