

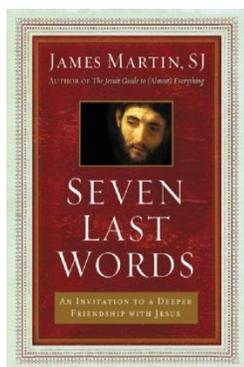
# Living Waters

## February 2021



# LENT 2021

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# St. Paul's

## information



## SERVICE TIMES

**Sunday Services** at 9:30 online go to Sermons on our website

**1st & 3rd Week of each month (Wednesday or Thursday):** 9:30 a.m. via Facebook and You tube

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 2021

**Administration:** Paul Bourgeois

**Caring Contact:** Fergus

**Christian Education:** Tosan Chigbo

**Communications:** Paul Bourgeois

**Community Connection:**

Muyi Ekomwenrenren

**Hospitality:** Steve Colle

**Maintenance:** Gerald de Vries

**Incumbent's Warden:** Ingrid Bolton

**New Members:** Julie Wilson

**Pastoral Care:** Nicola Peden

**People's Warden:** Cam Cline

**Outreach:** John L'Ecuyer

**Stewardship:** Laura Anne Fink

**Sunday School:** Shannon Colle

**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 – Laura Anne Fink  
Library – Doreen & Kerry Peters  
Anglican Fellowship of Prayer  
– Dinah Breu  
Sunday School Coordinator  
– Shannon Colle

## **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

## Synod Delegates

Cam Cline  
Gloria Ford  
Alternates: Parish Council

## MCES Directors

Kerry Peters , Iona Shaw

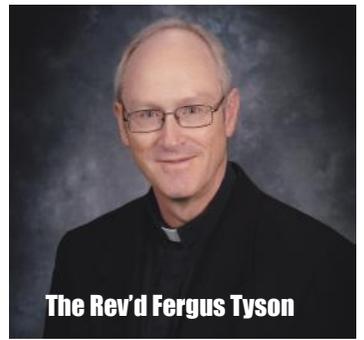
## Treasurer

Treasurer: Ingrid Bolton



## **INCUMBENT'S MESSAGE**

# **Walking an Untrodden Path with God and One Another**



**The Rev'd Fergus Tyson**

*"... for you have not passed this way before ..." (Joshua 3:4)*

Have you ever gone back and read something you wrote when you were younger, and smiled at the naïveté? Perhaps a diary in which you proclaimed that this or that person was "the one" ... or how you used to think some health condition was a big deal, until something a whole lot bigger came along? Well, I had that reaction when I saw that I picked as the theme passage for my 2017 the verse quoted above from Joshua 3:4. In my Report, I explained why I'd picked it:

*The larger passage reads: "At the end of three days the officers went through the camp and commanded the people, 'When you see the ark of the covenant of the LORD your God being carried, then you shall set out from your place. Follow it, so that you may know the way you should go, for you have not passed this way before'" (Joshua 3:2-4).*

*The people were about to cross over the Jordan River into the Promised Land. They're not told the details about what's going to happen when they do this. Instead, they're told to follow God - to follow the Ark of the Covenant wherever it goes. The Lord is doing something new in their midst - they have not passed this way before. If they stay near God, then and only then will they know the way to go.*

*I'd like to suggest that this is our situation at St. Paul's. The year ahead will present us with many changes, as we face the financial challenges set forth in our Budget. "Business as usual" is not an option for us. So we'll have to change some of "the ways we've always done things" at St. Paul's, and be open to new ministries the Holy Spirit stirs up in our midst. We "have not passed this way before." But if we commit ourselves, each of us, to stay close to God this year - closer, in fact, than we have ever stayed before - then we shall be guided into all that God has in store for us.*

*And remember: what God had in store for those to whom the words of Joshua 3:4 were spoken was the Promised Land! Hallelujah!*

Well, I had no idea I was writing those words three

years early! All the challenges we faced in 2018 seem pretty quaint in comparison with what we've just gone through in 2020! If those words applied to us in 2018, and I believe they did, they applied to us in spades this past year!

I say past year, because, of course, it was only one. But in many ways, feels like 2020 was the tale of 2 years ... One was very short - being only the months of Jan. and Feb. The second, which felt like it lasted a decade, was from Mar. to Dec.

The four different aspects of our life together, worship, discipleship, fellowship, and outreach all show it. I detailed these in my Incumbent's Report for our Annual Meeting. (Just ask anyone who was in attendance - I detailed them!) You can view this Report (once it's posted next week) by clicking on this link: <https://www.stpaulscalgary.ca/resources/documents/pages/amp-documents>.



2020 was a year of adapting, of realizing that "the way we've always done it before" was, of necessity, not going to be the way we were going to do it now. It was a year of coming to realize the bottom line of who we are as church. The church is not a building, as we sing. The church is a group of people determined to stay close to the Lord, and follow him wherever the road winds next - many times holding on for dear life as we do so! 2020 was different from 2018, or most of our lives, but as the Archbishop pointed out in his Address to Synod, not for many Christians throughout the world pre-COVID, and certainly not for Christians throughout time, including our own namesake. We are now one with them, we now "understand" as they do, in a way similar to the way someone who's been married for 50 years looks back and smiles at the juvenile diary about "the one", or the way a cancer survivor looks back and smiles about complaints of ingrown eyelashes, what it means to really not know where you are going, but know that all you need to do is stay close to the One who does, and this One will lead you home, to the Promised land.

The First Archbishop of Canterbury, Augustine, was one who "understood." In a world where up to 1/3 of the population were dying from the bubonic plague, and the world was politically in administrative chaos, he wrote the following prayer, with which I'd like to

end this Message, and which I suggest we make our own:

*Watch O Lord,  
with those who cannot sleep or weep tonight.  
Tend your sick ones.  
Rest your weary ones. Bless your dying ones.  
Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones.*

*Breathe in us O Holy Spirit,  
that our thoughts may all be holy.  
Act in us O Holy Spirit, that our work,  
too, may be holy.  
Draw our hearts O Holy Spirit,  
that we love but what is holy.  
Strengthen us O Holy Spirit,  
to defend all that is holy.*

*Guard us, then, O Holy Spirit,  
that we always may be holy.*  
Guide us O God, and keep us ever close to your heart.  
Through Christ our Lord. Amen.

We're walking an untrodden path with God and one another. May we stay close to each other, and to the One whose everlasting arms ever hold us close to the heart of God in the embrace of love.

God bless you all, always.

Your Brother in Jesus



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## A Word from Fergus about Our Outreach Tithe

The amount of money we gave as a Parish to Outreach suffered in 2020, as we gave 4.5% (\$8,700) of our income, instead of a full 10% tithe. This is deeply upsetting to all of us in Parish Corporation, on Parish Council, and our whole Parish family. Some have, understandably, wondered why we did not give the additional \$10,600, when we ended the year with a \$16,000 net profit.

The answer is that the Diocese allowed us to reduce our Apportionment last year by \$14,000. We also received \$18,000 in Government support. If we'd paid our full Apportionment in 2020, and had not received Government assistance, we would have had a \$16,000 deficit. In November, the Diocese informed us (and all Parishes) that reducing Apportionment was not to be considered an option in 2021. There's also no more Government assistance on which to draw. So this was the situation we were facing, going into 2021:

1. We'll be expected by the Diocese to pay \$14,000 more in Apportionment.
2. We'll receive \$18,000 less support from the Government.
3. We expect 2021 to be a year much like 2020 as far as in-person attendance goes.
4. We have few non-designated funds in reserve from which to draw.

After prayerful deliberation, Corporation advised Council that, to protect the vulnerability of our Parish's financial well-being, we believed the best plan was to keep this \$16,000 in the bank, which would enable us to absorb the \$20,000 deficit we're anticipating in 2021 from keeping our full Salary, Apportionment, and Outreach Tithe commitments. After discussion, in which we all expressed our sadness at the need to make this decision, Parish Council unanimously agreed with Parish Corporation's recommendation.

I want to assure everyone that in no way does this action show a wavering in our commitment in Corporation or Parish Council to Outreach. Parish Corporation and Council proposed, and our Annual Meeting approved, a 2021 Budget, in which we anticipate a \$20,000 deficit and still plan to give a full 10% tithe of our income to Outreach. The attached chart of our Outreach Tithe from 1998 to the present shows that the words of commitment to Outreach we speak at St. Paul's are demonstrated by our actions. In particular, I want to draw to our attention that the top 4 years for percentage of income given to Outreach at St. Paul's occurred between 2015 and 2019. The two highest amounts were 10.8%, reached in 2016 and the year before the pandemic, 2019. I'm proud to be part of a Parish with such a commitment to Outreach as part of our DNA. I rejoice in the knowledge that we'll continue to show this commitment in the year, and the years, to come.

## The Outreach Tithe at St. Paul's

### Three Points of Note:

1. When discussing St. Paul's outreach tithe, it's vital to use a consistent definition of "offering income," to compare apples to apples. The figure in **blue** on the left in each row of the "Offering Income" column uses a definition that excludes any offering that is not "General" or "Open." This is the definition of offering income that was used when the goal was set to give a tithe of each year's offering income to outreach, and continued to be used until the 2013 Budget. The figure in **red** on the right side of each row in the "Offering Income" column uses a reckoning of offering income that includes "Specified" or (from 2008 on) "Special" offerings. This is the definition of "Offering Income" that has been used from 2013 to the present. Similarly, the figure in **red** on the left side of each row in the "Percentage" column uses the more inclusive definition of "Offering Income," and the figure in **blue** on the right side, uses the definition that includes only "General" or "Open" offerings.

2. In the 1999 Annual Meeting Minutes, it says: "*Outreach was originally to be based on 4% per annum increasing annually by 1% until the target of 10% per annum was reached. This anticipated funding had been shelved*

during the period required to raise funds for the new Church building. ... Ian Chuckrey responded to this and indicated ... that it is still hoped, in due course of time, to increase the amount allotted to outreach, however at the present time ... this will not happen.” The year 2000 saw this stall continue, but by 2001, the number was increasing steadily.

3. Using the **blue** figures on the right side of the rows in the “Percentage” columns, the top 4 years for percentage of income given to outreach at St. Paul’s occurred between 2015 and 2019. The two highest marks were 10.8, reached in 2016 and 2019, the latter being (of course) the last year before the pandemic. The same holds true if the **red** figures on the left side of the rows are used. So there’s no trend toward reduced percentage of giving to outreach, rather exactly the opposite.

Year	Offering Income	Given to Outreach	Percentage
1998	*85,039 + “Specified”* = 89,269	3,667	4.1 / 4.3
1999	106,822 / 111,436	4,499	4.0 / 4.2
2000	124,267 / 149,503	4,901	3.3 / 3.9
2001	148,969 / 165,808	8,109	4.9 / 5.4
2002	155,396 / 170,868	9,326	5.5 / 6.0
2003	173,596 / 188,503	12,127	6.4 / 7.0
2004	157,085 / 173,236	12,305	7.1 / 7.8
2005	152,792 / 170,359	13,735	8.1 / 9.0
2006	156,851 / 168,442	15,685	9.3 / 10.0
2007	179,328 / 198,583	17,755	8.9 / 9.9
2008	196,228 + “Special”* = 210,914	19,016	9.0 / 9.7
2009	190,280 / 208,709	18,423	8.8 / 9.7
2010	191,016 / 206,032	18,827	9.1 / 9.9
2011	196,720 / 210,812	18,859	8.9 / 9.6
2012	196,727 / 203,295	19,060	9.4 / 9.7
2013	204,660 / 208,195	19,845	9.5 / 9.7
2014	222,299 / 230,770	20,466	8.9 / 9.2
2015	221,875 / 238,419	22,682	9.5 / 10.2
2016	215,729 / 224,179	23,384	10.4 / 10.8
2017	220,741 / 233,291	22,328	9.6 / 10.1
2018	226,878 / 238,345	22,227	9.3 / 9.8
2019	206,576** / 220,793	22,326	10.1 / 10.8
2020	192,966 / 193,236	8,708	4.5 / 4.5
2021***	202,500 / 202,650	20,250	10.0 / 10.0

\* “Specified” was used from 1998 to 2007. “Special” has been used from 2008 to the present. The 2 terms seem to mean much if not entirely the same thing. From 2008 onward “Special” refers to the Christmas, Easter, Thanksgiving, and Sunday School offering amounts (the latter meaning offerings given by the children in Sunday School).

\*\* No funds are given a “Special” designation in 2019 in the Annual Meeting Financial Report. The figure of 14,217 is reached by adding up the Christmas, Easter, Thanksgiving, and Sunday School offerings.

\*\*\* The figures for 2021 are those that are in the 2021 Budget.

## ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TIME
Feb. 7	Fergus		Fergus	
Feb. 14	Fergus	Bob	Bob	Bob
Feb. 17 Ash Wed.	Fergus		Fergus	
Feb. 21	Fergus	Norman	Norman	
Feb. 28	Norman	Fergus	Fergus	Fergus
Mar. 7	Fergus		Fergus	

# UPCOMING SERVICES

Services will be available Live Streamed on Facebook or our YouTube Channel and website (to access Services on our website, please click on the Sermon tab in the top right hand corner of the home page). **There are no in-person Services until further notice.**



**Sunday, February 14:** Transfiguration Sunday  
**Wednesday, February 17:** Ash Wednesday  
**Sunday, February 21:** Lent 1  
**Sunday, February 28:** Lent 2, Triple C  
**Sunday, March 7:** Lent 3

## UPCOMING EVENTS

Watch announcements for when events will resume or be rescheduled

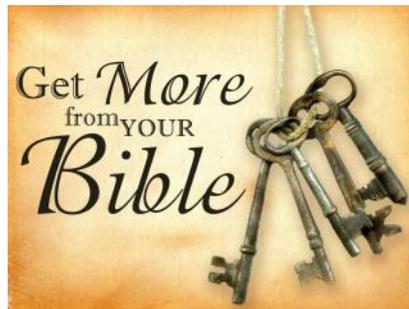
**Ladies' Luncheon**    Undecided at this time  
**EPIC on ZOOM**      Once a month on Sunday afternoons from 2:00 to 3:30 pm

## BIBLE STUDIES & PRAYER MEETINGS & SERVICES

**Bible Study:** Wednesday Bible Studies at 10:30 am on the Readings for the upcoming Sunday. They're always great times of insight and fellowship. M'Laurel is offering these Bible Studies, via Zoom or regular phone. If you'd like to participate, or be given more information, please contact her at [msthompson@xplornet.ca](mailto:msthompson@xplornet.ca). Thank you, M'Laurel, for this!

**Prayer Group:** Second or third Mondays of the month at 7:30 pm on Zoom.

**Midweek Prayer Service:** First & third Thursdays (usually) on Facebook & YouTube



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

**February** – Prayers of the people, Sunday prayer teams,

**March** – Nursery, youth group, shepherding, promote Easter services, Altar guild, PWRDF, hospitality, promote Lenten study and shrove Tuesday dinner

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

**May** – Bible study, 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

# 2021 LENTEN STUDY

## THE SEVEN LAST WORDS OF JESUS



**Our Lenten Study this year will be “The Seven Last Words of Jesus.”**

We'll reflect on Our Lord's words on the Cross, and the profound insights they give into the heart of existence. We'll be helped to do this by James Martin's book *Seven Last Words* (available for free as a pdf file), video of Fr. Martin and the faculty of the Franciscan University of Steubenville, and posts from Fergus' Pastor's Postings blog.

**There will be 7 Sessions, starting Ash Wed., Feb. 17, and continuing to Spy Wed., Mar. 31. Sessions will take place from 10:30 to 12 noon and 7:30 to 9 p.m.**

**EVERYONE'S WELCOME! If you'd like to participate, please let Fergus know via 403-256-1428 or [pastorfergus@gmail.com](mailto:pastorfergus@gmail.com) so that he can email you the Zoom link and pdf book. In your email, please let Fergus know if you'd prefer a morning or evening Study time.**

# Pass the syrup — it's Shrove Tuesday!



## What is Shrove Tuesday?

Shrove Tuesday is a day of indulging in the rich, fatty foods that were traditionally abstained from during Lent. Making pancakes was a way to use up butter, milk, sugar and eggs before the 40-day fast.

Celebrated the day before Ash Wednesday, Shrove Tuesday (also called “Pancake Tuesday” or “Pancake Day”) is the final day before the 40-day period of Lent begins. This year it falls on Feb. 13.

Its name comes from the Germanic-Old English word “shrive,” meaning absolve, and it is the last day of the liturgical season historically known as Shrovetide. Because it comes directly before Lent, a season of fasting and penitence, this was the day that Christians would go to be “shriven” by their confessor.

Shrove Tuesday also became a day for pre-fasting indulgence. In particular, the need to use up rich ingredients such as butter, milk, sugar and eggs before Lent gave rise to the tradition of eating pancakes on this day.

There are even historical references to a “pancake bell” in English towns being rung around 11 a.m. on this day to signal that it was time to get frying.

For Anglican churches across Canada, Shrove Tuesday means gathering for a pancake supper. Many churches host dinners or luncheons, serving pancakes usually with a range of toppings, fruit and sides like bacon or sausages. Visitors are usually asked to give a small contribution or freewill offering.

## Feasts and fests around the world

In **Madeira, Portugal and Hawaii**, malasadas — doughnut-like, sugar-coated confections — are eaten the day before Ash Wednesday. While in the **United Kingdom and Commonwealth countries**, pancakes are traditionally eaten, other countries across the globe celebrate with different dishes.

In **Spain**, the day is named *día de la tortilla*, or “omelette day,” and the traditional food is an omelette made with sausage or pork fat.

In **Iceland**, people traditionally gorge on salted meat and peas on the day illustratively called *Sprengidagur* (“Bursting Day”). Green pea soup and a whipped-cream-filled pastry are the orders of the day in **Finland and Estonia**.

**Louisiana** famously celebrates Mardi Gras (French for “Fat Tuesday”) on this day, a carnival that includes a giant parade through the city. Other countries, including **Brazil, Belgium, the Cayman Islands, France, Russia and Ukraine**, hold Mardi Gras celebrations with carnivals and festivals.

In **Newfoundland and Cape Breton Island**, an added tradition sees small items baked into the pancakes that are served on Shrove Tuesday. These objects have symbolic value: “a coin means the person finding it will be rich; a pencil stub means he/she will be a teacher; a holy medal means they will join a religious order; a nail that they will be (or marry) a carpenter, and so on,” according to the Newfoundland and Labrador Heritage [website](#).

Many towns and villages throughout the United Kingdom celebrate with pancake races, in which runners with frying pans — and often wearing aprons or chefs’ hats — race while tossing and catching a pancake. In London, the [Rehab Parliamentary Pancake Race](#) takes place every year, with members of Parliament, Lords and members of the press picking up frying pans and competing to raise money for charity.

— Joelle Kidd joined the *Anglican Journal* in 2017 as staff writer. She has worked as an editor and writer for the Winnipeg-based *Fanfare Magazine Group* and as freelance copy editor for *Naida Communications*.

<https://www.episcopalchurch.org/dfms/pass-the-syrup-its-shrove-tuesday/>

## St Paul’s Pancake Supper

Since we can’t meet together for our Annual Pancake Supper, don’t forget to have your own family pancake supper. Shrove Tuesday is on February 16.

If you would like to send us a picture of your family Pancake Supper we can do a collage for the March Living Waters.

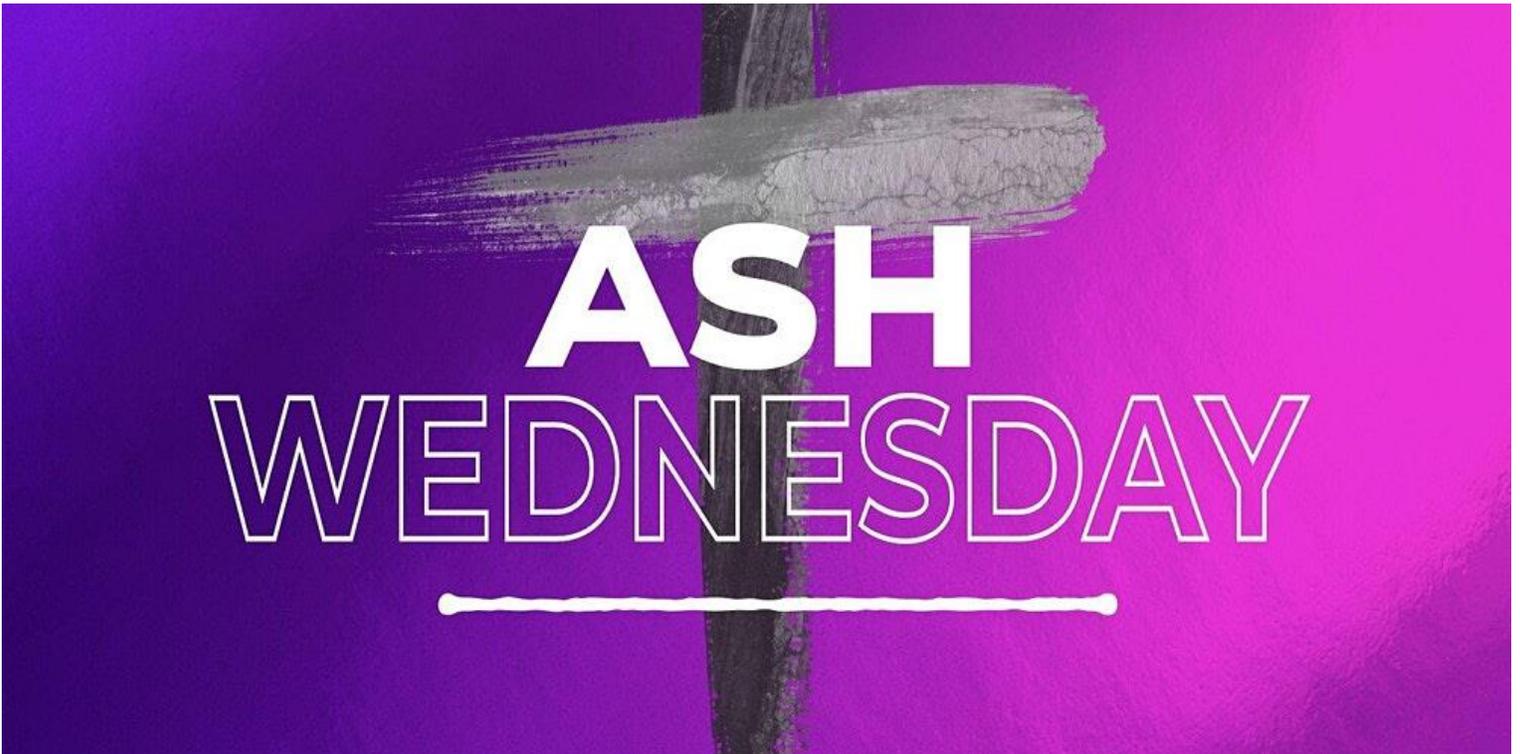


# **ASH WEDNESDAY SERVICE**

*On Ash Wednesday, Feb. 17 at 9:30 am, there'll be a Video Service of the Imposition of Ashes posted on Facebook and YouTube.*

*We're putting blessed ashes into little bags, for households to pick up, so that we can all place the ashes on each other's brows when that part of the Service is reached.*

There are 2 ways to receive the bags of ashes. The first way is to go to our parking lot on **Sunday** afternoon, Feb. 14, from 2:00 to 2:30 p.m., and roll down the window of your vehicle to receive them. The second way is to contact the Office to arrange a time to pick the ashes up from the mailbox by main entrance to the church (the one with the park bench). Many thanks, Robbie, for putting these bags together for us.



**Ash Wednesday is the day in which Christians gather to receive the imposition of ashes.**

Ashes on the head have signified repentance from biblical times. Job said, "I repent in dust and ashes."

Ashes also represent mourning, as Tamar in the Old Testament used them to mourn her abuse which was not in any way her fault, but which devastated her.

Ashes are the result of burning. This burning in our lives is from our own sins and follies and from the abuse of others, and ashes represent both. They remind us that we are living in this mortal world, this fallen world, and that we are made from dust, when all else is burned away. We are mortal and will return to our maker.

Christians believe, rightly, that God is good and that he loves us. We believe that through the death and resurrection of Christ we can be forgiven and "boldly go before the throne of grace." We know that even though we don't understand exactly how God will make the wrongs of the world right, he will.

And yet we live in a time in which all of those promises are not yet fulfilled. We feel the pain of sin and brokenness. Ash Wednesday and Lent remind us that we still live in this fallen world, and that we are a part of that fallenness. No one is free of sin. It gives us permission, in fact it calls us, to acknowledge the reality we see within ourselves, and around us.

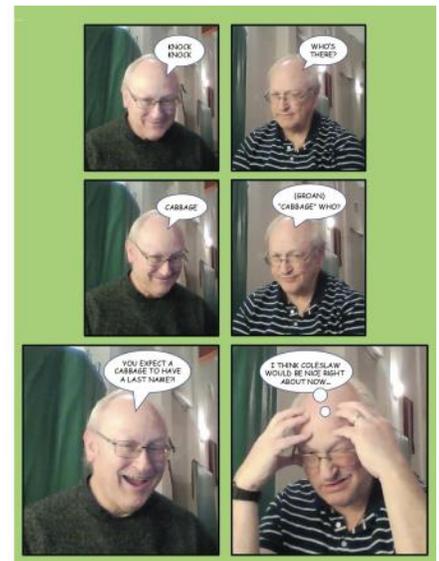
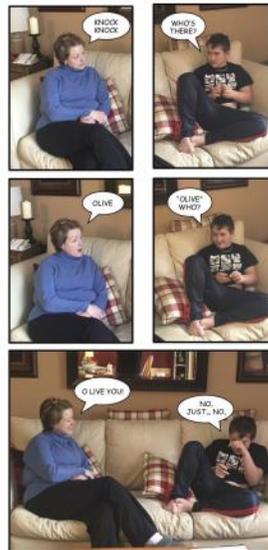
By [Greg Goebel](#) | March 5th, 2014 alt. (one part of his piece on Ash Wednesday)

<https://anglicancompass.com/ash-wednesday/>

# VIRTUAL SUNDAY SCHOOL AND YOUTH EVENT

The EPIC Club (Encouraging People In Christ) welcomes all ages to participate and have a place to reconnect with one another. During this time of isolation with COVID-19 restrictions we are using ZOOM to stay connected however we look forward to meeting again in person once possible.

**EPIC-5 is coming soon with a Lent theme! Plan on spending a great time that's fun for the whole family in St. Paul's own expression of "Messy Church"! All ages—toddlers to teens, parents and grandparents, are WELCOME! To participate, please email Fergus at [pastorfergus@gmail.com](mailto:pastorfergus@gmail.com) for the Zoom information. Please invite family and friends to join us! THANK YOU, Shannon, and all leading these!**



## EPIC-4, our 4<sup>th</sup> EPIC Event

Steve shared with us about comic strips and comic books, and then told us how to make a "knock knock comic."

We remembered that, as Shannon wrote, "Telling a story – even a "Knock Knock" joke – is a gift we all share, something God has given each one of us. How we tell it may be different, such as through talents of acting, writing, art, and language, but that ability to communicate is God's gift to you."

We picked a joke, took photos of ourselves and our unique facial reactions, and then emailed them to Steve, for him to put everything together. The results so far are the strip above, which (in gmail, at least) will enlarge if you single click on it, and then click on "Original size." We're posting these images on Facebook and Twitter, and they'll be featured in our Feb. issue of "Living Waters." Thank you, Steve, for a fun and informative afternoon, and for all your follow-up work on this!



# TALKING ABOUT STEWARDSHIP IN THE TIME OF A PANDEMIC

By Ven. Kim Van Allen

## How do we talk about stewardship during an international pandemic?

People are willingly isolating themselves from one another to protect everyone. Children are home or need day-time care, layoffs affect family incomes, business owners face loss too. Worship and prayer have become a personal thing rather than the body gathered. The weekly trip to the grocery store is a risk rather than a joy or a simple necessity these days. I would never have imagined ordering my groceries on-line for pickup, but today it seems like the right thing to do for all involved.



Three members of my parish died within the first two weeks of worship suspension. Helping families and parishioners cope with their loss at a time when funerals cannot happen again is a new element to ministry. Yet we are creating new ways, even if only temporarily. We are doing what we can to support one another, proclaim the gospel, worship at home, feed the hungry, comfort those who mourn, and keep the faith. Phone calls, cards, text messages, emails, bowl of home-made beans or stew from a neighbour left on the front porch ~ all of these are ways you have so beautifully enabled community to happen in spite of it all. Bless you.

You see, stewardship is really what we decide to do with what we have. Whether we are talking about your time, energy, skills, physical ability, property, or money – what you do with what you have is stewardship.

Jesus tells us that where our treasure is, there our heart will be also. What we value orients where our life is spent. Helping one another as you do so very well is one of the ways you exercise stewardship. You express love for neighbour with great generosity.

In time, history will tell us how we did in our response to COVID-19. Your church's ministry continues even though we cannot gather together in our usual ways. Leadership, prayer, worship, and pastoral support carry on in new ways. A great deal of thought, discussion, and time have been devoted to determine how ministry will carry on! Our norms have shifted and that shift has required some thinking!

Church is still happening and is still making a difference in people's lives. How you are involved in these new ways is yours to decide. Will you continue to support God's work through your church even though we cannot gather on Sunday morning? Trust me, communities do not want to lose their churches. All the things you do to care for others, offer hospitality to your neighbourhood or other caring groups, the prayers you pray, the encouragement you offer, the hope you bear ~ all of this proclaims the faith you have embraced.

This is how we talk about stewardship in a time of crisis. Ministry carries on because we are grounded in God's life-giving ways revealed to us through Jesus Christ. Participate in the ways you still can in these strange times. Your gift of time, energy, and money may be different now, but will contribute to the ministry offered by your church.

*Ven. Kim Van Allen is a member of the Stewardship Committee*

[kimvanallen@diohuron.org](mailto:kimvanallen@diohuron.org)

<https://diohuron.org/talking-about-stewardship-in-the-time-of-pandemic/>

## St. Paul's Anglican Church 2020 Comparative Income Statement (\$)

	2020 Actual	2020 Budget AMP		2019 Actual
<b>Income</b>				
General	192,640	216,425		216,425
Open	326	4,300		4,319
Special/Sunday School Open	270	50		50
<b>Offering Total</b>	<b>193,236</b>	<b>220,775</b>		<b>220,794</b>
Other income	2690	11,100		11,126
COVID-19 Relief Subsidies	17,920	0		0
Youth Event Fund transfer	0	0		500
Find Transfer	0	0		358
Fundraising events	1,169	4,100		4113
<b>Total Income</b>	<b><u>215,015</u></b>	<b><u>235,975</u></b>		<b><u>236,891</u></b>
<b>Expense</b>				
Utilities/Insurance	12,995	15,089		14,779
General Maintenance	14,373	12,481		12,224
Administration	21,037	26,452		27,803
Ministerial	116,800	116,872		115,556
Apportionment	16,617	30,468		33,108
Communications	738	1,284		1,258
Worship	6,651	8,143		8,008
Christian Education	1,259	2,734		2,678
Hospitality, Fellowship	27	2,076		2,034
Outreach	8,708	22,079		22,326
Pastoral Care	0	417		409
Other	71	583		571
<b>Total Expense</b>	<b><u>199,276</u></b>	<b><u>238,678</u></b>		<b><u>240,753</u></b>
<b>Net Operating Profit/(Loss)</b>	<b><u>15,739</u></b>	<b><u>-2,703</u></b>		<b><u>-3,862</u></b>
<b>Other Income</b>				
Interest Revenue	251	925		927
Transfer to Project Fund	0	0		-245
<b>Net Profit/(Loss)</b>	<b><u>15,990</u></b>	<b><u>-1,778</u></b>		<b><u>-3,180</u></b>

**Twice As Sweet**

On Valentines Day, we show our love;  
We express our deep affections.  
Those who are important to us  
Get cards and sweet confections.

But Christian love is not just for  
The ones we hold most dear;  
Jesus said "love everyone;"  
He made that very clear.

For Christians, it is every day  
We should care and love and serve  
Everyone we meet in life,  
Whether they do or don't deserve.

Let's follow Jesus' good command  
To love everyone we meet.  
Valentine's Day every day  
Will make life twice as sweet.

By Joanna Fuchs



**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.

**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**

As we all struggle through isolation and uncertainty this maybe a good time to start a Grief Support Group. Grief comes in many forms it is a struggle with any form of loss.



We are all dealing with loss of companionship human contact and the ability to do the extra things in our lives such as travel.

If you feel that it would help you to have people to talk to at this time, please let Laura Anne (office@stpaulscalgary.ca) know and we will look into starting a group to meet on ZOOM once or twice a month. This will be a time to talk and share with others who are also struggling.



**Prayer Shawl Ministry—**

We will resume when it is safe to do so. No experience needed! Everything is supplied. For more info. contact Laura Anne at the Parish Office. I'm looking at having a monthly ZOOM meeting for our Prayer Shawl Ministry. I can drop fabric and patterns off at people's homes and then we can get together to sew via ZOOM. I did this with another group and it went well. If anyone is interested in doing this please let me know.



# St. Paul's Outreach Ministry



## Food for Others on May 30

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. The next one is **May 30**.

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



## 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 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.

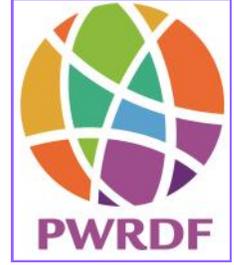


There is clearly marked Alpha House bin on the

base of a coat rack near the south entrance where you can leave donations.

## PWRDF

### The Work of PWRDF Continues



PWRDF supports partners in Canada and throughout the world who are implementing grassroots solutions relevant to the particular needs and situation of their local communities. This approach empowers communities to take a leading role in their own development, which ultimately moves them closer to a place of sustainability and self-sufficiency. PWRDF believes this grassroots, capacity-building approach is crucial is fostering a culture where communities are empowered to build their own success and well being.

PWRDF partners are drawn from Anglican churches, ecumenical organizations and community-based groups.

- Our programs address:
- Preventive Health
- Food Security and Climate Change Mitigation
- Indigenous Communities
- Empowering women
- Disaster Response and Humanitarian Relief
- Accompanying Refugees

Some PWRDF programs receive funding from Global Affairs Canada, a department of the government of Canada. These programs match PWRDF donations at a ratio ranging from 3:1 to 6:1, depending on the program. In all cases the money you send is put to good use.



## Human Family

By Maya Angelou

- I note the obvious differences in the human family.
- Some of us are serious, some thrive on comedy.
- Some declare their lives are lived as true profundity, and others claim they really live the real reality.
- The variety of our skin tones can confuse, bemuse, delight, brown and pink and beige and purple, tan and blue and white.
- I've sailed upon the seven seas and stopped in every land, I've seen the wonders of the world not yet one common man.
- I know ten thousand women called Jane and Mary Jane, but I've not seen any two who really were the same. Mirror twins are different

although their features jibe, and lovers think quite different thoughts while lying side by side.

We love and lose in China, we weep on England's moors, and laugh and moan in Guinea, and thrive on Spanish shores.

We seek success in Finland, are born and die in Maine. In minor ways we differ, in major we're the same.

I note the obvious differences between each sort and type, but we are more alike, my friends, than we are unlike.

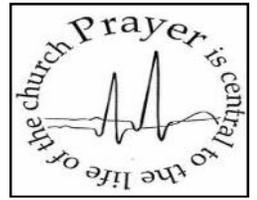
We are more alike, my friends, than we are unlike.

We are more alike, my friends, than we are unlike.

Source: <https://www.familyfriendpoems.com/poem/human-family-by-maya-angelou>



# Prayers



“Call to me and I will answer you and tell you great and unsearchable things you did not know.” -Jeremiah 33:3

## PRAYERS FOR OURSELVES AND OTHERS

“God is our refuge and strength, an ever-present help in trouble.” Ps. 46:1

As we approach almost a year of coping with Covid-19, we pray this prayer)

GOD OUR REFUGE  
( A Prayer of William Barclay)

O God, you are our refuge.  
 When we are exhausted by life’s efforts;  
 When we are bewildered by life’s problems;  
 When we are wounded by life’s sorrows:  
 We come for refuge to you.

O God, you are our strength.  
 When our tasks are beyond our powers;  
 When our temptations are too strong for us;  
 When duty calls for more than we have to give to it:  
 We come for strength to you.

O God, it is from you that all goodness comes.  
 It is from you that our ideals come;  
 It is from you there comes to us the spur  
 of high desire and the restraint of conscience.  
 It is from you has come the strength  
 to resist any temptation  
 and to do any good thing.

And now as we pray to you,  
 Help us to believe in your love,  
 so that we may be certain  
 that you will hear our prayer:  
 Help us to believe in your power,  
 so that we may be certain  
 that you are able to do for us  
 above all that we ask or think;  
 Help us to believe in your wisdom,  
 so that we may be certain  
 that you will answer,  
 not as our ignorance asks,  
 but as your perfect wisdom knows best.  
 All this we ask through Jesus Christ our Lord.  
 AMEN

## Prayer for Healing and Comfort

O Lord,  
 Only you know how hard life has been for me.  
 Only you have seen each moment of my day and night.  
 Only you feel my pain and understand my discomfort.  
 Only you are beside me through my grief and sorrow.  
 Only you have been within each moment to comfort me.  
 O Lord, break through the loneliness of my suffering.  
 You have encountered sorrow and laid a glorious path  
 Of hope, healing and the promise of heaven in my heart.  
 Amen

-lords-prayer-words.com

## A Prayer for Encouragement and Strength

Lord,  
 You are the wind in my sails  
 You guide me as I steer and find direction.  
 You give me the strength to keep on going.  
 You watch over me as I navigate stormy seas.  
 You are the harbour where I stop for rest.  
 You are my encourager when I lose hope.  
 You are the lighthouse that keeps my path safe.  
 You are with me always.  
 Thank you. Amen.

-lords-prayer-words.com

## A PRAYER FOR OUR PARISH

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

-New Parish Prayers

## FOR OUR PARISH COUNCIL

Father, we give you thanks for those who form our Parish Council. We ask your blessing upon them as they offer themselves, their time and their talents to your parish of St. Paul. Give them wisdom and understanding, strengthen them and encourage them and give all of us in the parish the desire to both help and support them in their ministry. AMEN

-D.B.

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

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

-New Parish Prayer

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

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

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

AMEN

-Frederick Neidner

O God of peace, who has taught us that in returning and in rest we shall be saved, and in quietness and in confidence

## PRAYERS IN RESPONSE TO COVID-19

Loving Father God, we thank you for your love and protection for your creation. We pray for all those who are suffering due to the Coronavirus pandemic.

Dear Lord, only you can save us. We pray for doctors, various governments and health professionals that they take appropriate steps for the good of the people.

We pray for all the scientists and medical professionals who are working to develop an effective and safe vaccine to combat this virus. We commit the whole world, especially those who are affected by COVID-19 into your hands.

We ask this Prayer in Jesus name. AMEN

-Archbishop Thabo Makgoba, Cape Town, South Africa

### The Song Thrush and the Mountain Ash

*One of two song lyrics commissioned by Huddersfield Choral Society in response to Covid-19, inspired by members of the Choir and set to music by composers Cheryl Frances-Hoad (We'll Sing ) and Daniel Kildane (The Song Thrush and the Mountain Ash).*

Through the hospital window  
she said to me  
she'd forgotten the name  
of her special tree,  
and forgotten the name  
of her favourite bird.

Through the hospital window  
I mouthed the words:

"The song thrush and the mountain ash."

Through the hospital window  
she asked again  
why I stood outside  
in the wind and rain,

and said she didn't understand  
why I didn't want  
to touch her hand.

"The song thrush and the mountain ash."

She said she liked  
the flowers I sent  
but wondered why  
they had no scent,  
and why the food  
had lost its taste,  
and why the nurse  
had covered her face?

And why the gates of the park were shut?  
And why the shops were boarded up?  
And why the swings were tied in knots?  
And the music...why had the music stopped?

Through the hospital window  
I called her name  
and waited a while  
but she never came,  
then I saw reflected  
in the glass  
the song thrush  
and the mountain ash.

"The song thrush and the mountain ash.

-Simon Armitage



shall be our strength; by the might of your Spirit lift us we pray, to your presence where we may be still and know that you are God; through Jesus Christ our Lord. AMEN

-J.W. Suter

## SEASONAL PRAYERS

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

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

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

-Angela Ashwin

### **FAMILY DAY PRAYER ( FEB. 8th)**

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

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

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

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

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

-Martin Manser

#### **ASH WEDNESDAY**

"You are dust and to dust you will return."

Dust and ashes touch our face,  
mark our failure and our falling.

Holy Spirit, come,  
walk with us tomorrow,  
take us as disciples,

washed and wakened by your calling.

Take us by the hand and lead us,  
lead us through the desert sands,  
bring us living water,  
Holy Spirit, come.

-Brian A. Wren

"O Lord, hear my prayer, do not hide your face from me in the day of my trouble, my heart is scorched and withered like grass; I have become like an owl in the wilderness. I have eaten ashes for bread, and mingled my drink with my tears. "

"(from Psalm 102: 1, 2, 4, 6)

#### **LENT**

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

Lord,  
take my small offering of self-denial this Lent,  
as a sign of my great longing for you.  
I hunger for your presence in my life,  
and I thirst for your love.  
I hunger for justice for those who are wronged and  
oppressed,  
and I thirst for your peace.  
I hunger for a glimpse of your glory,  
and I thirst for your stillness in my heart.  
God of giving, God of longing, God of pain,  
I hunger for you.

Angela Ashwin

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

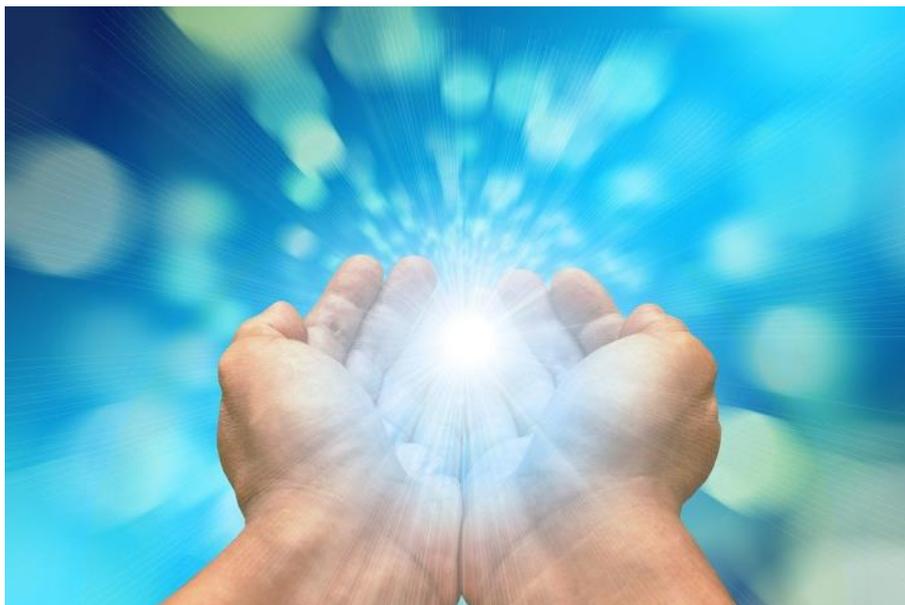
-Angela Ashwin

#### **A BLESSING**

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

-BAS

## Free Testimonial eBook Release



St. Luke's FREE Testimonies eBook (PDF) has been published. This book is available [here](#). Scroll down the page to find the download

Our prayer is that the link to the eBook will be forwarded and re-forwarded by email to bless many during these challenging times. Would you consider praying with us?

# What's Happening to Keep Us Connected

**Prayer Group Ministry:** *Members of this ministry lift up prayer requests given to the Prayer Group in their daily prayers, and are now gathering together on the 3rd Mondays of the month via Zoom. The next Zoom Meeting is 7:30 p.m. on Nov. 16.* If you have a prayer request, or would like to join this vital ministry, please contact Dinah at [breu.dinah@gmail.com](mailto:breu.dinah@gmail.com), or Fergus.



**Caring Contact Ministry:** Helpers in our Caring Contact Ministry contact the households on their lists once a month, and share any pastoral concerns with Fergus. If you'd like to join this Ministry, please let Fergus know.

**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](mailto: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.

## Library

We have a small library located at the south door. We welcome anyone to check out books. If anyone is interested in helping with the library please contact Doreen or Kerry. If you would like to borrow a book (as you may have more time at home right now), please contact the office at 403-256-1428, or [office@stpaulscalgary.ca](mailto:office@stpaulscalgary.ca). Fergus or Laura Anne can put books in the church mailbox, using gloves. None of the Book Nook books have been touched since Mar. 7.

## Book Nook

Fergus also has a lending library just outside his office. If you'd like to see if there's anything from it you would like to read, please contact Fergus in August. Everything said about borrowing Church Library books at this time applies here, too.

## Offerings



**Offerings:** Thank you for continuing to give your Offering when so many of us are unable to be physically present together. It's critical to helping us fulfill our Mission. Here are ways we can do this. We can donate via our website (<https://www.stpaulscalgary.ca/donate>). This is completely secure, with the highest level of PCI compliance. We can also mail our Offering (perhaps post-dated cheques) via regular post; drop it off in the Office mailbox (phoning 1st); arrange for it to be picked up from our mailboxes; or set up direct depositing (for the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations"). We can also now use e-transfers. Please use the email [gift@stpaulscalgary.ca](mailto:gift@stpaulscalgary.ca). No password is needed; to help our Envelope Secretary, please included your envelope number in the "message" spot.

**E TRANSFER  
PAYMENTS**



# 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.**

# Coldest Night of the Year

Calgary Downtown - Hosted by HomeSpace Society - KAIROS Calgary and Feed the Hungry

*It's cold out there. The Coldest Night of the Year is a covid-safe, family-friendly walk to raise money for charities serving people experiencing homelessness, hurt, and hunger. Walk with us (virtually) on February 20, 2021 – there's a place for everyone!*

## Event Day Details

Save the date - Event Day is February 20, 2021! The Coldest Night of the Year is a family-friendly walk that raises money for charities serving hungry, homeless, and hurting people in our community.

## Virtual CNOY Day

This is your own self-organized micro-walk! Virtual CNOY Day should feel pretty familiar once you get walking - here are some key things you'll need to do on February 20 (or whatever day in February you decide to walk):

- Gather with your covid-safe bubble (or on your own)
- Map out a safe 2-5 km route
- Let someone know where you are
- Bring a cell phone in case of emergency
- Add pledged funds in your Fundhub
- Share online as you go! #cnoy21
- Keep fundraising (half of all fundraising happens in the last week!)
- Be safe and have fun!

## Toque Pick-Up Times

- Walkers who raise \$150+ (adults 18 and over) or \$75 (children/youth 17 and under) will receive a CNOY toque as a thank you!
- Tuesday, February 16, NOON-4 pm
- Thursday, February 18, NOON - 4 pm
- Pickup Location 1000, 540 5 Ave SW
- Team captains may pick up toques for their whole team if they wish

## About HomeSpace Society - KAIROS Calgary

KAIROS Calgary's Affordable Housing Working Group is committed to helping families at risk of or experiencing homelessness. Our "A Place to Call Home" campaign provides capital funding for Bankview Apartments owned and operated by HomeSpace Society. This ensures that those in need will always have affordable housing available to them. "A Place to Call Home" also involves volunteering to support the residents at Bankview and 3 other affordable housing communities owned by HomeSpace. KAIROS Calgary brings together 10 Christian denominations and about 130 congregations to help families at risk of or experiencing homelessness.

HomeSpace Society provides safe, appropriate and affordable housing for vulnerable Calgarians.

## About Feed the Hungry

If Sunday dinner is a tradition in your home, or if you have fond memories of special Sunday dinners around the table with family, imagine if all of that was stripped away and Sunday was just another day of searching for food and shelter.

At Feed the Hungry, we offer a family-style, sit down dinner each Sunday in an atmosphere of community, warmth, dignity, safety and respect. We intentionally strive to re-create that environment many of us remember so fondly.

Many of our guests come to us after walking through harsh weather conditions. By participating in Coldest Night of the Year, we invite you to not only help us raise funds to operate our program, but also to experience a small taste of what it means to experience homelessness during Calgary's often brutally cold winter nights.



# God, let's talk about Lent

God, it's almost Lent again and I need to think about how I need to spice up my dull life. It's so easy to get in a rut. It's like an old comfortable pair of bedroom slippers. No matter how scuffed, worn and out of shape they are, I still hate to part with them. They are so familiar and so comfortable on my feet. I hate to part with them and have to break in a new pair.

I often approach Lent with the same attitude. It's like I know I need to embrace a new pair of bedroom slippers and I hate to let go of the old ones because I know them so well and they fit so well and they are so comfortable.



I know that, sooner or later, I have to get rid of the old slippers and break in the new ones but it is going to be hard to break old habits. I was thinking God, that, isn't that what Lent is all about – breaking old habits and creating some new, good ones.

If I can remember, last Lent, I had all kinds of plans but somehow I failed miserably in the execution. I started off with

great gusto and was really excited but then, I seemed to get discouraged and just backslid.

God, I think that Lent was much easier when I was a kid. All kids gave up candy then. It wasn't easy but knowing that all your friends were giving up the same thing helped. Back then, we could keep our stash of candy until Sunday and then we could indulge as much as we liked. You see, God, back then, somehow, we figured out that Sundays were not part of Lent. Somehow, we were under the impression that Lent was to be forty days and doing the math by counting the days between Ash Wednesday and Holy Thursday, there were more than forty days. So, we concluded that if we took out the Sundays, then it would make it closer to forty days. Lent wasn't so bad back then when we all had an "out" with free Sundays.

Now that I am an adult, I find it hard to discover any loopholes or excuses. Now, I realize that Lent is not really about giving up things but about taking on new responsibilities. And one of the hardest things about taking on new responsibilities involves being responsible for myself, my actions, my

habits, my need for growth as well as being open to the many ways you want to stretch me. And you know, God, how unpleasant it is for me to be stretched.

I know that Lent is not so much about giving up but about being more willing to look at the dark places in my life that need your touch, your healing and most of all to allow you to enter and flood me with your light, love, peace and wisdom.

God, I know that the hardest journey is the journey inside because I am not sure what I will find when I journey within and I am not sure if I will like it or if I have the willingness and courage to change it. It is much easier to try and change someone else than to change myself.

God, by going within, I am forced to ask some deeper questions I would rather shy away from. I am forced to ask myself questions like, "What is the meaning of life?" "Why am I here?" "What are my gifts?" "Am I the kind of person you want me to be?"

"What difference am I making in people's lives?" "Have I found my niche in life yet?" "Am I the best I can be?"

Gosh, God, these are some soul searching questions. They sure are a lot different than giving up candy or giving up things I like such as soft drinks. I just hope I am ready to address all these questions and that

you will help me along the way. I know that, in order to do that, I will need to spend lots more time in prayer and reflection. I know that will not be easy because it is so easy to be busy and that distracts me from the real soul searching I need to do.

Now I know that I will have to pitch that old pair of slippers that were so comfortable because they remind me that I need to forgo my comfort zone and try and break-in the new pair of slippers, my new self that is waiting to be discovered. God, it seems I will be seeing more of you over the next forty plus days.

From [http://www.michaeltracey.net/files/god\\_hkes995s.pdf](http://www.michaeltracey.net/files/god_hkes995s.pdf)



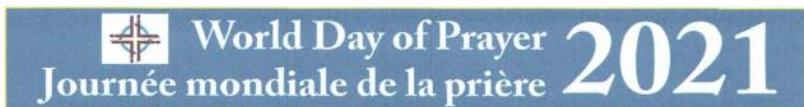
## 2021 Flower Chart is now available.

*We are still taking dedication requests for flowers, if you would like to make a dedication please send it to Laura Anne by email at [office@stpaulscalgary.ca](mailto:office@stpaulscalgary.ca).*

During this time of closure we are not receiving live flowers, however if you would still like to make a donation that would be great. When we resume in-church services we will once again order live flowers and the cost for flowers is \$30.00.



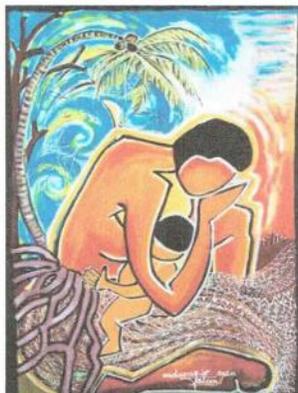
# World Day of Prayer 2021: “Build on a Strong foundation”



Vanuatu

"Build on a Strong Foundation"

Juliette Pita's artwork depicts a mother praying and sheltering her child under a tree with strong roots during a cyclone.



« Bâtir sur des fondations solides »

Juliette Pita a peint une mère qui prie et met son enfant à l'abri de l'ouragan sous un arbre aux racines puissantes.



The invitation is out for everyone - men, women, and children of all ages - to join the 2021 World Day of Prayer as we celebrate the theme: Build on a Strong Foundation.

(Due to COVID-19 restrictions we will probably not be able to meet in person but we can all watch the service from [wicc.org](http://wicc.org) any time after February 15.

There may also be a ZOOM event available on March 5 so watch our weekly news bulletin)

Vanuatu, a chain of islands to the east of Australia, has prepared the service this year. We are encouraged to reflect on the challenges this republic has encountered during its steps to independence over the last forty years. The writing team has shared the injustice obstacles that the women of Vanuatu have met, and the hopes they have for the future. These experiences unite us all in prayer and solidarity.

World Day of Prayer is an international, inter-church event that began 99 years ago bridging social, geographic, and political barriers in over 170 countries. The weekend of prayer begins in Samoa and then travels in many languages throughout the world --- through Asia, Africa, the Middle East, Europe, Australia, and the Americas. Together we pursue justice, peace, and reconciliation by standing together in prayer and action.

The preparation for the day is vast. An international committee is based in New York and there are national committees and organizations in each participating country. In Canada, the World Day of Prayer (WDP) is coordinated by the Women's Inter-Church Council of Canada (WICC), one of the original founders of this prayer movement.

Offerings received through the World Day of Prayer transform our prayers into action in the form of project grants empowering women and children in our own country and throughout the world. All regions share in the grants, with consideration given to greatest need. Through WDP offerings, WICC has distributed over 2.5 million dollars in the past 35 years. The vision is to restore hope to women and children touched by injustice.

The Women's Inter-Church Council of Canada (WICC) invites you, your friends and family to join a service in over 1,100 Canadian communities on or near Friday March 5, 2021. Many of these will take place via Zoom. As well, individuals and families are welcome to watch a one-hour WDP service video prepared by WICC that features participants from across Canada. This video will be available on [wicc.org](http://wicc.org) as of February 15, 2021.

Other ways to connect with World Day of Prayer

- Sign up for WICC's monthly e-newsletters on [wicc.org](http://wicc.org) under World Day of Prayer on the left side of page and check out our previous issues: [We-Connect](#).
- Participate in World Day of Prayer [Canada NOW](#) via Facebook Live on the first and third Fridays of each month at 1 pm EST. It's 15 minutes of prayer lead by Rev. Shirley DeMerchant.

**On the next page see the recipe for Vanuatu Coconut Cake.**

# Vanuatu Coconut Cake

- 1 cup unsweetened coconut
- ¼ cup water
- ½ teaspoon vanilla
- ¼ cup margarine or butter
- ½ cup sugar
- ½ cup flour
- 2 eggs
- 1 teaspoon baking powder
- ¼ teaspoon salt



1. In a small bowl, combine coconut, water and vanilla. Set aside.
2. Pre-heat oven to 350 degrees F.
3. In a medium bowl, beat margarine or butter. Beat in sugar and eggs.
4. Add flour, baking powder, salt and coconut mixture. Mix.
5. Pour into a greased 8-inch round cake pan and bake for 25 minutes or until set and beginning to brown.

**Note: Nancy from the WICC office tested this recipe. Thank you Nancy! It also works well with butter.**

**MIDWEEK PRAYER SERVICES**  
These simple, short Services will be posted on Facebook and YouTube on the first and third weeks of the month. Please join if you can, and please spread the word! The next service will be on Ash Wednesday February 17.

\*\*\*\*\*

## Join Us For Coffee Time on Sunday Mornings

We meet via Zoom every Sunday at 11:30 am. It is a great chance to see other members of our Parish Family and find out how everyone is doing. To join please find the link in the Order of Service, which can be found on the sermon page under the service video.

\*\*\*\*\*

# Helpful Information

Parish Office is Closed. Laura Anne is working from home.

Sunday Service: 9:30 am Live Streamed

*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 Websites and other Social Media Platforms:

### St. Paul's Website:

<https://www.stpaulscalgary.ca>

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

### Twitter:

@stpaulscalgary

@Pastor\_Fergus

### YouTube Channel:

<https://www.youtube.com/channel/UClxHv5pFYST--j8as1GVg>

### 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:

<https://pastorfergus.wordpress.com>

### Diocese of Calgary:

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

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

**Canadian National Church:** <https://www.anglican.ca>

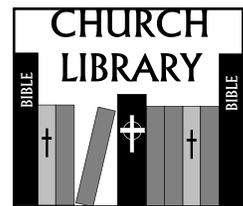
**PWRDF**—[www.pwrdf.org](http://www.pwrdf.org)



## Welcome to Chinook Free Learners Co-op

The Chinook Free Learners Co-op is renting use of the Parish Hall during the day on Mondays and Fridays.

The co-op focuses on fostering independent, self-reliant and



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



## 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



## Missional Minute No. 1

### ***How is our frustration missional?***

John 16:33 says *“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”*

It’s like the biblical writers knew that we would experience frustration. They themselves underwent many trials. Our trials, frustrations, aggravations, sadness are no different than theirs. We all go through tough moments.

### ***So how can that be missional?***

Perhaps it’s pretty simple. How do you react to frustrations and worries? What do you lean into when troubles come? If your faith upholds you, gives you hope and keeps you steady – sharing that with others who are struggling can be missional.

Being frustrated is not missional, but if others ask you how you are managing in that frustration – it sure can be.

How does God give you hope in difficult times? What do you do to access that hope? Next time someone is having a rough day, maybe there will be a natural opening in the conversation where you can share that hope.

## Missional Minute No. 2

### **Technical changes vs. Adaptive Challenges**

Sometimes we think that mission is about plugging a program in and people will come to church or begin to pray or start considering a life of faith.

A technical change is something that we put in place that changes something we do and uses knowledge we already have. An adaptive challenge is one where we don’t have a clear solution but it adapts to a new way of thinking. In the church a *technical change* might be something like including page numbers on a bulletin for newcomers. An *adaptive change* is something more along the lines of having a mindset that assumes visitors will come, and adjusting our worship, bulletin, language, and even timing of our worship to help newcomers be comfortable and feel welcome. It asks questions like how would this make a newcomer feel? Or even asking unchurched folks for advice.

What are some ways that you and your parish might think differently about reaching out with the Gospel to people? How are you communicating that might be slightly altered to reflect your desire to reach others? How might you consider your budget or the way you structure meetings? What ways are your small groups reaching out to the community? How are you engaging the community - do they know you are interested in them? Missional mindset is about an adaptive challenge – not simply changing your bulletin (though, that helps). If you simply write the word “welcome” on your bulletin – are you being welcoming? Food for thought.

## Lent in a Bag

### **A Lenten Practice at Home**

Because Lent looks different this year, with restrictions and suspension of services, creative ideas have been coming forward. We received this idea: creating or distributing small bags with symbols of the season of Lent assists individuals or family in practicing Lent at home. For full instructions on creating these bags, please click [here](#).





## **COVID-19 Task Force Update – January 29, 2021**

In recent provincial updates, Dr. Hinshaw was able to report encouraging news in our fight against the spread of COVID-19. However, she warns that now is not the time to relax measures. While we too are encouraged to see COVID numbers decreasing throughout the province, we will stay on our present course and continue to do our part to keep the numbers moving downward. Thank you for your patience. It is making a difference. The next update will be provided in two weeks time.

## **Preparing for Lent Workshop:**

Archbishop Greg is inviting you to join him on a Lenten preparation study on Wednesday, **February 10, from 7:00 to 8:00 pm via Zoom** (this is the second day as one took place on Feb. 3rd). These evenings will be looking at: Why should we observe Lent, and traditions and practices for observing a Holy Lent; with Archbishop Greg teaching and an opportunity for questions. For a link to the Zoom meetings, please contact [Carol](#).

## **ACW Zoom Lenten Book Study**

February 22 to March 29

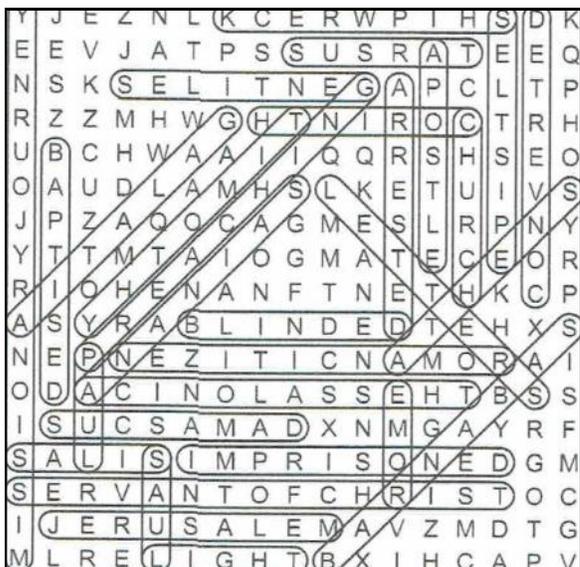
The Diocese of Calgary Anglican Church Women are presenting a Zoom Lenten Book Study. Chaplain Rev. Betty Piwowar will be leading this six-week study from on Monday afternoons from February 22 to March 29. The book will be *Soul Feast: an invitation to the Christian Spiritual Life* by Marjorie Thompson. For further information, contact [Rev. Betty](#). Please note that because you have to purchase your own book, we need to hear from you very soon.

## **Rosary Gathering via Zoom**

Beginning in January, Fr. Jerrod McCormack will be offering the Rosary Gathering via Zoom on the second and fourth Saturdays of the month, coming up next Saturday, February 13, at 2:00 pm. This is open to all who wish to participate. For the Zoom link or more information, please email [Fr Jerrod](#).



Answers for Word Search on Page



## Isaiah 58:6–9 (NIV)

Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free  
and break every yoke?

Is it not to share your food with the hungry  
and to provide the poor wanderer with shelter—  
when you see the naked, to clothe him,  
and not to turn away from your own flesh and blood?

Then your light will break forth like the dawn,  
and your healing will quickly appear;  
then your righteousness will go before you,  
and the glory of the Lord will be your rear guard.

Then you will call, and the Lord will answer;  
you will cry for help, and he will say: Here I am.



# FAMILY ACTIVITY FOR LENT: Daily Lent ideas



PRAY FAST GIVE

## Here's how to make the foldable:

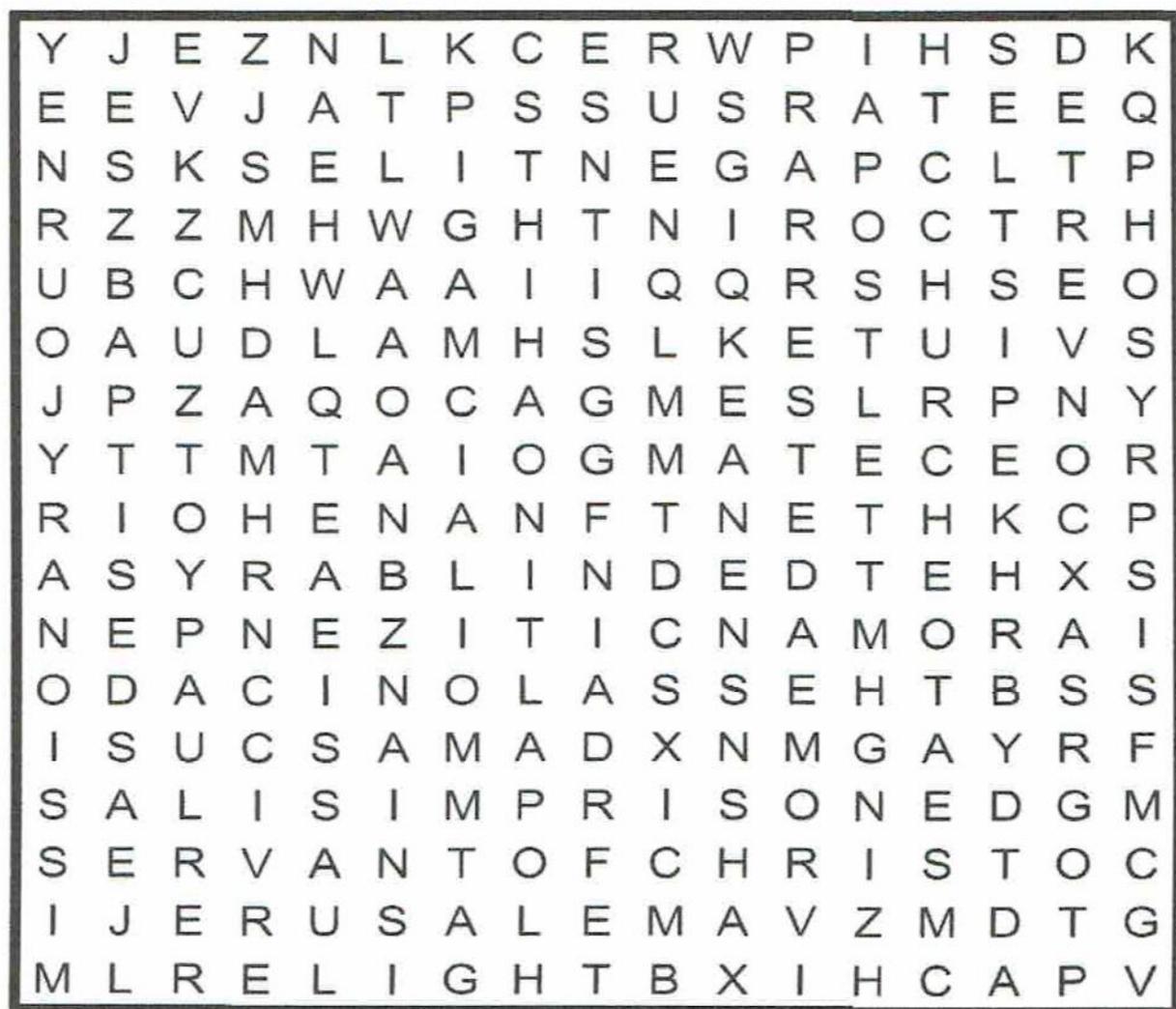
- To make the Lent foldable you can follow the picture on the left and it can be made by hand or on the computer. If making by hand use construction paper or card stock and marks. If you are making it on the computer the Lent page should be printed back to front (you can run it back through your printer if you don't have two sided capability). The "Pray, Fast, Give" side should be printed upside down relative the "Lent" side. I recommend printing on cardstock if possible. Color if desired.
- Fold up the bottom of the "Pray, Fast, Give" side along the dotted line.

- Then I stapled two staples on each side and two staples in between the three pockets.
- Create your own "Pray, Fast, Give" suggestions use the ones in the picture on the right for ideas. I would recommend cutting out all the prayer ideas, then all the give ideas, etc. so that they don't get mixed up. Have your children do this with you.
- Add the selected strips to the correct pockets. Hang up the Pray, Fast, Give printable on the fridge, or above a desk, or on a chalkboard and have the kids draw the prayer and sacrifice they will offer each day.



Pray	Fast
Pray a decade of the Rosary	Fast from electronics
Pray the Divine Mercy Chaplet	Fast from sweets
Pray the Angelus at noon	Fast from snacking between meals
Pray an Our Father for your priest	Fast from TV
Pray a Hail Mary for your Mom	Fast from complaining
Pray a Glory Be for your Dad	Do things the first time you are asked
Pray for people who are sick	Fast from music
Pray for those who have died	Eat a simple meal today
Pray for moms expecting babies	Drink only water today
Read a Bible Story	Go last in line
Pray for _____	Fast from _____
Pray for _____	Fast from _____
Pray for _____	Fast from _____
Give	
Choose one toy to donate	Send a card to someone
Choose one clothing item to donate	Let others have their turn first
Choose one book to donate	Let someone borrow a toy/book/game
Collect change to give to a charity	Do an extra chore
Donate extra to your parish this week	Give _____
Donate to a food pantry	Give _____
Write a kind note to someone	Give _____

# PAUL THE APOSTLE WORD SEARCH



BiblePuzzles.org.uk

ANANIAS  
 APOSTLE  
 ARRESTED  
 ATHENS  
 BAPTISED  
 BARNABAS  
 BLINDED  
 CHURCH  
 CONVERTED  
 CORINTH

DAMASCUS  
 EPISTLES  
 GALATIA  
 GENTILES  
 IMPRISONED  
 JERUSALEM  
 LETTERS  
 LIGHT  
 MISSIONARY JOURNEY  
 PAUL

PREACHING  
 ROMAN CITIZEN  
 ROME  
 SAUL  
 SERVANT OF CHRIST  
 SHIPWRECK  
 SILAS  
 TARSUS  
 THESSALONICA  
 TIMOTHY

# February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b> 10:30 am Bible Study via Zoom 7:30 pm "Simply Christian" Zoom Study	<b>4</b> Prayer Service on Facebook and YouTube	<b>5</b>	<b>6</b>
<b>7</b> 9:30am H.E. Live streamed 11:30 am Zoom Coffee Time	<b>8</b> 7:30 pm Prayer Group Meeting via Zoom	<b>9</b> 7:00 pm Parish Council via Zoom	<b>10</b> 10:30 am Bible Study via Zoom 7:30 pm "Simply Christian" Zoom Study	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Transfiguration Sunday 9:30am H.E. Live streamed 11:30 am Zoom Coffee Time	<b>15</b>	<b>16</b> Shrove Tuesday	<b>17</b> Ash Wednesday 9:30 am Prayer Service on Facebook and YouTube 10:30 am & 7:30 pm "Seven Last Words" Lenten Zoom Study	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Lent 1 9:30 am H.E. Live streamed 11:30 am Zoom Coffee Time	<b>22</b>	<b>23</b>	<b>24</b> 10:30 am & 7:30 pm "Seven Last Words" Lenten Zoom Study	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> Lent 2 Triple C 9:30 am H.E. Live streamed 11:30 am Zoom Coffee Time	<b>March 1</b>	<b>2</b>	<b>3</b> 10:30 am & 7:30 pm "Seven Last Words" Lenten Zoom Study	<b>4</b> Prayer Service on Facebook and YouTube	<b>5</b> World Day of Prayer	<b>6</b>