

Living Waters

April 2020



Opening Hearts and Minds to God's Grace



The blessed Palm Sunday Crosses will be available at 10 a.m. on Palm Sunday onwards, in a box by our front door.

We suggest, that for added safety, everyone wipe them off with a soapy paper towel, when you get home.

Everyone's also invited to pick up crosses to deliver to those unable to get out.

Many thanks to Robbie for making all of these for us.



Easter Garden by Nicola

Happy Easter

Holy Week & Easter Services

Page 5



Easter Vigil at Home

Page 6



Prayers to Bring Us Together

Pages 18-21





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

Synod Delegates

Cam Cline

Alternates: Parish Council

MCES Directors

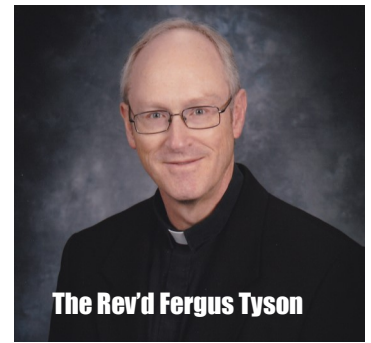
Kerry Peters , Iona Shaw

Treasurer

Treasurer: Karen Huq



Love's Unquenchable Fire



*Love is strong as death,
passion as fierce as the grave.
Its flashes are flashes of fire, a raging flame.
Many waters cannot quench love, neither can
floods drown it. (Song of Solomon 8:6-7)*

*"Were not our hearts burning within us while he
was talking to us on the road?" (Luke 24:32)*

It's the understatement of the year to say that this has been a Lent like no other for all of us. Certainly, when I was ordained 31½ years ago, I never for a moment envisioned a scenario like what we've been going through. And yet, in a way, this has been very much a Lenten journey we've embarked upon to where we now stand: Holy Week and Easter. For this has been a journey where we've seen how the path that leads through Good Friday leads to Easter Sunday. We've seen the power of death and destruction, certainly. But we've also seen new life emerging. I'd like to focus in this message, on this new life that we've been witnessing.

In this time, we've seen the courage of those on the front lines, including many in our own Parish family, in the battle for life, giving of themselves to keep people safe. We've seen those of us who are not on the front lines doing our part by curtailing our own activities for the sake, not only of ourselves, but of our families, and especially the wellbeing of the most vulnerable in our community. And as we've done this, we've been forced to simplify, to remember what's most important, as we spend time together with our families. Gail and I started doing little things together that we never took the time to do before. We're started doing crosswords and "Who Wants to be a Millionaire?" together, and just spending more time talking. Alyssa and I have been emailing cute and funny videos to one another, while checking to make we're all safe.

We've seen the same thing in our Parish family, as members of St. Paul's have been reaching out to each other, taking the time to connect via phone or social media, when we can't be together physically. And this time of forced physical distancing has given us the ability for greater empathy for those who in our Parish

who are isolated in care facilities or at home, who can't get out for Services even when there isn't pandemic. I'm convinced that when we're all able to get together physically again, we'll be less in danger of forgetting those who can't, of neglecting dear members of our Parish family, because they are "out of sight, out of mind." I believe it's no exaggeration to say that we've grown closer together than ever as a Parish, in this time we've been forced to be physically distant. And we've seen this in the wider community, too. If you're on Twitter, you'll want to check out the hashtag #AlbertaCares to see some of what's happening, the little acts of caring and kindness that aren't so little, which people are doing to support each other. One of the things we're doing at St. Paul's is to arrange appointments with people in need via the phone, so that they can pick up financial assistance from our mailbox from my Outreach Discretionary Fund.



Looking at our Parish family, our Caring Contact Ministry, which we were beginning to form before the effects of the COVID-19 crisis hit us, is now fully mobile, with a team of 28 Helpers keeping contact with 232 households on our Parish List. Thank you to all of those who have joined this Ministry. I also want to thank our small group leaders (for example, Choir, Pastoral Care Team, Prayer Group, Sunday School) for all you've been doing to keep connected with your group members. Thank you to the people who've contacted me to volunteer to help with groceries. You've enabled us to offer help not only our own Parishioners, but also to our neighbours at Sundance-on-the-Green. Thank you to Dinah and the Prayer Group Ministry for your commitment to lift us all up in prayer, and respond to all the prayer requests you've received. Thank you to Paul, Murray, and our Choir for all your work to enable us to share videoed Services of Worship (and thank you to all who're sharing worship together in this way; to watch and participate in our videoed Services, just go to our website and click on the "Sermon" tab.). Thank you to Laura Anne for continuing to work out of home, especially all the extra material on screens. Thank you to our Wardens and Karen, for virtual meetings and email exchanges galore. How blessed we are at St. Paul's to have such outstanding leaders! Thank you to everyone who's donated online (to do this, you can go to our website and click on "donate" in the upper right corner;

please note: this is secure, with the highest degree of PCI compliance), mailed or dropped off cheques, or given through automatic withdrawal (to get the form for this, you can go to our website and type in "donation" in the search box in the upper right corner). This giving is crucial to helping us fulfill our Mission. (I want to add, too, that for those who need financial help, we have Inreach Fund resources available; please just let me know.) Thank you to everyone who's adapting, finding new and creative ways to do things together as the Church.

Being the Church has never about mere physical proximity.

I've never been more aware of our connections as Church even when we can't be together physically. Indeed, this time has been a reminder to me that being the Church has never about mere physical proximity. When we talk about the fellowship of the saints, we mean that we're connected with one another through the world, and indeed through time. I personally have never felt more connected with the wider Church. I've felt more connected with other churches in our Diocese, and the wider Communion, whose Facebook postings and tweets have uplifted my heart. I've been sharing many of them on our own Facebook pages and Twitter account, and I encourage all of us, if we've not done so, to check them out (if you do a Google search for "St. Paul's Anglican Calgary" our website, main Facebook page, and Twitter account all come up as the top results, in that order).

How true the words of the hymn are: "Blessed be the ties that bind our hearts in Jesus' love."

The first Easter actually gives us the template to follow. It says that the disciples were together when Jesus came into their midst and spoke words of peace to them (see Luke 24:36 and John 20:19). They must have been struggling with a confusion and fear that far surpass our own. But they didn't go off in their separate ways; they remained together. And together they encountered their Risen Lord, the One who said, "where two or three are gathered in my name, I am there among them (Matthew 18:20)." I encourage us, as we move from the Season of Lent to Easter, to know that as we continue to stay together spiritually when we are physically apart, together we too shall experience the life-transforming Presence of the Our Risen Lord in our midst, and in our hearts.

I love the words from the Old Testament book the Song of Solomon, quoted at the beginning of this message. This Holy Week and Easter, we remember the great Good News that God indeed loves us with passion as fierce as - no, even *fiercer* than - the grave. And love is strong as - no, love is even *stronger* than - death. This was the discovery of the two disillusioned followers of Jesus on the Road to Emmaus the first Easter Sunday evening. They had thought love's fire had been extinguished by the flood of darkness it had endured at Golgotha. But their Risen Lord sought them out, joining them in their journey, and the result was that the light of his fire burned in their hearts.

In Holy Week, we celebrate the love of our God for us. We remember how God took all that the darkness could throw, took indeed *all* our darkness, on Good Friday. And the floods of anguish Jesus endured could not choke the life out of our God's love for us. The waters of suffering that lashed against God's heart could not extinguish its fire. And then at Easter, we celebrate how "many waters cannot quench love."

The fire of love could never be put out (compare John 1:5). We remember how Death tried to keep Jesus in its power, but was unable.

The grave tried to keep Jesus entombed, but he swatted its stone aside, as an elephant swats a fly. Jesus took the worst that spiritual death could give and still returned to life, and lives for evermore. The Tomb was but the chrysalis, from which the Resurrection life of Our Lord sprang forth. And in his risen life, we too live. Death has no power over us. We live in and with him now and shall live in and with him for all eternity.

*The strife is o'er, the battle done;
now is the victor's triumph won;
O let the song of praise be sung: alleluia!*

Now THAT'S what I call Good News!

As we continue to adapt to new ways to be the Church in this pandemic, look for Holy Week Services to be posted on our Facebook pages and Twitter account from various sources on Monday in Holy Week through Spy Wednesday. On Maundy Thursday and Holy Saturday, look for Services from our Diocese, with Archbishop Greg officiating, on these same platforms. On Good Friday, look for a video Service of the Stations of the Cross to be posted on our website at 11 a.m. On the Day of Resurrection, Easter Sunday, look on our website at 10 a.m. for a video Easter Celebration from St. Paul's, in which we'll share the ancient practice of "Spiritual Communion" together. And beginning Wednesday, April 22, look for us to hold via Skype or Zoom, a 7 week Study from the Episcopal Church entitled, "The Way of Love: Practices for Jesus-Centered Life." I invite us to participate in as many of these activities as we're able, and allow them to draw us more deeply into this relationship of love with our Risen Lord, so that, like the disciples on the road to Emmaus, we shall know his Presence with us on our journey, and find our hearts lighted with his love's raging fire. The Lord is risen! He is risen indeed! Alleluia!

God bless you all this Passiontide, this Eastertide, and always.

Your Brother in Jesus,





ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TALK
April 12	Fergus	Cyril	Fergus	Fergus
April 19	Fergus	Cyril & Norman	Norman	
April 26	Fergus	Cyril	Fergus	
May 3	Fergus	Cyril	Cyril	

UPCOMING SERVICES

Services will be available on our website until further notice. Please click on the Sermon tab in the top right hand corner of the home page



Sunday, April 5 Palm Sunday: St. Paul's Video Service, posted on our website at 10 a.m. (go to "Sermons")

Monday in Holy Week to Spy Wednesday: Services from various sources will be posted on our Facebook pages and Twitter account (see links to these on p. 27).

Maundy Thursday and Holy Saturday: Services from our Diocese, with Archbishop Greg officiating, on these same platforms.

Good Friday: St. Paul's Video Service of the Stations of the Cross, posted on our website at 11 a.m.

The Day of Resurrection, Easter Sunday: St. Paul's Video Easter Celebration Service, in which we'll share the ancient practice of "Spiritual Communion" together, posted on our website at 10 a.m.

Sunday, May 3: Good Shepherd Sunday

Sunday, May 10: Mother's Day

UPCOMING EVENTS

Watch announcements for when Events will resume or be rescheduled

"The Way of Love" Study begins Wednesday, April 22

BIBLE STUDIES

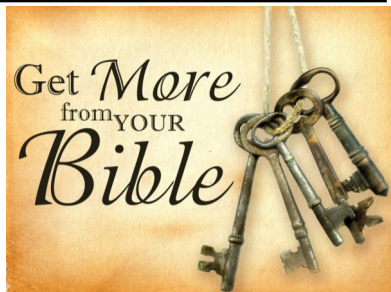
Watch announcements for when the Bible Studies will resume.

Monday Bible Study: 7:00 pm

Wednesday 9:30 am Holy Eucharist

Wednesday 10:30 a.m. Bible Study on the upcoming Sunday readings.

Come and see what it is all about!



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

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,

March – Nursery, youth group, shepherding, promote Easter services, Altar guild, PWRDF, hospi-

Easter Vigil At Home

a resource for your family

Here is a simple Easter Vigil service for families, individuals or small groups who want to celebrate an at-home-vigil. Though we cannot all be together, the Lord is still with us.

Follow the link below: (Ctrl + left click)

<https://calgary.anglican.ca/news/easter-vigil>

[This resource has been approved for use in the Diocese of Calgary by Archbishop Greg Kerr-Wilson.]



National Pet Day

National Pet Day is April 11, although if you're a pet owner, you know there's not a day that goes by that you don't celebrate your animal companion! So hug your hedgehog, bond with your bunny, and cut your kitty some catnip! That critter makes you happy — and that's not all. Over the past 10 years, the National Institutes of Health (NIH) has been a partner in research to determine the physical and mental benefits of having a pet. It turns out that not only can pets steal our hearts, but they also contribute to overall cardiovascular health by lowering cortisol, cholesterol, and blood pressure levels.

History of National Pet Day

Colleen Paige, animal welfare advocate and pet and family lifestyle expert, founded National Pet Day in 2006 to celebrate the joy pets can bring to us. But she also wanted to bring attention to the ongoing needs of many pets of all kinds waiting in shelters to be adopted. She encouraged people who want purebred dogs and cats to contact rescue organizations instead of going to a breeder. "Don't shop! Adopt!" has become the holiday motto.

In 1973, the Humane Society of the United States estimated that 13 million cats and dogs enter shelters every year. Some were strays, some were surrendered by owners who could no longer care for them, some were seized in legal actions. Today, according to the American Society for the Prevention of Cruelty to Animals, approximately 6.5 million companion animals enter shelters nationwide. And 1.6 million cats and 1.6 million dogs find their furever homes.

Colleen's holiday got its start in the U.S., but it soon expand-

ed internationally. Pet lovers now mark the day in the U.K., Ireland, Italy, Australia, New Zealand, Israel, Spain, Guam, Scotland, and many more nations.

Celebrities have also taken up the cause. National Pet Day has been promoted by Taylor Swift, Ellen De Generes, Ricky Gervais, Cee Lo Green, Jimmy Fallon, Willy Nelson, Kevin Bacon, Seth Myers, and Carrie Underwood, among others.

And social media has helped spread the celebration and promote Colleen's cause. When President Barack Obama was in office, he warmed political hearts on both sides of the aisle with his posted pic of Bo, one of the two Portuguese water dogs who shared the White House with him. Bo was rehomed when he couldn't get along with an older dog owned by a family in Texas.



Some Fun Looking into our Past



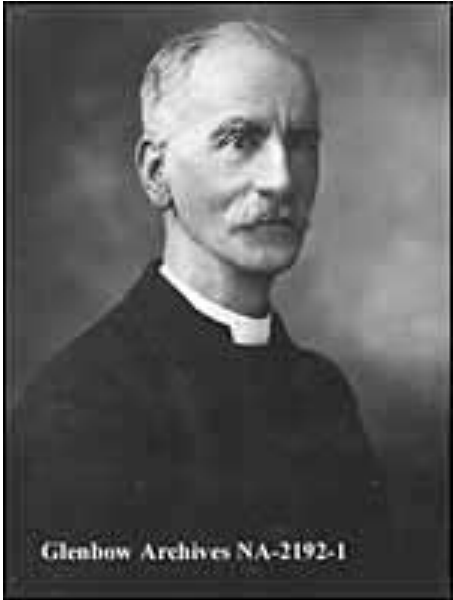
Sunday School



Archdeacon J.W. Tims & Canon Gibbon Stocken



Hannah Grier Coome



Canon Harold William Gibbon Stocken



St. Paul's in 1889



Mr. & Mrs. Samuel William Shaw



Deanery Meeting



The Building of our beautiful new St. Paul's.



FUN AND FELLOWSHIP AT ST. PAUL'S

WHO CAN YOU RECOGNIZE?



Some
familiar
faces

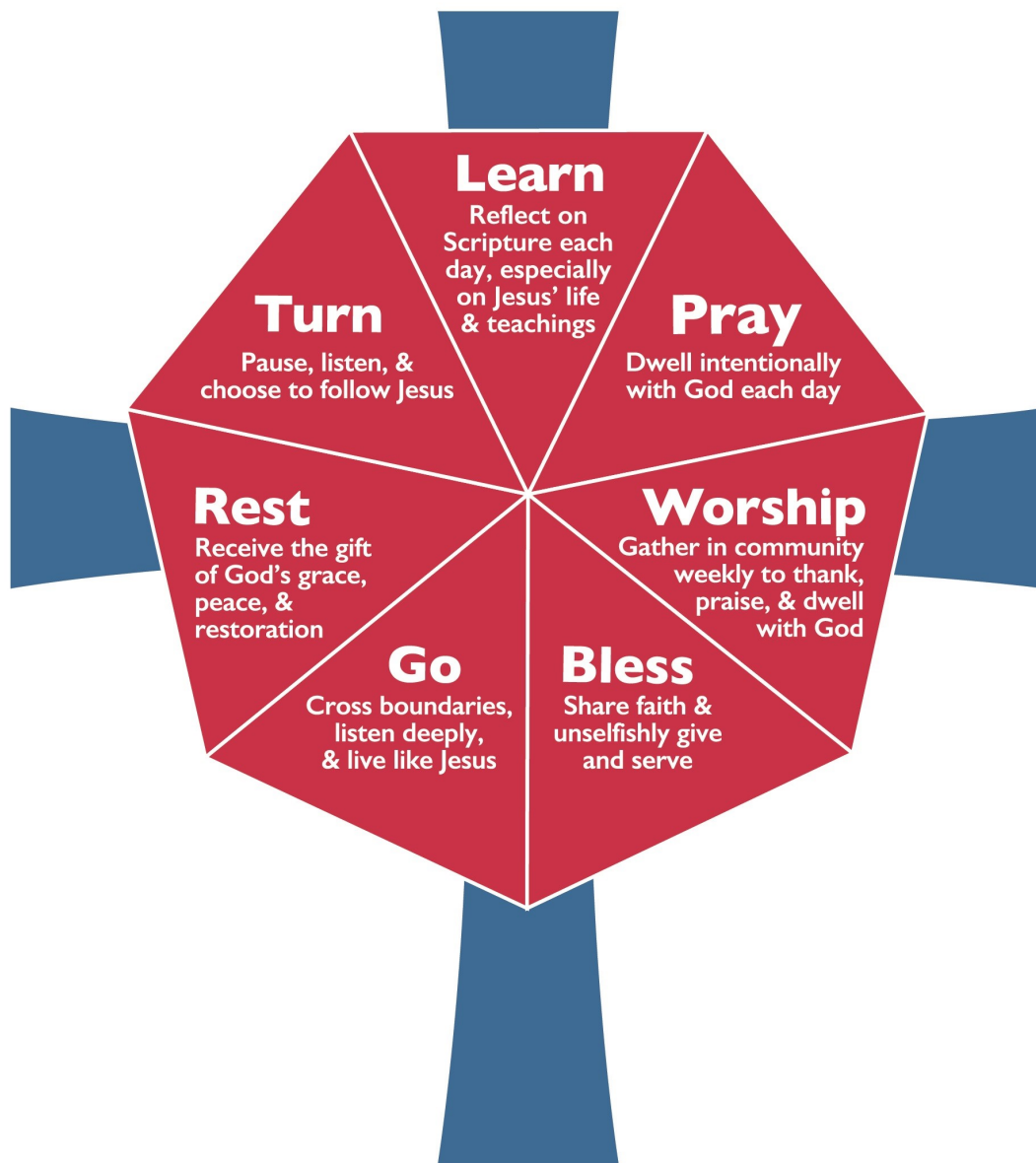




More pictures to come next month. If you have some you want to share, please email them to the office email.



**COMING TO ST. PAUL'S
VIA SKYPE OR ZOOM**
Starting April 22, Time TBA



THE WAY OF LOVE
Practices for Jesus-Centered Life

World Health Day - Support Nurses and Midwives

7 April 2020

It seems appropriate that we are celebrating Nurses and Midwives at a time when they are front and centre during this Coronavirus Pandemic.

In this International Year of the Nurse and the Midwife, World Health Day 2020 will shine a light on the vital role played by nurses and midwives in providing health care around the world, and call for a strengthening of the nursing and midwifery workforce.

On 7 April, “dawn to dusk” advocacy events will be held around the world to mark World Health Day. One of the main events will be the launch of the first ever State of the World’s Nursing Report 2020. The report will provide a global picture of the nursing workforce and support evidence-based planning to optimize the contributions of this workforce to improve health and wellbeing for all. The report will set the agenda for data collection, policy dialogue, research and advocacy, and investment in the health workforce for generations to come. A similar report on the Midwifery workforce will be launched in 2021.

Goals

- Trigger a wave of public appreciation for the work of nurses and midwives and the part they play in delivering health care
- Raise the profile of nurses and midwives within the health workforce
- Catalyze support and investment in nurses and midwives

Call to action

General public

1. Show nurses and midwives your appreciation for their work and thank them for what they do to keep us healthy.
2. Call on local leaders to do more to support nurses and midwives and make investments that enable them to work to their full potential.

Policy-makers

1. Invest in nursing and midwifery education and em-

ployment so universal health coverage becomes a reality everywhere.

2. Strengthen and pay more attention to nursing and midwifery influence and leadership: health services will improve as a result
3. Take steps to improve gathering of workforce data in order to better target resources and make changes where they are needed most.

Health Workers

1. Show your respect for nurses, midwives and other fellow health workers
2. Listen to their views and explore their ideas.
3. Engage nurses and midwives in decision making.

What you can do

Thank a nurse and midwife
Just imagine how powerful it would be if all the health workers in your area were thanked with a flower, card or a tweet. Share your photos on social media using the hashtag #SupportNursesAndMidwives. Make sure to personalize your messages.

Send a letter

Sending a letter can be the first step to getting the attention of leaders and other politicians, if you are a nurse/midwife, share your concerns with the people who make policies that can make a difference.

Develop a petition

Petitions are a great way to demonstrate wider support for change. Gather signatures, submit your request to the authorities, and publicize it as widely as you can.

A day in the life of a nurse / midwife

Want to know what it’s like to be a nurse or a midwife? See if you can spend time alongside a nurse or midwife in your community. Learn more about them, their life saving work and become an advocate for them. Nurses and midwives are vital to our future, we need millions more.

For more information and interesting stories please go to <https://www.who.int/news-room/campaigns/year-of-the-nurse-and-the-midwife-2020>.



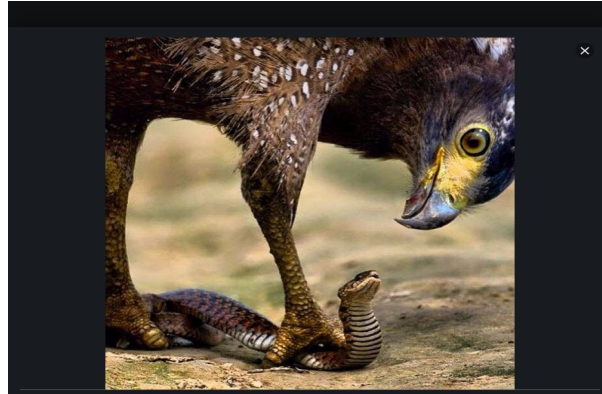
February Financial Figures

Feb 2020 YTD Comparative Income 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	\$30,712	\$33,296	-7.8%		\$30,713	-\$1	0.0%
	Open	\$185	\$669	-72.3%		\$324	-\$139	-42.8%
	Special	\$0	\$0	0.0%		\$0	\$0	0.0%
Offering Total		\$30,898	\$33,965	-9.0%		\$31,037	-\$139	-0.4%
	Other income	\$1,600	\$1,708	-6.3%		\$598	\$1,002	167.6%
	Fund transfer (Youth events)	\$0	\$0	0.0%		\$83	-\$83	-100.0%
	Fund Transfers	\$0	\$0	0.0%		\$58	-\$58	-100.0%
	Fundraising events	\$1,154	\$683	68.9%		\$0	\$1,154	0
Total income		\$33,652	\$36,356	-7.4%		\$31,776	\$1,876	5.9%
Expense								
	Utilities/insurance	\$2,211	\$2,515	-12.1%		\$2,237	-\$26	-1.2%
	General Maintenance	\$4,781	\$2,080	129.8%		\$2,415	\$2,366	98.0%
	Administration	\$4,339	\$4,409	-1.6%		\$5,867	-\$1,528	-26.0%
	Ministerial	\$19,832	\$19,479	1.8%		\$19,624	\$208	1.1%
	Apportionment	\$5,078	\$5,078	0.0%		\$5,518	-\$440	-8.0%
	Communications	\$98	\$214	-54.2%		\$98	\$0	0.0%
	Worship	\$976	\$1,357	-28.1%		\$1,017	-\$41	-4.0%
	Christian Education	\$587	\$456	28.8%		\$249	\$338	135.7%
	Hospitality, Fellowship	\$0	\$346	-100.0%		\$314	-\$314	-100.0%
	Outreach	\$3,680	\$3,680	0.0%		\$3,973	-\$293	-7.4%
	Pastoral Care	\$0	\$70	-100.0%		\$0	\$0	0.0%
	Other	\$21	\$97	-78.4%		\$0	\$21	0.0%
Total Expense		\$41,603	\$39,780	4.6%		\$41,312	\$291	0.7%
Net Operating Income		-\$7,951	-\$3,423			-\$9,536	\$1,585	
Adjusted Operating Income		-\$7,951	-\$3,423			-\$9,536	\$1,585	
Other Income	Interest Revenue	\$0				\$162		
	Planned Giving/bequests	\$0				\$0		
Other Expenses	Transfer to Project Fund	\$0				\$0		
	Transfer to Directed Fund	\$0				\$0		
Net Profit		-\$7,951				-\$9,374	\$1,423	

YOUTH & SUNDAY SCHOOL

Youth

During this time of **WAITING** till the spread of the Covid-19 virus has significantly diminished, there is much time for praying and thinking and planning and doing and praying. Yes, lots of time for praying. So, if life seems to overwhelm in this time of waiting, **do what Jesus did.....pray to God our Father.....take heart from what we can learn from the Eagle:**



The Eagle does not fight the snake on the ground.
It picks it up into the sky and changes the battleground,
And then it releases the snake into the sky.
The snake has no stamina, no power and no balance in the air.
It is useless, weak and vulnerable, unlike on the ground where it is powerful, wise & deadly.
Take your fight into the spiritual realm by praying.
And when you are in the spiritual realm, **God takes over your battles.**
Don't fight the enemy in his comfort zone, change the battle grounds like the Eagle.
And let God take charge through your earnest prayer.
You'll be assured of clean victory.
Pray without ceasing.

If you haven't yet memorized the following scripture, now's the time to do it:

"but those who wait on the Lord will renew their strength. They will mount up with wings like eagles, they will run and not grow weary. They will walk and not grow faint." **Isaiah 40:31**

HAPPY PRAYING! HAPPY EASTER!!!

Gloria Ford



EASTER CELEBRATION AT HOME!

SUNDAY SCHOOL

Since we can't go to church, why not DO Church at home? Holy Week is upon us. There's GOOD FRIDAY. Then EASTER breaks forth!

Last year, after the Children's Good Friday Stations of the Cross Service, we made Empty Tomb Buns to be baked at church, Easter Sunday morning. Perhaps you could do this as a family at home this Good Friday!

Here's the link to the **LEGO Stations of the Cross**

<https://youtu.be/Bs5Z8TAVoGg>

It's only 3 minutes long and very simplified in use of LEGO pieces (you could build it too!)

Then you could make the **Empty Tomb Buns** to be baked Easter Sunday – just place buns in refrigerator.

Here's the recipe:

- 1 (10 ounce) package jumbo refrigerated crescent rolls
- 1/4 cup sugar
- 1 tablespoon ground cinnamon
- 8 large marshmallows
- 1/4 cup butter, melted

INSTRUCTIONS

Preheat oven to 375 degrees. Prepare muffin tin (preferably jumbo muffin pan) with non-stick cooking spray.

Separate rolls into eight triangles and set aside. Combine sugar and cinnamon in a small bowl.

Dip each marshmallow into butter, then roll in cinnamon-sugar and place on a triangle dough. Pinch dough around marshmallow, sealing all edges. **Make sure to seal well or all the marshmallow will escape.**

Dip tops of dough into the remaining butter and then into the cinnamon-sugar. Place roll with the sugar side up into prepared tins.

Bake at 375 degrees for 13 - 15 minutes. Eat warm.

OPTIONAL: Read the Easter story from the Bible found in Matthew 27-28, Mark 15-16, Luke 23-24, **and/or** John 19-20.

Jesus —marshmallow

After Jesus died on the cross he was wrapped in linen — roll in butter and cinnamon

Jesus put into tomb — crescent roll dough

3rd day Jesus has risen and no longer in tomb — open cooked roll to find no marshmallow

© Around My Family Table



For Easter we intended to emphasize

The Jelly Bean Prayer after our Easter Egg Hunt.

You could put together your own bag of jelly beans and make your own Jelly Bean Prayer book mark. See if you can remember what each colour represents! Do your friends and family remember as well as you? Maybe practice first and then challenge them!



HAPPY EASTER! CHRIST IS RISEN!!!

Gloria Ford

Sunday School: Resources for Sunday School at Home, from the National Church, are posted on our website. Just type in "Sunday School" in the search box, and then click on "Sunday School" and you'll be taken to the right location. Many thanks, Gloria and Shannon, for drawing our attention to this excellent material!



What's Happening to Keep Us Connected

Prayer Group: Our Prayer Group has suspended meeting together physically, but it is still fully active—in fact, now more than ever, as we face the challenge of the COVID-19 pandemic together! If you have a prayer request, or if you would like to join this vital ministry, please let Dinah Breu know at breu.dinah@gmail.com, or contact Fergus. All of us are invited to unite in prayer together as never before! Please especially lift up all members of our Parish family who are the most vulnerable physically (including health care workers) or economically at this time.



Caring Contact Ministry: The present COVID-19 situation has heightened the need for our new Caring Contact Ministry. Thanks to a great response, we have 28 people Helpers in this Ministry, who are covering 232 households! This Ministry is now fully operational. Helpers are keeping in contact with the households on their list once a month, via email, texting, phone calls, or (after the COVID-19 crisis) in-person conversations; and sharing any pastoral concerns with Fergus. We would love to have more Helpers join us! If you can help in this Ministry, please let Fergus know. Also, whether or not we're formally a Caring Contact Helper, all of us have a vital role to play in staying connected with one another in this time when we can't be together physically. Please take the time to call, email, or text those you know to make sure they're managing, and ask permission to share any pastoral needs with Fergus.

Pick-up Ministry: Thank you to the 4 households who have volunteered to pick up groceries or prescriptions for those who can't get out. If anyone else would like to join this Ministry, please contact the Office at 403-256-1428; office@stpaulscalgary.ca.

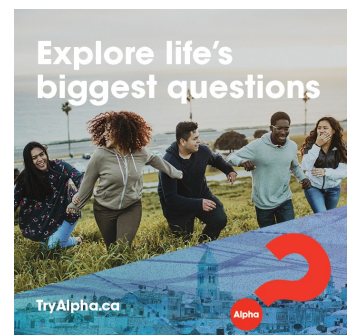
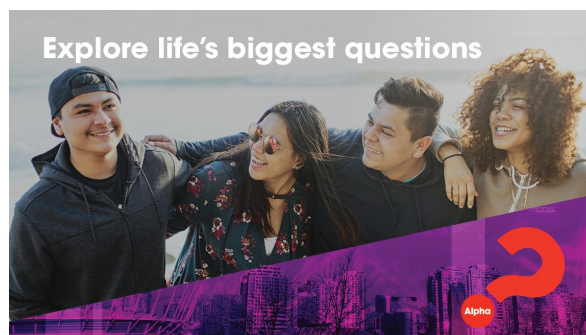
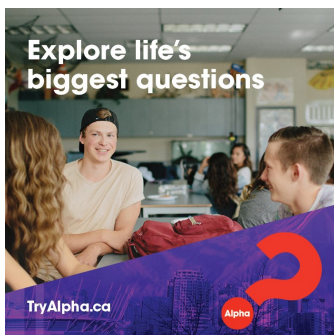
Pastoral Visits: Fergus is available for regular visits via phone or email. He will also continue to respond to all pastoral emergencies.

Offerings

Thank you to everyone who's continue to give financially to St. Paul's in this time we're unable to be physically present with each other. Our continued Offerings, even when we are not able to be physically present at Services, are critical to helping us fulfill our Mission. Here are different ways to continue to support St. Paul's financially. One easy option is to donate via our website (<https://www.stpaulscalgary.ca/donate>). This is completely secure, with the highest level of PCI compliance. Other options include mailing offerings (perhaps post-dated cheques) via regular post; arranging for offerings to be picked up from our mailboxes; or setting up direct depositing (to download the form for this, please go to our website (<https://www.stpaulscalgary.ca/>), type "Donation" in the search box, and then click on "Pre Authorized Donations."



ALPHA YOUTH SERIES



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

Postponed until further notice. Watch the bulletin for further updates.



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

TALENTS NEEDED FOR A FUN EVENING OF UNIQUE ENTERTAINMENT

During this time of isolation it is a great opportunity to practise a piece for the show. Think about what talent you can share when we are once able to meet again. It can be a great celebration!

Stewardship of Caring

Stewardship Notes and Ramblings What a difference a month or six weeks make. I seem to remember that in February we had Men's Breakfast at Saint's Paul and Peter, played bridge, had a Pancake Supper, sang with the German choir, Doreen pickleballed and Tai Chi'd, we had supper with friends all normal and enjoyable things. Then we headed south to Las Vegas for a nice break and see a little sun. We get back to 14 days of quarantine, all sports and activities cancelled, no Liverpool to watch on telly, we are to keep six feet or two metres apart and if possible stay home and self isolate. Maybe we shouldn't have gone to Vegas! This virus is a very nasty thing and then some and it is going to test our resolve, but we are made of stern stuff so we'll come through maybe a little bruised. Usually in times of crisis we as Christian people come together to support and love each other, hug a bit and pray together, but we must not do that now we must isolate. That's what this awful virus has done, it has turned our loving support system upside down and we must stay apart to minimize the spread of the virus.

Stewardship in the fullest sense of the word means care of the family both locally and globally and we are to reach out and care for others as well as each other especially in these trying times. It is our response to a caring, loving God who calls us to be responsible disciples. His representatives who respond by the giving and sharing of the gifts and abilities He has given to us. How do we do this? Well it fits in nicely with our Caring Contact Ministry [formerly shepherding] so I encourage you to get involved. We need to keep in touch with people who have lost loved ones, people who were

already lonely and are now more isolated and people who are really concerned about health issues. Social media is a convenient way to contact friends. I heard of people in Britain organizing Pub Quizzes using Zoom. Apparently there's a man in Sundance on the Green Allan Monk I think who has the residents open their door at a given time and they share songs, poetry, greetings whatever all from a proper distance.

One thing I do is make Holding Crosses and it's a good ministry and getting more of these out to people who want them could help them meditate, pray think of friends and community. I know just making them makes me feel pretty good.



On a bright side, spring weather will be here soon and we can turn our attention to gardens and outdoors. We have two plots at MidSun which we grow produce for the Foodbank and our own church gardens will need some TLC. There are many opportunities to help.

By the way you will note I have not mentioned money so far, however, since we do not have services our income is going to drop, please keep givings up to date[pre authorized deposit works well] and this will help tremendously, our expenses do not go away.

Stay strong, trust God, this too shall pass. Kerry

PS Wash your hands!



Prayers



Lord our God, during these last days of Lent,
may the coming days of Holy Week continue
to prepare our hearts as we wait in joyful expectation
for Easter morning when we can join together saying
"Alleluia! He is Risen! AMEN

- D.B.

PALM SUNDAY

Jesus, when you rode into Jerusalem
the people waved palms
with shouts of acclamation.
Grant that when the shouting dies
we may still walk beside you, even to a cross. AMEN
- A New Zealand Prayer Book

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

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

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

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

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

HOLY WEEK

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

MAUNDY THURSDAY

Infinite, intimate God;
this night you kneel before your friends
and wash our feet.
Bound together in your love,
trembling, we drink your cup and watch. AMEN
- A New Zealand Prayer Book

The feet washing

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

GOOD FRIDAY

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

Blessed be the Name of Jesus,
who died to save us.
Blessed be Jesus,
who had compassion on us.
Blessed be Jesus,
who suffered loneliness, rejection and pain
for our sakes.
Blessed be Jesus
through whose cross I am forgiven.
Lord Jesus, deepen my understanding
of your suffering and death.
AMEN
- Written by young people in Kenya

It was for us, Lord Jesus, that you endured all this:
the hatred, the treachery, the rejection of men;
the scourging, the mockery, the crown of thorns;
the agony and shame and dereliction of the cross.

It was for us men and for our salvation
that you suffered and died.

Give each one of us a deeper understanding
of what you have done for us,
and of what we owe to you;
that we may live as those who are no longer their own
but have been bought with a price,
the price of your life-blood, O Lamb of God,
our most gracious Redeemer and King.

AMEN
- Frank Colquhoun

EASTER EVE

(the hope of the resurrection)

O Lord Jesus Christ, Son of the living God, who on this day rested in
the sepulchre, and so sanctified the grave as a bed of hope to your
people:

Make us abound in sorrow for our sins, which were the cause of
your passion, that when our bodies rest in the dust, our souls may
live with you; who lives and reigns with the Father and the Holy
spirit, one God, world without end.

AMEN
Office of Compline

THE ROAD TO EMMAUS

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

AMEN

God our Father, Creator of all,
today is the day of Easter joy.
May the risen Lord
breathe on our minds and open our eyes,
that we may know him in the breaking of bread
and follow him in his risen life.
AMEN

"I AM THE RESURRECTION AND THE LIFE"

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

ALLELUIA, CHRIST HAS RISEN!

If you were not risen,
Lord Christ, to whom would we go
to discover a radiance
of the face of God?

If you were not risen,
we would not be together
seeking your communion.
We would not find in your presence
forgiveness,
wellspring of a new beginning.

If you were not risen,
where would we draw the energy
for following you
right to the end of our existence,
for choosing you again and anew?

- Brother Roger of Taize
EASTER JOY

*Almighty and everlasting God, we meet with joy
to worship you this Easter Day.*

*And our joy is this,
that he who was crucified, dead and buried
is now alive for evermore,
our risen and reigning Lord.
As we celebrate his triumph
we pray that his joy may abide in our hearts
and that our lives may proclaim his praise.
To him be glory for ever and ever. AMEN
- F. Colquhoun*

EASTER PEACE

*Living Lord, conqueror of death, we remember with gladness
how on the day of your resurrection you appeared to your
disciples in your risen power and said to them
"Peace be with you."*

*Speak that word to our hearts today O Lord.
Lift us above all our doubts and fears; and help us so to
practice your presence and to rest upon your victory that your*

The Liturgy of the Hour

THE UPPER ROOM

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

Living God, for whom no door is closed,
no heart is locked,
draw us beyond our doubts, til we see your Christ
and touch his wounds where they bleed in others. AMEN
- A New Zealand Prayer Book

HALLELUJAH

Christ is risen:
The world below lies desolate.
Christ is risen:
The spirits of evil are fallen.
Christ is risen:
The angels of God are rejoicing.
Christ is risen:
The tombs of the dead are empty.
Christ is risen indeed from the dead,
The first of the sleepers.
Glory and power are his for ever and ever.
-Hippolytus of Rome

A PRAYER BEFORE COMMUNION

Come, Lord, in the fullness of your risen presence, and make your-
self known to your people again through the breaking of the bread,
and the sharing of the cup. AMEN -Robert Runcie

OTHER PRAYERS FOR THE SEASON

Prayer of Richard of Chichester (April 3)

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

A PRAYER FOR REFUGEE RIGHTS DAY (April 4)

Gracious God, no one is a stranger to you In your providential kind-
ness, watch over refugees, all those separated from their loved
ones and those who have had to flee home to seek a better life for
themselves and their families. Bring them safely to the place where
they long to be and together may we be Christ-light.

- Source: Becoming Neighbours, Toronto

A PRAYER FOR EARTH DAY (APRIL 24)

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

- Basil Naylor

St. George (April 23)

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

- from For All the Saints

ST. MARK THE EVANGELIST (APRIL 25)

We give thanks, O Lord, for your servant John Mark : for the grace
by which he triumphed over early failure, and for the inspiration by
which he penned the story of the strong Son of God.
Teach us through his life and writings the secret of victorious living,
and deepen our faith in your redeeming love and power, made
known to us in Jesus Christ our Lord. Amen

- Frank Colquhoun

PRAYER ABOUT THE COVID-19 CORONAVIRUS

Heavenly Father, loving and merciful God, we worship and adore You. In faith, we come before You asking for mercy and forgiveness for our sins against You and Your creation.

In this time of anxiety and distress, we lift up to You the COVID-19 situation throughout the world. Abba Father, we beg You to halt the spread of this disease and to grant healing and comfort to those afflicted. Please cover everyone with the Precious Blood of Your Son, Jesus and protect all of us, especially those in the medical field, from any infection and harm.

Lord Jesus, we beseech You to grace government leaders and medical experts with wisdom and knowledge to combat the spread of COVID-19 and to find a cure for it.

Holy Spirit Lord, please breathe peace and new life into everyone. May You grace us with a strong sense of social responsibility to do the necessary, and to be prudent and considerate in our actions. Bless all people to work together as one family of God and to be compassionate to one another.

Most Holy Trinity, we believe in You and we place all our hope in You.

You are our strength and our shield; in You our hearts trust; so we are helped, and our hearts exult, and with our song we give thanks to You. (Psalm 28:7)

Amen

PRAYERS FOR OURSELVES AND OTHERS

A MORNING PRAYER

Today, my Father, let me be like a tree planted by the river, bringing forth fruit in its season. Let the sap of your Holy Spirit rise within me. Let me not become dry and barren, but rich in abundance and fertility. May many weary ones find refreshment in the shadow of my branches .

AMEN - Brother Ramon

PRAYERS FOR HEALING

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

I prayed:

Please Lord, my life is a mess
Let your love flow through me and bring healing.
And like a river of cool refreshing water you flowed through me,
Not as a gentle stream, a rivulet of hope,
but a torrent sweeping debris away.
All those broken branches,
rust encrusted items and accumulated debris
Which were holding back the flow were swept aside
in a torrent of love,
flooding through my veins,
pouring into my heart and filling my life.
This is healing.
Thank you Lord.
AMEN
- source unknown

A PRAYER FOR A TRANQUIL MIND

Heavenly Father,
in this age of noise and speed and restless activity,
grant us tranquility:
the inner tranquility of spirit which is theirs who trust in your sovereign 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

TRUST IN GOD

Though waves and storms go o'er my head,
Though strength and health and friends be gone.
Though joys be withered all, and dead,
Though every comfort be withdrawn,
On this my steadfast soul relies, -
Father! Thy mercy never dies. Amen
- Johann A. Rothe

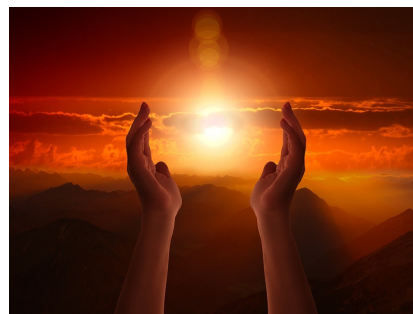
Thank you, Lord Jesus, that you will be our
hiding place whatever happens.
- Corrie ten Boom

A PRAYER OF BLESSING

Go, and know that the Lord goes with you; let him lead you each day into the quiet place of your heart, where he will speak with you; know that he loves you and watches over you - that he listens to you in gentle understanding, that he is with you always, wherever you are and however you may feel: and the blessing of God - Father, Son and Holy spirit - be yours forever AMEN
- Still Waters, Deep Waters

*"Now may the Lord of peace himself give you peace at all times and in all ways,
the Lord be with you all."*

- 2nd Thessalonians 3:16



Prayer for a Pandemic

By Cameron Bellm

May we who are merely inconvenienced
Remember those whose lives are at stake.
May we who have no risk factors
Remember those most vulnerable.
May we who have the luxury of working from home
Remember those who must choose between preserving their health or making their rent.
May we who have the flexibility to care for our children when their schools close
Remember those who have no options.
May we who have to cancel our trips
Remember those that have no safe place to go.
May we who are losing our margin money in the tumult of the economic market
Remember those who have no margin at all.
May we who settle in for a quarantine at home
Remember those who have no home.
As fear grips our country,
let us choose love.
During this time when we cannot physically wrap our arms around each other,
Let us yet find ways to be the loving embrace of God to our neighbours.
Amen.

Going on a Bear Hunt

What a wonderful idea from Adelaide, Australia!

Going on a Bear Hunt around your local neighbourhood in Adelaide
A beautiful community idea has taken off around the world, based on the much loved children's book "We're Going On a Bear Hunt"

To join in the fun, simply put a teddy bear in the front window of your home so families walking past can spot the bear! If you don't have a window that a teddy bear would be seen easily, you could put one on your porch or anywhere at the front of your house that can be spotted. Social distancing restrictions to slow the spread of coronavirus COVID-19 are currently being enforced, so please use common sense and only walk in small family groups currently living together. When taking the kids on a bear hunt, remember the correct social distancing rules and keep at least 1.5 metres away from others.

These restrictions are constantly changing, but we are currently allowed outside to exercise so long as we abide by the rules. You could also go for a drive in the car if you prefer to stay off the footpaths and still participate in your 'bear hunt'. Perhaps share the idea with your family and friends who live in other suburbs and plan a drive-by past the addresses you are already familiar with.

Join the Facebook Group 'We're Going On A Bear Hunt Australia' to see what everyone is doing – it currently has 4,200 members (as at 25 March 2020).





Food for Others on May 31

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. The next one is May 31.

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



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



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

Clothing appreciated



Calgary Alpha House Society gratefully accepts 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.

The **COVID-19** pandemic has prompted rapid restrictions around the world. PWRDF staff are continuing their important work from home. Staff travelling overseas have returned safely to Canada and are working in self-isolation as required by local health authorities.

On March 13, PWRDF board chair Valerie Maier and Executive Director Will Postma emailed our partners around the world, including here in Canada, to express our concern and solidarity. Many of our partners were glad for our message of support. They are also doing their part to increase awareness of how to prevent infection while connecting with their local health authorities to collaborate efficiently and minimize the impact of COVID-19 in their communities. We will stay in contact with all of our partners and continue to support them in their ongoing work in food security and health care, such as in Gaza. This month we are disbursing more funds to support those affected by the Syrian conflict as well as Rohingya refugees in Bangladesh. These programs provide safe water, nutrition, shelter and protection for very vulnerable families, made more vulnerable during this pandemic.

We are grateful for the continued support of our donors. The communities we serve depend on your donations to support them. As the world responds to this pandemic, vulnerable communities that do not have access to quality health care will be even harder hit. If your church is not available to receive your offerings for PWRDF right now, please consider giving to our general funds by donating online or becoming a monthly donor.



Ways to Help at the Mustard Seed

We're Hiring!

Do you have anyone in your congregation who is looking for work and might be a good fit for our overflow shelter?

I've attached the job posting and you can find the link for the application below.

https://easyapply.co/job/shelter-support-staff?rcid=share_with_hiring_manager

2. Donations

We are currently in need of **blankets, board games, cards, puzzles...** for our shelters.

- Twin size blankets
- Men's casual clothing
- General PPE
- Toilet paper
- Hygiene products (soap, shampoo, deodorant, female hygiene products)

You can drop them off at any of the following locations:

TMS Support Centre	102 11 Ave SE	M-S, 9-7	(403)-268-1319
TMS Sorting Center	4216 54 Ave SE Bay 27	M-F, 1-4	(403)-264-8878



How to Talk to Children About the Coronavirus Pandemic

by Alan D. Wolfelt, Ph.D.

As the coronavirus spreads across North America and our daily lives are transformed, we all must be aware of the need for good mental-health care. Obviously, it's a stressful time. Families are confined to their homes. School is canceled. Many businesses are closed. Workers are being laid off en masse, causing financial distress. And then there is the illness itself, COVID-19. Will we or someone we love become critically ill or even die? We are all naturally worried about the "what ifs" and "what nexts."

The youngest among us are not immune to all of this stress. They sense it in the adults around them, and they see it on social media and other sources of information. Their own day-to-day routines have been completely disrupted.

When it comes to painful, complex realities, it can be difficult to know how much we should share with children. Many people have an instinct to protect kids. But as someone who has worked with and advocated for grieving children for many decades, I've learned that what they really need is honesty combined with steadfast care.

Here are a few foundational dos and don'ts.

Follow the child's lead

Pay attention to what the child seems curious or worried about. For younger children, these concerns may manifest through their play rather than directly. You don't need to volunteer a lot of information. Instead, invite them to ask questions. And try saying just a little at a time. Children are often satisfied with short answers and small "doses" of information. When they want to know more, they'll let you know, especially if you are someone who is always straight with them.

Talk openly and honestly to children about what is happening

It's important to be honest with children about difficult circumstances. In fact, I often say that children can cope with what they know, but they can't cope with what they don't know. Be factual. Talk to them about social distancing and that it's necessary to keep people safe. Explain to them that it's mostly elderly people who are at risk of getting really sick or dying. If finances are an issue, it's good to talk to them about that too. If someone in your family has been affected by the virus, keep the child updated. And if your family finances are being stressed, as they are for so many people right now, try not to overburden your children with this challenge. It's OK to let them know about the need to curtail unnecessary spending, for example, but also keep in mind that financial issues are grown-up issues. We must be careful not to make children over-worry about this or feel responsible.

Use developmentally appropriate language

Use simple, concrete language when you talk to children about the pandemic. It's OK to use the words "coronavirus" and "pandemic," because children are hearing those terms, but you will need to explain them in ways that they will understand.

Share your feelings

As I said, we are all naturally worried about and disoriented over the pandemic. Circumstances are changing rapidly from

day to day, and the future is unknown. Children who spend time with you will pick up on your anxiety, so it's essential to tell them what you're worried about. If you don't, they are likely to imagine even worse scenarios—or think that they are somehow to blame or at risk. And it's also important that you practice good self-care to manage any severe anxiety you yourself may be having. If your anxiety levels are too high, theirs will be, too.

Understand magical thinking

Young children are susceptible to what's called "magical thinking." They may believe that their thoughts and behaviors can cause bad things to happen. If they didn't want to talk to Grandma the last time they saw her, for example, and she gets sick, they may secretly believe they caused or contributed to her sickness. So be attuned to any feelings of guilt or shame the children in your care may be hiding, and explain clearly to them that none of this is their fault.

Be patient, kind, and reassuring

Most of all what children need is reassurance that they are being cared for and that their family and others they care about are safe.

Routines help children feel safe, so if their daily routine has been turned upside-down, it's important to create a new routine. Even if you're stuck at home, you can still have breakfast together at a certain time and follow a daily schedule. Keeping evening rituals consistent is also essential. And while all of this is going on, try extra hard to be patient and kind. I know it's extremely challenging to manage children patiently when school and activities are not there to help share the "it takes a village" burden, but keep in mind that your children will likely have strong memories of this strange interlude in their lives, as will you. You don't need to be perfect. You just need to be caring, consistent, and honest.

It's also important to emphasize to children that lots and lots of grown-up doctors, scientists, and government workers across the world are working to solve the problem. It is our responsibility, not children's. We are working hard on treatments and vaccines as well as ways to help families who need help. We will get through this.

And I hope you will take advantage of any extra time you have during the quarantine to use for cuddles, hugs, and play. Physical closeness and care go a long way in helping children feel safe and loved.

About the Author

Dr. Alan D. Wolfelt is a noted author, educator, and grief counselor. He serves as Director of the Center for Loss and Life Transition in Fort Collins, Colorado, and is on the faculty at the University of Colorado Medical School's Department of Family Medicine. Among his many bestselling books are *Healing A Child's Grieving Heart* and *Finding the Words: How to Talk with Children and Teens about Death, Suicide, Homicide, Funerals, and Other End-of-Life Matters*. To order Dr. Wolfelt's books and for more information, visit www.centerforloss.com.



Easter Quiz

1. What was the Jewish feast which was being celebrated the week Christ was crucified?
2. When Jesus entered Jerusalem during what is known as His Triumphal Entry, what animal was He riding on?
3. Why is the Sunday before the resurrection called Palm Sunday?
4. Which disciple cut off the ear of the high priest's servant in an attempt to protect Jesus from being taken as a prisoner?
5. What was the name of the high priest's servant who had his ear cut off by the disciple and subsequently reattached by Jesus?
6. How many times did Peter deny Christ after the abandoned the Lord?
7. How many pieces of silver did Judas trade the life of Jesus for?
8. How did Judas identify Jesus to the soldiers?
9. In repentance Judas returned the money to the priests that he was given as the price of betrayal of the Lord and then did what?
10. The priests took the money that Judas had returned to them and did what with it?
11. Who was surprisingly released before Pontius Pilate sentenced Jesus to death?
12. What did Pilate's wife counsel him to do concerning Jesus?
13. A man named Simon was compelled to carry the cross of Jesus. In Mark 15 we are told the names of Simon's two sons. What were their names?
14. What was the inscription above the cross?



15. Can you quote 4 of the 7 statements recorded in the Bible that Christ said from the cross?
16. Following the statements of Jesus on the cross, there was a statement by a Roman soldier concerning Christ. What was it?
17. What happened in the Temple as a sign that the death of Jesus had made way for the individual believer to approach God?
18. When Jesus died there was darkness in the land. How long did it last?
19. In John 19 two men helped prepare the body of Christ for burial. One is said to have been a secret disciple and another secretly came to Jesus early in His ministry to ask question. Who were these men?
20. Who was the first person to see the risen Christ?

Read more: <https://www.whatchristianswanttoknow.com/easter-bible-quiz-20-trivia-questions/#ixzz6Fq0CGLNo>



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.



The upcoming grief seminars with Dr. Wolfelt on April 21st and 22nd, 2020, have now been postponed. They have tentatively rescheduled Dr. Wolfelt's keynote addresses for November 2020 and will keep you updated as we know more. McInnis & Holloway and Heritage Funeral Services invite you to view Dr. Wolfelt's Grief Library on their website. There are many helpful articles to assist you through this challenging time.

Prayer Shawl Ministry—Meeting again in the Fall

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.

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.

Earth Day - the world needs you

The theme for Earth Day 2020 is climate action. The enormous challenge — but also the vast opportunities — of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary.

Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable.

The world needs you — and your actions — for Earth Day 2020.

There's so much you can do to help protect and restore our planet, from joining a cleanup or climate strike, to taking part in the world's largest citizen science initiative, to hosting an event in your own community!



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.

Final Dates for the Celtic Services and Creative Group:

Postponed until further notice.



Ancient Story, Modern Message: The Cracked Pot

An elderly Chinese woman had two large pots. Each pot hung on the ends of a pole, which she carried across her shoulders. Every day, she used this device to carry water to her home.

One of the pots was perfect and always delivered a full portion of water. The other had a deep crack in it and leaked. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this situation occurred daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, the cracked pot spoke to the woman one day by the stream, saying, "I am ashamed of myself because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled and replied, "Did you notice that there are flowers on your side of the path, but not on the

other pot's side? I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walked back home you watered them and made them grow. For two years, I have been able to pick these beautiful flowers to decorate the table and give to my friends and neighbors. Without you being just the way you are, there would not have been this special beauty to grace our homes and lives."

Sometimes, it's the "cracks," or what we perceive as imperfections, in this reality that create something unexpected and beautiful. These "cracks" allow something to change and ultimately make the whole much richer and more interesting. Every thing and every being has its own unique purpose and destiny to fulfill. This is one of the great beauties of the Tao.



Traditional Chinese Medicine World Foundation. <https://www.tcmworld.org/ancient-story-modern-message-the-cracked-pot/>

fbclid=IwAR0VpM5Y5J2WiE5zuasWCN4uj0-E38oKtqIW1KQtpcHaSgbV5pQFXw Vs8

In a time of distance

By Alexander McCall Smith

March 19, 2020

The unexpected always happens in the way
the unexpected has always occurred:
While we are doing something else,
while we are thinking of altogether
Different things - matters that events then show
to be every bit as unimportant
As our human concerns so often are;
and then, with the unexpected upon us,
We look at one another with a sort of surprise;
how could things possibly turn out this way
When we are so competent,
so pleased with the elaborate systems we've created -
Networks and satellites, intelligent machines,
pills for every eventuality - except this one?
And so we turn again to face one another and discover
those things we had almost forgotten,
But that, mercifully, are still there:
Love and friendship, not just for those
To whom we are closest,
but also for those whom we do not know and of whom
Perhaps we have in the past been frightened;
the words brother and sister, powerful still,
Are brought out, dusted down,
found to be still capable of expressing

What we feel for others, that precise concern;
joined together in adversity
We discover things we had put aside:
old board games with obscure rules,
Books we had been meaning to read,
letters we had intended to write,
Things we had thought we might say
but for which we never found the time;
And from these discoveries of self, of time,
there comes a new realization
That we have been in too much of hurry
that we have misused our fragile world,
That we have forgotten the claims of others
who have been left behind;
We find that out in our seclusion, in our silence;
we commit ourselves afresh,
We look for a few bars of song that we used to sing
together, a long time ago; we give what we can,
We wait, knowing that when this is over a lot of us -
not all perhaps - but most,
Will be slightly different people, and our world,
though diminished,
Will be much bigger, its beauty revealed afresh.

Helpful Information

Office Closed until further notice

Following the Alberta Government's recommendation, and the directive of the Diocese, both our buildings are closed to all visitors. Phone messages and emails will continue to be checked and answered regularly.



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

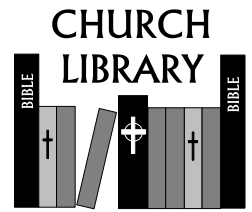
PWRDF—www.pwrdf.org



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.



April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Palm Sunday	6	7	8	9	Good Friday 10 11:00 am Online service	11 Holy Saturday
Easter 12 10am Online service	13	14	15	16	17	18
19 10 am Online service	20	21	22 Time TBA "The Way of Love" Study	23	24	25
26 10 am Online service	27	28	29 Time TBA "The Way of Love" Study	30	May 1	2