

Living Waters

October 2022



Jake and Mary helped Kathleen gathering donated groceries on their designated route as part of the annual city-wide Calgary Food Bank drive to help stock its badly-depleted shelves.



Explorers
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Stewardship Campaign
Page 8-9



Youth Initiative
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World Food Day
Page 23

Traditional Land Acknowledgement: *Creator, you made all people of every land. In the spirit of respect and truth, we honour the traditional Treaty 7 territory of the Blackfoot Confederacy, including the Siksika, Kainai, and Piikani Nations, the Stoney Nakoda, including the Chiniki, Bearspaw, and Wesley Nations, and the Tsuu T'ina Nation. We acknowledge the Métis Nation of Alberta, Region Three. In the spirit of reconciliation and because we are all treaty people, we also acknowledge all people who make their homes in the traditional Treaty 7 territory of Southern Alberta.*



St. Paul's

information



SERVICE TIMES

Sunday Services 9:30 am in person and live streaming on Facebook; later go to Sermons on our website for recording

Odd no. weeks of the month: Wed. 9:30 a.m. HE

Even : Thurs. Service on Facebook and YouTube

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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

The Rev'd Betty Nadurak

Parish Council 2022

Administration: Paul Bourgeois

Caring Contact: Fergus

Christian Education: Tosan Chigbo

Communications: Paul Bourgeois

Community Connection: Cec Sparrow

Hospitality: Steve Colle

Maintenance: vacant

Incumbent's Warden: Ingrid Bolton

New Members: vacant

Pastoral Care: Nicola Peden

People's Warden: Cam Cline

Outreach: John L'Ecuyer

Stewardship: Laura Anne Fink

Sunday School: Kerin Spaargaren

Worship: Fergus Tyson

Youth: Vacant

Ex Officio: The Rev'd Cyril Haynes

Synod Delegates

Cam Cline

Gloria Ford

Alternates: Parish Council

MCES Directors

Kerry Peters , Iona Shaw

Treasurer

Treasurer: Ingrid Bolton

Parish Ministries

Worship Ministries

Altar Guild - Heather Johnson

Sacramental Assistants – Ed Mullaney

9:30 am Choir – Paul Bourgeois

Prayers of the People – Dinah Breu

Readers 9:30 am – Robbie Collier

Readers 8:30 am – Laura Anne Fink

Servers – Karla Manuel

Sidespeople – Suzanne Wray

Prayer Team – Dinah Breu

Envelope Secretary – Debra Brisbin

Counters— Roxie Hall

Fellowship Ministries

Greeters – Roxie Hall

Coffee Time – Hospitality

Ladies Potluck Luncheon

— Gloria Ford & Laura Anne Fink

Men's Breakfast

– Kerry Peters

Fellowship & Foods Group

– Doreen Peters

Secret Friends – Julie Wilson

Toddlers to Tweens

— Abby Ekomwenrenren

Youth Group – Keith Daye

Maintenance – Gerald de Vries

Christian Education

Nursery – Pamela Fleming

Youth – Keith Daye

Adult Education—Tosan Chigbo

Clergy & Lay

Stewardship – Laura Anne Fink

Library – Doreen & Kerry Peters

Anglican Fellowship of Prayer

– Dinah Breu

Sunday School Coordinator

– Kerin Spaargaren

Pastoral Ministries

Hospital Visiting – Clergy

& Pastoral Care Team

Home Visiting – Clergy

& Pastoral Care Team

Caring Contact - Betty Nadurak

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

– John L'Ecuyer

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

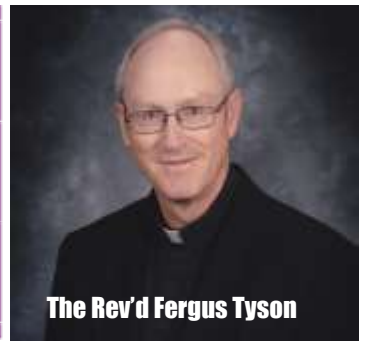
Living Waters

– Laura Anne Fink



INCUMBENT'S MESSAGE

A Key Question for Thanksgiving



The Rev'd Fergus Tyson

When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: 'I bring the first of the fruit of the ground that you, O LORD, have given me.' You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the priests and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.
(Deuteronomy 26:1-11)

*For the fruit of all creation, thanks be to God;
gifts bestowed on every nation,
thanks be to God.
For the ploughing, sowing, reaping,
silent growth while we are sleeping,
future needs in earth's safe-keeping,
thanks be to God.*

*For the harvests of the Spirit, thanks be to God.
For the good we all inherit, thanks be to God.
For the wonders that astound us,
for the truths that still confound us,
most of all, that love has found us,
thanks be to God.*
(Fred Pratt Green, 1903-2000)

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.
(Galatians 2:19-20)

In my "Living Waters" Message each October, we reflect together on Thanksgiving. The reason, of course, is that we share each year Thanksgiving Sunday and Monday in our Parish and in our family and society.

The setting aside of times and places to give thanks has deep roots. Long ago, the farmers in Europe held celebrations at harvest time. To give thanks for their good fortune and the abundance of food, the farm workers filled a curved goat's horn with fruit and

grain. This symbol was called a cornucopia or horn of plenty. When these settlers came to Canada they brought this tradition with them. In the year 1578, the English navigator Martin Frobisher held the first-ever Anglican Holy Eucharist, in what is now called Newfoundland, to give thanks for surviving the long journey.

In 1621, the American Pilgrims celebrated their harvest in what they called the New World. By the 1750's, this joyous celebration was brought to Nova Scotia by American settlers from the south. At the same time, French settlers, having crossed the ocean and arrived in Canada with explorer Samuel de Champlain, also held huge feasts of thanks. They even formed "The Order of Good Cheer" and gladly shared their food with their First Nations' neighbours.

Eventually in 1879, Parliament declared November 6th a day of Thanksgiving and a national holiday. Over the years many dates were used for Thanksgiving, the most popular being in October.

Finally, on January 31st, 1957, Parliament proclaimed: "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed ... to be observed on the second Monday in October." At St. Paul's, we add Thanksgiving Sunday to this celebration.

But the roots of Thanksgiving go much deeper than this, as the passage from Deuteronomy quoted above shows. In ancient Israel, the festival described in this passage was celebrated in the spring on the fiftieth day following the cutting of the first sheaf of grain. From this came the tradition known in New Testament times as the Festival of Weeks, or Pentecost. Originally, it also marked the beginning of the new year. The worshipping community gave thanks together in a way that was corporate, but also deeply personal and intimate.

This intimacy is at the heart of Thanksgiving. Cornelius Plantinga, Jr. comments: "It must be an odd feeling to be thankful to nobody in particular, to be thankful 'in general.' It's very strange. It's a little like being married in general." To Christians, Thanksgiving is intimate - a vital part of the most intimate relationship of all, our relationship with our Creator.

This Thanksgiving, I'm sure that most of us are planning to take the time to pause and give thanks. I think that most of us would agree that we'd have to be pretty hard-hearted not to be thankful for all the gifts we've been given. Many of these are listed in the above hymn, which is one of our Thanksgiving Sunday favourites. Most of us have food and shelter. We don't have to worry that there'll be a bomb explode at our



Thanksgiving Services. We have freedom. We have varying degrees of health. We have love. Deeper than this, all of us, I'm sure, would acknowledge that we've received life itself as a gift. (Existence is hardly something we could earn!)

But there's a key question I need to grapple with this Thanksgiving. The answer to this question determines how I view the gifts I've received and how I share them; and whether or not I experience thankfulness at the deepest level at all.

Many of us have no doubt watched the improvisational comedy show "Whose Line is It, Anyway?" which has enjoyed a popular run on TV for 19 seasons in the US after 10 years in the UK. What I'd like to suggest is that the key question isn't "Whose line is it, anyway?" but "Whose life is it, anyway?"

Whose life is it, anyway? This life I am living, whose is it - God's or mine?

An understanding of the answer to this question takes us to the very heart of thanksgiving. It's the key to living a life of thankfulness not only in the "good times," but in the hardest times as well.

There's a joke about two men who were walking through a field one day when they spotted an enraged bull. Instantly they darted toward the nearest fence. The storming bull followed in hot pursuit, and it was soon apparent they wouldn't make it. Terrified, the one shouted to the other, "Say a prayer, John! We're in deep doo-doo!" John answered, "I can't! I've never made a public prayer in my life!" "Hurry," his companion implored, "the bull's catching up to us!" "All right," panted John, "I'll say the only prayer I know, the one my parents used to repeat at the table: 'O Lord, for what we are about to receive, make us truly thankful.'"

Sometimes what we receive from God feels like this, doesn't it?

Joni Eareckson Tada has inspired me since I was 17 years old. Joni's been a quadriplegic for 55 years as a result of a diving accident. She was a Christian when the accident occurred, and thought she had God "all figured out." But after her accident, Joni struggled greatly with "why" questions, and "2 a.m." fears and futility that left her not wanting to live. Finally, Joni decided to start giving thanks for the blessings she was experiencing in the midst of her ordeal: each breath, her family, the beauty of flowers. Slowly, "step by step" (Joni wrote a book called *A Step Further*), she was able to emerge from the inner darkness that had engulfed her. And her thankful heart enabled her to become an instrument of healing in the lives of countless millions.

For more than a decade and a half, Joni's been living with chronic, debilitating pain. In 2010, she was diagnosed with stage 3 breast cancer, for which she was unable to receive the entire prescribed treatment, due to the frailty of her body. Notwithstanding this, in 2015, her oncologist declared her cancer-free. Then in 2018, Joni was diagnosed with a malignant nodule on her chest wall near the site of her original cancer. Radiation treatments for the nodule

proved successful, and in 2019, she was once again declared cancer-free. After going through all this, Joni's testimony of thankfulness continues unchanged! Shortly after her first cancer diagnosis, she said: "I've been drawn closer to the Savior, even with this breast cancer. There are things about his character that I wasn't seeing a year ago or even six months ago. That tells me that I'm still growing and being transformed." Her bottom line, she shared, is that the suffering she goes through "only wins if I don't cherish Christ."

Joni's testimony is that of St. Paul in the passage from Galatians at the top of this message:

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

"Most of all, that love has found us, thanks be to God."

An understanding of the answer to this question takes us to the very heart of thanksgiving. It's the key to living a life of thankfulness not only in the "good times," but in the hardest times as well.

We are God's, and the life we live, and all that is in it, is God's, and Jesus poured himself out for us to make it so. Realizing this in our hearts moves us to a deeper level of thanksgiving:

thankfulness not just for the gifts, but for the Giver.

It moves us to the place where I call God "my God" no longer because I believe I have a cosmic Santa Claus, who has the ability (and I *hope* the desire) to give me what I want. Rather, I call God "my God" because I know that God loves me, so much that God was willing to pay any price for me, and will never let me go. My greatest joy is to belong to God - to *be* God's, and my deepest desire to know, love, serve, and please God, for God's will to be done in me and through me. For now, and for all eternity.

When we know it's no longer we who live, but Christ who lives in us, we have hearts that are so filled to overflowing with gratitude that we give with gladness and great generosity, so that God's will can be done through us. And so this month at St. Paul's, along with our Thanksgiving Sunday celebration, we also traditionally focus on how we can be cheerful stewards of the time, talents, and treasure God has given us. Thank you to Laura Anne, our Stewardship Coordinator, for this year's "More Than Enough" theme material to help us do this!

Whose life is it, anyway? It's God's - Hallelujah! Thanks be to God!

God bless you all, always.

Your Brother in Jesus,



ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TIME
October 9	Fergus	Bob & Cyril	Bob	Bob
October 16	Fergus	Betty	Norman	Doreen
October 23	Fergus	Betty & Cyril	Fergus	Fergus
October 30	Cyril	Betty	Fergus	
November 6	Fergus	Betty	Norman	Norman
November 13	Fergus	Bob & Cyril	Bob	Kerry

UPCOMING SERVICES

Our 9:30 Sunday Services can be shared in-person or online (live streamed on Facebook, and posted shortly thereafter on 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).

Sunday, October 9: Thanksgiving Sunday

Sunday, October 16: St Luke the Evangelist. & World Food Day

Sunday, October 23: Triple C

Sunday, October 30: Book of Common Prayer Language

Sunday, November 6: All Saints' Sunday

Sunday, November 13: Remembrance Sunday

Sunday, November 20: The Reign of Christ



UPCOMING EVENTS

Watch announcements for when events will resume or be rescheduled

Men's Breakfast: Saturday, October 15 at 8:30 am

Ladies' Luncheon: Saturday, October 15 at 11:30 am

Intergenerational Team Trivia Night – postponed watch for new date

St. Paul's Christmas Market – Saturday, December 3rd from 10 AM to 3 PM.



BIBLE STUDIES & PRAYER MEETINGS & SERVICES

Wednesday Bible Study: is on the first, third, and fifth Wednesday of the month at 10:30 am.

M'Laurel is leading an in-person Bible Study on the Holy Scripture Readings for the upcoming Sunday at 10:30 a.m.

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

On line Midweek Prayer Service: the Midweek services are on the second and fourth Thursday of the month (3rd and 5th in September only). Will resume September 15.

Wednesday Services of Holy Eucharist: At 9:30 am on the first, third, and fifth Wednesdays of the month. Will resume September 7.



Exploring the Reality of GOD/JESUS

YOUNG ADULTS AGES 18-26

EXPLORERS Dinner Group

fall 2022

ARE WE MADE OF STARDUST???



FREE

Young Adults

Fridays 6 - 8 pm

It's the end of the week and we're all tired.

But we all need to eat – and even chill out. And a **FREE** Homemade Supper has been prepared just for you.

Homemade Soup & Bread

Limited seating

Join us for one or all sessions!

(12 max – 2 organizers, Gloria & Stephen Ford = 10 participants)

Save the dates: **September 16 – November 11**

Fridays, 6 – 8 pm

St. Paul's Anglican Church
7 Sunmills Green SE, Calgary

Sign up or Take a Chance that there is room for you & your friend.

Church Office: 403-256-1428

Fords eMail: gogoford@gmail.com

Recommended reading

"ROOTS AND WINGS"

MARGARET SILF

*The human journey from a speck
of stardust to a spark of GOD*

"THE STORY OF REALITY"

GREGORY KOUKL

*How the world began, how it
ends, and everything important
that happens in between.*

Questions, questions, questions...

- Is time irrelevant?
- How do we define love?
- Are light and darkness equally important?
- What is the new James Webb Space telescope revealing about the Word (Bible)?
- What's so important about community?

Income Statement as of August 31, 2022



St Pauls Anglican Church (SPA)									
Income Statement as at 31 August 2022									
				Jan - Aug 22	Jan - Aug 21	Budget		\$ Over Budget	% of Budget
		Income							
			Interest Income	321	80	136		185	236%
			Offerings	128,536	119,976	150,064		-21,528	86%
			Offerings Special/SS	0		104		-104	0%
			Other Income	3,548	4,564	1,032		2,516	344%
		Total Income		132,405	124,620	151,336		-18,931	87%
	Gross Profit			132,405	124,620	151,336	0	-18,931	87%
		Expense							
			Administration	16,474	13,395	16,000		474	103%
			Apportionment	19,072	20,312	19,064		8	100%
			Christian Education	317	297	664		-347	48%
			Communication	258	145	336		-78	77%
			General Maintenance	6,737	4,968	8,000		-1,263	84%
			Hospitality/ Fellowship	39	128	664		-625	6%
			Ministerial	74,804	75,572	76,664		-1,860	98%
			Other	0	0	136		-136	0%
			Outreach	12,855	11,997	15,064		-2,209	85%
			Pastoral Care	10	0	64		-54	16%
			Utilities/Insurance	11,277	9,607	10,664		613	106%
			Worship	3,768	3,510	4,000		-232	94%
		Total Expense		145,611	139,931	151,320		-5,709	96%
	Net Income			-13,206	-15,311	16		-13,222	-82,538%



Gratitude is a Spiritual Discipline

Canadians celebrate Thanksgiving in October with a long weekend. It includes a delicious meal shared with loved ones and opportunities to spend time outdoors enjoying the colourful autumn leaves as they mark the changing of the seasons. For artists, like me, this time of year is glorious proof that God is the best artist.

Although the Thanksgiving holiday draws our attention to giving thanks, I am finding that my solitary daily practice of gratitude is a powerful spiritual discipline and an ongoing focus for giving thanks throughout the year. Every day, I do my own version of the Examen. The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect **God's** presence adapted from a technique described by Ignatius Loyola in his Spiritual Exercises. My version of the Examen begins most days when I get into my car in the morning to drive to work. The first thing I do is open myself to be more aware of **God's** presence. I say thanks to God for being the most constant and loving presence in my life and for everything I have received.

Then I review with gratitude my awareness of God's presence working through me during the previous day as well as looking at those times when I was not aware. And finally, I ask the Holy Spirit to work through me during the day helping me to see clearly and as much as possible through compassionate eyes. At night, I thank God and ask for a restful sleep in preparation for the next day.

Through my experience with the Examen, I am discovering that **gratitude is a spiritual discipline that I can't live without**, and I have become more aware that at the heart of it is generosity. God the giver blesses me with gifts for which I am thankful and which I, in turn, can share. By practicing the spiritual discipline of gratitude, year-round, all of us can participate in a continuous flow of love from God moving through us to others.

Happy Thanksgiving! |

Jane Scanlon, Diocesan Stewardship Development Officer



Questions For Reflection:

What are the blessings you have received recently?

How do you see yourself cultivating a discipline of gratitude?

How does your perspective change when you view life through the lens of gratitude?



THE EPISCOPAL NETWORK FOR STEWARDSHIP

Stewardship Pledge Campaign for 2023



MORE THAN ENOUGH

And taking the five loaves and the two fish, he looked up to heaven, and blessed and broke them, and gave them to the disciples to set before the crowd. And all ate and were filled. What was left over was gathered up, twelve baskets of broken pieces. Luke 9:16-17, NRSV

Dear Parish Family

Leading the annual campaign is never easy, but it has its own rewards. One of those is to witness the power of how your gifts fund the mission and ministry of our church in the community. Because of you, we can share our message of love with many, and this is the greatest gift!

We have been focusing on *Time, Talent, and Environment* and now we talk about Treasurer. Each household has had a different financial experience of the pandemic, and this year's turbulent market and inflation have been rough on all of us. Even so, I am inspired by the ways you made and continued to make your financial gifts to sustain our ministry.

Our campaign theme is *More Than Enough*, and it comes from the end of Luke's version of the feeding of the five-thousand. Responding to Jesus' call, the gathered crowd turns their pockets inside out, shakes out their blankets, rummages through their parcels to find enough to take care of the needs of the community. And what do they realize? That by the miracle of faith and the action of Love, there was more than enough, an abundance of leftovers!

Our stewardship campaign is like that ancient story: each of us contributing what we can provides enough – enough to fund our operations and an abundance more to take care of our neighbors and plan for the future. Every gift is a miracle, a chance to change the world. And every gift is Love, the kind of love that protects, trusts, hopes, and perseveres, as St. Paul wrote to the Corinthians.

Thank you. Thank you for all that you do for the Church and for the world. Today I am asking you to consider what you will pledge to our community in the coming year to sustain our ministry and to serve our neighbors. Every gift of wealth, works, and wisdom goes toward our ministry and mission, and yours is essential to us. I ask that you pray with us as we launch our annual gathering of gifts and gratitude, and consider how you will contribute your gift of wealth.

Watch for weekly reflections posted on our [website](#).

In the spirit of love,
Laura Anne
Stewardship Coordinator

Pledge Cards and why we have them

When a person or a household signs a pledge card for support, they are making a statement. A signed pledge card is a sign of commitment to the Church and before the Lord. It also helps the church leadership as they craft the budget, because it helps them forecast giving.

The Pledge Cards will be available from the sides people or on our website under [Stewardship Campaign](#).

MORE THAN ENOUGH



My 2023 Promise

Acknowledging that there is always More Than Enough, I/we promise \$_____ for ministry. I/we plan to fulfill this pledge ☐ weekly ☐ monthly ☐ semiannually ☐ annually.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

- ☐ Please contact me about setting up payments from my checking account/credit card.
- ☐ Please contact me about including the church in my estate plans.
- ☐ Please contact me about making my gift through stocks or securities.
- ☐ I will make my gift online this year, please look for my gift.



St. Luke Biography

Saint Luke, 1360-64

Saint Luke's feast day is celebrated on October 18th.

About St. Luke the Evangelist Companion of St Paul

St. Luke, the writer of the Gospel and the Acts of the Apostles, has been identified with St. Paul's "Luke, the beloved physician" (Colossians 4:14)

Luke explains in the introduction to his gospel that his writings were inspired by close association with Paul and his companions. Luke joined Paul at Troas in the year of 51, accompanying him from Macedonia to Philippi. Luke remained with Paul to the end of his life, even during his imprisonment and sufferings, "Only Luke is with me" (2 Timothy 4:11).

Saint Luke was born a Greek and a Gentile in Antioch, Syria. He was a physician and it is believed that he may have also been a slave, as it was not uncommon in his day for slaves to be educated in medicine so the family would have a resident physician.

Luke became a close companion of Paul of Tarsus and accompanied him on his missionary journeys. It is very possible that Luke provided medical assistance to Paul when he had been beaten, stoned or nearly drowned while evangelizing to the Western Roman Empire.

Luke is the only Gentile to have written books in the Bible. He is the writer of the third Gospel and the Acts of the Apostles and his writings have been proven to be historically accurate.

In the third Gospel, Luke emphasizes Christ's compassion for sinners and for those who suffer. One will also find in Luke's account of the gospel, a strong emphasis on the role women played in Christ's ministry.

Luke's Christian ministry can be followed in the book of Acts. Up until the sixteenth chapter the story of Acts is written in third person, much like an historian recording facts. The voice of the narrator then changes to first person and scholars believe this is done at the time Luke first joined Paul at Troas in the year 51. The book of Acts switches back to third person and scholars believe that this reflects a period in time when Luke was not present during the events that are recorded.

It is believed that Luke lived a long life and died c. 74 in Greece. He was the first Christian physician and was venerated by the Catholic Church as the patron saint of physicians and surgeons. Saint Luke is also considered the patron saint of painters because according to tradition, he had painted images of Mary and of Jesus. This was later proven to be incorrect.

Life of Saint Luke

The gospel of Luke focuses on the poor and oppressed, encouraging tenderness and compassion for the less fortunate. The story of Lazarus and the Rich Man who ignored him is told in Luke's gospel, as is the parable of the Good Samaritan. The Gospel of Luke stresses the importance of evangelizing to the Gentiles. In the Gospel of Luke we hear Jesus praising the faith of

Gentiles such as the widow of Zarephath and Naaman the Syrian (Lk.4:25-27), and we hear the story of the one grateful leper who is a Samaritan (Lk.17:11-19). It is only in the gospel of Luke that the beatitude is used "blessed of the poor" instead of "Blessed are the poor in spirit"

It is unclear if Luke preached in Greece or in Gaul and there is also uncertainty surrounding his death.

Though some historians claim that St. Luke was martyred after the death of Saint Paul, others say he lived a long life, dying at the age of 84 after settling in Greece to write his gospel.

Unlike the Jewish writings, women have an important place in Luke's gospel. Luke writes about the women who accompanied Jesus, such as Mary Magdalene, Joanna, Susanna, and Martha and Mary and "many other women who used their own resources to help Jesus and his disciples" (8:1). Luke also writes about the birth of Christ from Mary's point of view and she is especially important in Luke's gospel. It is only in the gospel of Luke, that the story of Mary's Annunciation, her visit to Elizabeth, the Magnificat, the Presentation and Jesus' remaining in Jerusalem are told. In Luke's gospel, we learn the words spoken by the angel to Mary at the Annunciation, "Hail Mary, full of grace" and Elizabeth's words to Mary, "Blessed are you and blessed is the fruit of your womb, Jesus."

Luke was a gentile and according to St. Paul, a doctor ("Luke, our dear doctor." Colossians 4:14). Luke wrote the book to Theophilus, who was believed to be a high official in the Roman government. The Acts of the Apostles was also written to Theophilus (see Luke 1:3 and Acts 1:1) and that is why many scholars believe both books (Luke and Acts) were written by Luke.

St Luke is the patron saint of:

artists	bachelors
bookbinders	brewers
butchers	Capena, Italy
doctors	glass makers
glassworkers	gold workers
goldsmiths	Hermersdorf, Germany
lacemakers	lace workers
notaries	painters
physicians	sculptors
stained glass workers	surgeons
unmarried men	

<http://www.st-luke-medal.com/>



5 Breakthrough Advent Practices for Deeper Listening to Spirit

Discover and Live Your *Life Purpose*, for more Fulfillment, Joy And Connection!

Give yourself the gift of Real and Lasting Transformation this Christmas!

You're invited to join Retreat Leader Gael Hogan, founder of *Purpose in Motion*, at a full-day Advent Retreat on Zoom.

Saturday, November 26th, 9 am to 5 pm Mountain Time.

Do you feel like there's more to your Spiritual Life than you're currently experiencing?

Would you love to be crystal clear about God's purpose for your life?

Do you have a sense of what your purpose is, but it just hasn't happened yet?

Or, perhaps you're living your purpose, but you're just not feeling the fulfillment in your life that you'd love?

I'm here to tell you that you can discover God's Purpose for your life and create results you are in love with! Many of the people I work with are not only living their purpose the way they dreamed they could, but many have far exceeded what they thought was possible.

At this Retreat you will:

- Be empowered to listen more deeply as Spirit speaks to you through two inborn signals for growth and transformation.
- Discover your God-Given Purpose or Create a Renewed Sense of Purpose.
- Be given tools for living your Purpose more deeply to bring more fulfillment, joy, and connection into your life.

Meet others who are seeking a deeper Spiritual experience in their lives.

You will leave the workshop feeling inspired and more empowered to make positive changes in your life and feel more fulfillment in your Spiritual life.

To register and purchase tickets, please go to this link on Eventbrite:

[5 Breakthrough Advent Practices for Deeper Listening to Spirit Tickets, Sat, 26 Nov 2022 at 9:00 AM | Eventbrite](#)

I'd love to see you there!
Believing in You,
Gael



LADIES *no-mess* POTLUCK LUNCH

Bring a dish to share with Serving Utensils

Bring your own plate & utensils to take home with you

Bring your own drink

Third Saturday of each month

October 15, 2022 11:30 – 1:00ish

BRING A FRIEND MEET A FRIEND MAKE A FRIEND

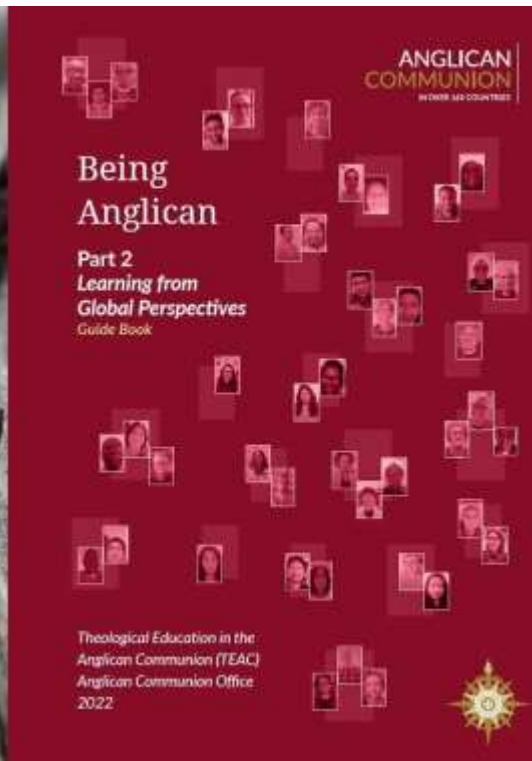
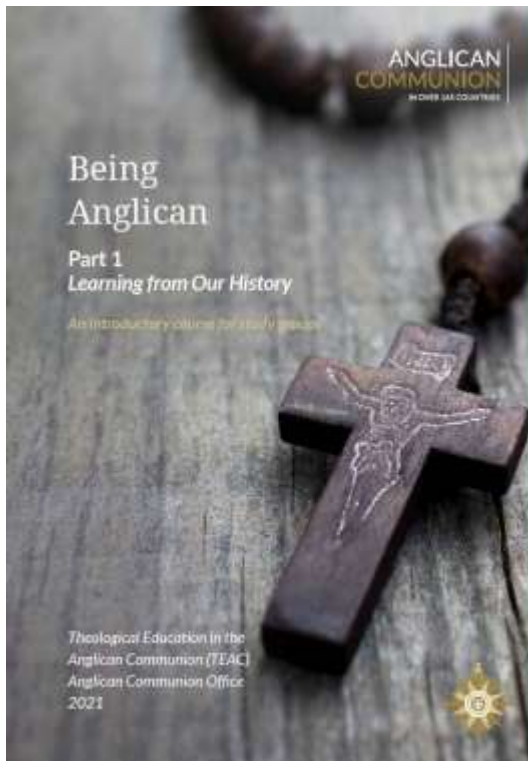
As we get to know each other and introduce ourselves,

Something for you to consider sharing:

“WHAT HAPPENED TO YOU THIS PAST MONTH WHICH WAS SURPRISING?”

Where was Jesus in that situation?

Jesus said, “ And REMEMBER, I am with you ALWAYS, to the end of the age.”



Wednesday Evening Christian Education Study “Being Anglican”

Evening Adult Continuing Education is the new Anglican Communion initiative: “Being Anglican,” 19 sessions from TEAC (Theological Education in the Anglican Communion).

Using written and video material, we’ll explore 3 essential components of being Anglican: Anglican Spirituality, from Oct. 5 to Nov. 9; Anglican Church Life, from Jan. 11 to Feb. 15; and Anglican Mission, from Apr. 26 to Jun. 7.

EVERYONE’S INVITED!

St. Paul's Youth Volunteer Initiative



Do you want to make a difference in the world?
And build your resume at the same time?

Be part of planning a new youth volunteer initiative
at St. Paul's Anglican Church.

****Sunday, Oct. 16, 2022 at 11am****

Bring your thoughts on:

- a group name
- volunteer opportunities you want to be involved in
- other ideas



Watch for information: Instagram @stpaulsyouthvolunteers, St. Paul's webpage and Facebook pages, St. Paul's weekly bulletin, Living Waters, or contact the St. Paul's office



Sunday School

Sunday school is now open

We are using the Virtual Church School curriculum offered by the Anglican Church of Canada. The link is on our website.

For those joining us online, this is the same material we have been using while the in-person Sunday School has been on hiatus. Please fill out a registration form so we know that your children are participating online. They are location [here](#) and can be sent to the Parish Office via email or post.

We hope that this will provide greater continuity for our Sunday School students. As we move closer to a hybrid church model.

If you choose to continue worshipping with us on-line, or if you know in advance that your child(ren) will not be able to attend in-person on an upcoming Sunday, and you live within Calgary, please let me or the Church Office know and we will try to get any handouts, crafts, etc., to you.



No matter how you join us in worship, we want you to feel you are fully part of the St. Paul's family.

Youth Sunday School

Youth Sunday school will begin Sunday, October 2 and will continue on the 1st and 3rd Sundays of each month. Thank you to Stephanie for facilitating this group.

The first Sunday will be a self-directed discussion group.

The third Sunday will be the Alpha Series Refresh. **Any youth who are interested in confirmation are asked to please attend this Sunday.**



Alpha Refresh

Our first ever Alpha Youth Film Series was launched in 2013. Over the years the series has evolved and been updated to include stories that are relevant, relational, and relatable for students as we continue to encourage conversation around life, faith, meaning, and purpose.

In this refresh, we're showcasing new voices, conversations, and ideas from Gen Z. The hope of this new refresh is that it would continue to catalyze students for student-led Alphas. In doing so, we want the Alpha Youth Series Refresh to represent the current cultural moment we are in.



Sunday School Teachers

As we gather together again in-person, we will probably be meeting as one large group; but as more people return in-person and our numbers grow, we will likely be needing to move to 2 or even 3 classes. That means we will need more Sunday School teachers. If you feel God is calling you to this ministry, or if you would like to know what is involved, please contact me (spaargw@shaw.ca) or the church office.



Letter for commemorative plates for St Paul's benches

The memorial benches have been successfully installed around St. Paul's grounds.

Now we are ready to proceed to phase 2 of this program which the installation of commemorative plaques on the benches prior to them being dedicated.

A bench can be dedicated for a minimum of \$1,000 which will be displayed with an unlimited term on the commemorative plaque attached with wording of your choice. There are 5 benches available for dedication while providing a pleasant and comfortable atmosphere for our church grounds. Monies raised from the plaques will be used to further beautify St.

Paul's...an example might be the purchasing of cement flowerpots for both our entrances.



For comparison, if you were to dedicate a bench with a commemorative plaque through:

Friends of Fish Creek Park - \$5,000 - for 10-year term

Parks Canada - \$4,200 for a 10-year term

City of Calgary - \$3,000 for a 10-year term

Heritage Park Historical Society - cost - \$3,000 per bench - for 10-year term

The committee would like to thank you for the interest and support you have given to this project. Please contact Robbie Collier by email or phone if you are interested or want more information about this project. randrcoller@gmail.com cell - 403-869-6608.

Blessings,
St. Paul's Memorial Committee

Below is the sizing of the plaques





Prayers



To pray is to touch God and
let God touch us.

PRAYERS FOR MORNING

Lord, you have brought us in safety to this new day.
Preserve us now by your mighty power that we might not
fall into sin nor be overcome by adversity, and in all that we
do, direct us to the fulfilling of your purpose, through Jesus
Christ our Lord. AMEN

With each new morning, Lord, we praise you and
delight that our lives are in your hand. Your goodness sus-
tains us. Your calling gives us purpose. Your victory ensures
that our times are in your hands. AMEN

-from "Common Prayer-A Liturgy for Ordinary Radicals"

A PRAYER FOR THE ROYAL FAMILY

Lord, in this past week we have committed our late Queen
Elizabeth to your loving care and now pray for our King,
Charles, that you will give him wisdom, strength and cour-
age in his new role. We pray for all the Royal Family in their
sorrow and ask that you comfort them as they mourn. In
the name of Jesus Christ our Lord. AMEN

WALKING WITH GRIEF

Do not hurry as you walk with grief,
It does not help the journey.

Walk slowly, pausing often:

do not hurry as you walk with grief.

Be not disturbed by memories that come unbidden.
Swiftly forgive; and let Christ speak for you unspoken
words.

Unfinished conversation will be resolved in Him.

Be not disturbed.

Be gentle with the one who walks with grief.

If it is you, be gentle with yourself.

Swiftly forgive, walk slowly, pausing often.

Take time, be gentle as you walk with grief.

-Northumbria Community

O Christ, tirelessly you seek out those who are looking for
you and who think that you are far away;

Teach us, at every moment,

to place our spirits in your hands.

While we are still looking for you,

already you have found us.

However poor our prayer, you hear us far more than we can
imagine or believe. AMEN

-Brother Roger of Taizé

SEASONAL PRAYERS

A PRAYER OF ST. FRANCIS OCTOBER 4TH

Lord, make us to walk in your way:

"where there is love and wisdom,

there is neither fear nor ignorance;

where there is patience and humility,

there is neither anger or annoyance;

where there is poverty and joy,

there is neither greed nor avarice;

where there is peace and contemplation,

there is neither care nor restlessness;

where there is the fear of God to guard the dwelling,

there no enemy can enter;

where there is mercy and prudence,
there is neither excess nor harshness";
this we know through your Son,
Christ our Lord. AMEN

-St. Francis of Assisi

LAST DAY OF SEASON OF CREATION October 4

Creator God, we enjoy the abundant fruits of the earth,
Yet, we acknowledge that we in the developed world,
have often wasted the gifts of the earth, taking more than
our share, leaving our sisters and brothers in other places in
poverty and need. Renew our minds and transform us into
servants of the earth,
so that her richness and bounty will sustain, not only us,
but generations to come after us.

In gratitude let us pray to the Lord

We give you thanks, O God.

- Written by Karen Turner for the Diocese of Toronto,

THANKSGIVING October 10

Creator God,

We thank you for your promise that while the earth
endures, seed-time and harvest, summer and winter, day
and night, shall not fail.

We thank you for the reliability of this good earth, for
the variety of the seasons and for all the unity and contrasts
of creation.

We thank you for this world's agenda for the labours
of men and for permitting us to be partners to the earth's
activity.

We thank you that we can nourish the miracle of life
upon the miracle of harvest and we praise you for the digni-
ty of sharing in the work of your almighty hands, O God our
Father, blessed forever. AMEN

-Dick Williams

Lord, your harvest is the harvest of love;

love sown in the hearts of people;

love that spreads out

like the branches of a great tree

covering all who seek its shelter;

love that inspires and recreates;

love that is planted in the weak and the weary,
the sick and the dying.

The harvest of your love is the heart that reaches

through the weeds of sin and death

to the sunlight of resurrection.

Lord, nurture my days with your love,

water my soul with the dew of forgiveness,

that the harvest of my life might be your joy AMEN

-Frank Topping

WORLD FOOD DAY (October 16)

Let us pray for our neighbors who will not eat
enough this day, that they may be filled, and for our nation
and those who shape its policies, that the elimination of
hunger may truly become a national priority. And let us
pray for ourselves that we may be filled with such love for
those who hunger that we commit ourselves to unaccus-
tomed actions that will send a strong, determined signal to
world leaders to work for an end to hunger in our bountiful
earth. AMEN

(unknown source)

IGNATIUS, BISHOP & MARTYR OCTOBER 17TH

Heavenly Father,
who adorned your Church
with the witness of your holy martyr Ignatius,
grant to us, we pray,
the gift of true and gracious unity,
that your Spirit may direct our service
and our offering may be your work in our midst.
We ask this in the Name of Jesus Christ our Lord. AMEN
-Prayer over the Gifts from "For All the Saints":

ST. SIMON & ST. JUDE, APOSTLES OCT. 28

Almighty God,
we thank you for the glorious company of the apostles,
and especially on this day for Simon and Jude.
As they were faithful and zealous in their mission,

so may we with ardent devotion
make known the love and mercy
of our Lord and Saviour Jesus Christ,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. AMEN
Collect from "For All the Saints"

PRAYER FOR EVENING

Almighty God, we give you thanks for surrounding us
as daylight fades with the brightness of the evening light;
and we ask of your great mercy that as you enfold us with
the radiance of your light, you would also shine into our
hearts the brightness of your Holy Spirit. May you bless us
and keep us from all harm and lead us to eternal life. AMEN
-from "Common Prayer-A Liturgy for Ordinary Radicals"

ST. LUKE THE EVANGELIST

"I will restore health to you, and your wounds I will heal,"
says the Lord.
-Jeremiah 30:17

Healing God,
we thank you for Saint Luke,
Paul's "beloved physician",
and for his faithful recording
of the life of your Son
and for the birth of the church.
Continue in us your work of healing;
may we never pass by on the other side,
but rather reach out to the poor and sick
and those on the margins,
in the love of Jesus our Lord. AMEN
-author unknown

PRAYERS AND SCRIPTURES FOR HEALING FOR OURSELVES AND OTHERS

(many of the following can be adapted to make them personal & specific; note that "child" is for adults as well.)

In the name of the Father, the Son and the Holy Spirit
we enjoin your divine mercies.
Lord, why do we suffer?
Why do we hurt ?
Shall our only answer
be the eternal abyss of the cosmos ?
Shall our only answer be the whirlwind of unknowing
which engulfed Job ?
Why do the wicked flourish,
while the righteous fade away ?
I am left speechless, left with the words,
"I will trust you, my God
God, we ask for the sending of your healing Spirit,
who came to us through Jesus,
as he breathed upon his disciples.

This Spirit gathered your people
to be warmed by the fire of divine presence.
By this warmth, may (insert name of person being prayed
for) be healed and taken into your care.
Like the blind man who Jesus healed,
may (name) become a sign
of your glory, calling you the Anointed One,
the one who also anoints us and points us to the love of God,
and grants us your healing peace. AMEN
from "Common Prayer- A Liturgy for Ordinary Radicals"

God of the desert, suffering God, bless your child
(name) who is suffering and longs for the day when he/she
will be free of all distress in mind and body.

God of healing and wholeness, fill his/her empty places
with hope and embrace him/her with your comfort and courage.

Like the woman ill for twelve years who touched the
hem of Jesus' garment may he/ she touch the garment of
your compassion and feel your spiritual power flow through
his/her body and spirit.

We place our trust in you, God of tender love. AMEN

Jesus our Healer,
I commend to your gentle hands those who are sick.....
Ease their pain,
and heal the damage done to them
in body, mind or spirit.
Be present to them through the support of friends and family
and in the care of doctors and nurses,
and fill them with the warmth of your love
now and always. AMEN -Angela Ashwin

Lord, You invite all who are burdened to come to You.
Allow Your healing hand to heal me. Touch my soul with Your
compassion for others. Touch my heart with Your courage
and infinite love for all. Touch my mind with Your wisdom,

that my mouth may always proclaim Your praise. Teach me to reach out to You in my need, and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which You have created, now and forever. AMEN -unknown source

Lord, look upon me with eyes of mercy, may your healing hand rest upon me, may your life giving powers flow into every cell of my body and into the depths of my soul, cleansing, purifying, restoring me to wholeness and strength for service in your Kingdom. AMEN

-unknown source

“ O Lord, you’re wonderful.
Your touch is all I need,
for when your hand is on this child
your healing I receive.”

-a verse from Keith Green’s song:
O Lord, You’re Beautiful

WE ARE IN HIS HANDS

Lord, through weariness and hurt.
through disaster on the news,
through headaches and depression
I am still yours.
I do not understand,
but I believe that you are here
in the dark places of human life,
and that nothing
can take us out of your hands. AMEN

SOME BIBLE VERSES FOR HEALING

O Lord my God, I cried out to You, and You healed me.
Psalm 30:2

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

-James 5:13-15

He heals the broken-hearted and binds up their wounds.
Psalm 147:3

When the sun was setting, all those who had any that were sick with various diseases brought them to Jesus; and He laid His hands on every one of them and healed them.

-Luke 4:40

But when the multitudes knew it, they followed Jesus; and He received them and spoke to them about the kingdom of God, and healed those who had need of healing.

-Luke 9:11

For God has not given us the spirit of fear; but of power and love, and of a sound mind.

2 Timothy 1:7

Be of good courage, and He shall strengthen your heart, all you that hope in the Lord.

Psalm 31:24

And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:7

YOU SHALL BE CALLED BY A NEW NAME:

THIS WAS WRITTEN IN OCTOBER 2009 AND IS RELEVANT TO OUR LORD’S HEALING POWER ON MIND AND SPIRIT.

A person’s name in the first century had a way of expressing essential information about the person. Names were important. Jesus gave the apostle Peter his new name. (John 1:42) Jesus said : “*You are Simon, son of John. You will be called Cephas.*”

I have been told that the name Simon is related to the Hebrew word for “shifting sand” and we know that Cephas (Peter) means “rock”. What a transformation! And we know that that transformation was completed.

You might be wondering what I am leading up to-

This kind of transformation seems to me to fit in with our fall study “What About Divine Healing”, because I believe that divine healing encompasses not only physical healing, but spiritual and emotional healing as well.

Many years ago I had a profound spiritual experience that showed me how God sees me and all his own. The words of Isaiah 62:2(b) through 5 have been a source of strength and comfort to me over the years. And, I have discovered that I am not alone in seeing great meaning in these words.

A Presbyterian minister , Gerrit Scott Dawson has written a book entitled "Called By A New Name-Becoming What God has Promised" which enables us to reflect on and experience living out our fresh identities in God.

Last spring, in Vancouver, I read a list by a man named Darrell Johnson, in which he imagines Jesus standing before various individuals saying:

Your name is "much-afraid"	..you shall be called "One-who-trusts the-Shepherd"
Your name is "riddled-with-guilt"	..you shall be called "clean-slate"
Your name is "worries-a-lot"	..you shall be called "resting- in -the- everlasting-arms"
Your name is "sad-heart"	..you shall be called "you-turned-my-mourning-into-dancing-again"
Your name is "grumpy"	..you shall be called "grateful-a-lot"
Your name is "deeply-wounded"	..you shall be called "held-in-my-bosom"
Your name is "sarcasm"	..you shall be called "One-whose-words-bring-healing"
Your name is "feels-alone"	..you shall be called "friend-of-God"
Your name is "perfectionist"	..you shall be called "grace-is-really-enough"
Your name is "addicted"	..you shall be called "free-at-last"
Your name is "broken-wing"	..you shall be called "soaring-like-an-eagle"

Jesus changes us, renews us and transforms us into the people He intended us to be when He wrote our names on the palms of His hands.

I will change your name.
You shall no longer be called
wounded, outcast,
lonely or afraid,

I will change your name
your new name shall be
confidence, joyfulness,
overcoming one;

Faithfulness,
Friend of God,
One who seeks my face.



-words of this song are by
D.J. Butler

You're Always There for Me

When the world comes crashing in
And chaos rules my mind,
I turn my heart to you, Lord,
And pure, sweet peace I find.

You lift me out of trouble
You comfort me in pain;
You nourish, heal and cleanse me,
Like cool, refreshing rain.
In times of joy and bliss,
When things are going right,
You lift me even higher,
And fill me with delight.

You listen to my prayers;
You hear my every plea;

I'm safe because I know
You're always there for me.

By Joanna Fuchs

<https://www.poemsource.com/Christian-poems.html>



Our Parish Gardens

We had a good crop this season and hope to have more next year. Our successes were lettuce, beans, carrots, onions, peppers and tomatoes. We have a bumper crop of tomatoes but most have not turned red yet. They are beginning to so we hope to have more red before the cold hits.

Below is one recipe for green tomatoes just in case we still have a lot of greens to share.

Green Tomato Salsa

Prep Time: 5 minutes Cook Time: 10 minutes Yield: 6

Wondering what to do with green tomatoes? Make green tomato salsa, of course! They blend into a zesty dip that tastes just like salsa verde.

Ingredients

8 ounces green tomatoes (about 5 small)
1 jalapeño pepper (without seeds)
3 large cloves garlic
1 medium white onion
½ cup fresh cilantro leaves
½ teaspoon kosher salt
2 tablespoons lime juice

Instructions

Peel the garlic. Peel and quarter the onion. Remove the seeds and ribs from the jalapeño (save the seeds for a hot salsa). If tomatoes are large, quarter them; otherwise leave them whole. (Ours were small so we left them whole.)

Place the green tomatoes, garlic, onion, and jalapeño on a baking sheet. Broil on high for 4 to 5 minutes until just beginning to blacken. Flip and rotate the veggies and broil another 4 to 5 minutes.

Transfer everything to a food processor or blender, except use only ½ of the jalapeño. Add the cilantro, kosher salt, and lime juice. Pulse until desired consistency is reached. Taste, and if you'd like it hotter add the other ½ of the jalapeño and/or some seeds.

You may want to refrigerate until serving since the salsa will be warm from the roasting; or leave it at room temperature until serving.

Stores up to 1 week refrigerated.

<https://www.acouplecooks.com/green-tomato-salsa/>

© 2022 - A Couple Cooks®



Some other produce from
our Parish Gardens!
Looking forward to starting
again next Spring!



God Stories From Our Parish

We all have stories where we see the work of our God in our lives. Stories that remind us we are not alone, that inspire us, and help us through difficult times. If you have a story you would like to share please send it to office@stpaulscalgary.ca.

No Volunteers, No Coffee Time!

Coffee time after the 9:30 am service.

Make coffee; set out the cups, cream and sugar, and goodies; and clean up after. Sign-up sheet is by the Kitchen door—follow the signs! Training is available!



Thank you to Doreen, Kerry, Rick and Robbie who have been volunteering since we reopened. They would greatly appreciate having more help.

Pastoral CARE

Chemo Care Bag

If you know of anyone who is beginning Chemotherapy treatment and would benefit from receiving a Chemo Care Bag please contact Gloria Ford.



Grief Support Group

Our Grief Support Group is a chance to be with others who have suffered a loss. It is a chance to speak from the heart or just listen. If you are interested, please contact Laura Anne at the Parish Office.

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



Prayer Shawl Ministry—

This is a fun ministry where we quilt or knit and share fellowship for an afternoon. We meet on the third Wednesday of each month. No experience needed! Everything is supplied.

For more info. contact Laura Anne at the Parish Office.

Next meeting is October 19 at 1 pm in-person and Zoom.



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



St. Paul's Outreach Ministry



Food for Others on October 30

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. The next one is **Oct. 30/22**.

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



What's the blue bin?

The big blue bin in our parking

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

Small change for big change

Putting some coins (or bills) into the CAWST water filter by the library will support the delivery of clean drinking water in poor communities. Through our donations, the health of many people in the third world can be greatly improved.



Clothing appreciated

Calgary Alpha House Society gratefully accepts 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 a clearly marked Alpha House bin on the

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



PWRDF

The Primate's World Relief and Development Fund

The Anglican Church of Canada

PWRDF is accepting donations for Hurricane Fiona relief.

PWRDF is in contact with our Diocesan Representatives and other key volunteers in the affected areas to learn the extent of the damage. Please consider donating to PWRDF to support these communities. We are assessing the best ways to channel your gifts to support those in the highest need in ways that do not duplicate support being offered by other agencies or provincial or federal governments.

How you can help

[Donate online](#) or go to pwrdf.org/give-today and click on Hurricane Fiona. You may also send a cheque to PWRDF, 80 Hayden Street, 3rd floor, Toronto, Ontario, M4Y 3G2, indicating Pakistan Floods on the cheque. You may also donate by phone at 416-822-9083 or leave a voicemail toll-free at 1-866-308-7973 and we will return your call.



Welcome to the Thanksgiving table.

When you cook for clients, their cleared plates, smiles on their faces and feelings of contentment are all the thanks you need.

When you feed vulnerable clients, people experiencing homelessness, or someone down on their luck, that gratitude is magnified a thousand times.

Thanks to people like you, clients at The Mustard Seed are given nutritious meals that give them the fuel and vitality they need to greet each day.

With prices going up, we'll extend your dollar to feed more neighbours! For just a little over \$5, you can help feed someone in need.

With Thanksgiving less than two weeks away, how many happy clients would you like to invite to [The Mustard Seed table](#)?

World Food Day - It's your day!

Collective action across 150 countries worldwide is what makes World Food Day one of the most celebrated days of the UN calendar. Hundreds of events and outreach activities bring together governments, businesses, CSOs, the media, the public, even youth, in over 50 languages. They promote worldwide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all, leaving no one behind.

#WorldFoodDay 2022 is being marked in a year with multiple global challenges including the ongoing pandemic, conflict, climate change, rising prices and international tensions. All of this is affecting global food security.

It's time to work together and create a better, more sustainable future for all. Make #WorldFoodDay YOUR day. Join the call by organizing an event or activity or show how you are taking action.



Leave NO ONE behind

2022 finds us with an ongoing pandemic, conflict, a climate that won't stop warming, rising prices and international tensions. This is affecting global food security.

We need to build a sustainable world where everyone, everywhere has regular access to enough nutritious food.

Although we have made progress towards building a better world, too many people have been left behind. People who are unable to benefit from human development, innovation or economic growth.

In fact, millions of people around the world cannot afford a healthy diet, putting them at high risk of food insecurity and malnutrition. But ending hunger isn't only about supply. Enough food is produced today to feed everyone on the planet.

The problem is access and availability of nutritious food, which is increasingly impeded by multiple challenges including the COVID-19 pandemic, conflict, climate change, inequality, rising prices and international tensions. People around the world are suffering the domino effects of challenges that know no borders.

Worldwide, more than 80 percent of the extreme poor live in rural areas and many rely on agriculture and natural resources for their living. They are usually the hardest hit by natural and man-made disasters and often marginalized due to their gender, ethnic origin, or status. It is a struggle for them to gain access to training, finance, innovation and technologies.

Better production, better nutrition, a better environment, and a better life.

Our globalized world is one where our economies, cul-

tures, and populations are becoming increasingly interconnected. Some of us are vulnerable because of who we are or where we live, but the reality is that we are all fragile. When someone is left behind, a chain is broken. This impacts not only the life of that person, but also ours.

In the face of global crises, global solutions are needed more than ever. By aiming for better production, better nutrition, a better environment, and a better life, we can transform agri-food systems and build forward better by implementing sustainable and holistic solutions that consider development in the long term, inclusive economic growth, and greater resilience.

Our actions are our future

A sustainable world is one where everyone counts.

Governments, the private sector, academia, and civil society and individuals need to work

together in solidarity to prioritize the right of all people to food, nutrition, peace and equality. Indeed, every one of us, including youth, can work towards an inclusive and sustainable future, showing greater empathy and kindness in our actions.

We must ALL be the change.

World Food Day Poster Contest (ages 5-19)

If you're aged between 5 and 19, we want to hear from you! Use your imagination and create a poster showing a world where no one is left behind, and everyone has access to healthy and affordable food.

Everything in our world is connected – from our food to our cultures, environment and economies. Today, many people continue to face global challenges like poverty and hunger, climate change, conflict and inequality. Global challenges need global solutions! We can all learn how to be part of these global solutions, for a sustainable future where every person counts. Take a photo or scan your poster and submit your entry by filling out the form on our website. The deadline is 4 November 2022.

Three winners in each age category will be selected by our jury and announced here in December. Winners will be promoted by FAO offices around the world and receive a surprise gift bag and Certificate of Recognition.

To participate, you must be aged 5 - 19. The deadline for entries is 4 November 2022. [Go to Poster Contest 2022](https://www.fao.org/world-food-day/en)

From:

<https://www.fao.org/world-food-day/en>

Be Thankful

Poet Unknown

Be thankful that you don't already have everything you desire.
If you did, what would there be to look forward to?
Be thankful when you don't know something,
for it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.
Be thankful for your limitations,
because they give you opportunities for improvement.
Be thankful for each new challenge,
because it will build your strength and character.

Be thankful for your mistakes.
They will teach you valuable lessons.
Be thankful when you're tired and weary,
because it means you've made a difference.

It's easy to be thankful for the good things.
A life of rich fulfillment comes to those who
are also thankful for the setbacks.
Gratitude can turn a negative into a positive.
Find a way to be thankful for your troubles,
and they can become your blessings.

<https://www.wow4u.com/bethankful/>



<https://www.homemade-gifts-made-easy.com/thanksgiving-coloring-pages.html#>

THE DIOCESE OF CALGARY ACW FALL RETREAT WORKSHOP ON ZOOM

*"STEWARDSHIP ON OUR PRAIRIES:
THE CLIMATE CRISIS, IS IT REAL AND WHY SHOULD I CARE?"*

GUEST SPEAKERS:



JOEY O'BRIEN

Joey is the president of SustainDriven, an innovative provider of environmental consulting and event operations that executes sustainable water, waste, global greenhouse gas and energy solutions. His professional passion is environmental sustainability, mitigation, and education. He has launched a new Canadian company SustainAgro, a Pyrolysis based low carbon fuel refinery to be built on the east coast of Canada. It combines technologies in the world of low carbon diesel, biochar, graphene, and wood vinegar. He is a founding board member of his communities Green Energy co-op and is a climate action organizer. He will speak about his work with Solar Panels.



BARRY ADAMS

Barry was Rangeland Manager for Alberta Environment and Sustainable Development. He is retired and now doing private consultations. He is a very active member of St. Augustine's, Lethbridge. Barry will give us an ecological overview of native grasslands, a cultural overview of the importance of native grassland and of course talk about cows and grass, and why native grasslands are important to agriculture.

SATURDAY, OCTOBER 22ND, 2022 – (9:30 – 2:00)

REGISTER: dioceseofcalgaryacw@gmail.com

(once you are registered, the Zoom link will be forwarded to you in the week before the Conference)

These sessions are free to everyone, so please join us!

St. Paul's Annual Outside Fall Clean-Up



WHEN: SATURDAY, OCTOBER 29

WHERE: OUTDOORS

TIME: 9:00 AM TO 3:00 PM

COME WHEN EVER YOU CAN

AND

STAY for AS LONG AS YOU CAN

**WHAT TO BRING: RAKES, OUTDOOR BROOMS,
BUCKETS, RAGS**

**COME AND HELP PREPARE OUR BUILDING
AND**



DIOCESAN EVENTS

Phishing Scams Happening Again

Once again, there have been several phishing attempts reported to the Diocesan Office. If you receive a request from one of our staff asking for your help, and you are suspicious, please do not respond and delete the email.

Phishing emails may look extremely authentic. Here are some tips on how to protect your confidential personal information:

- Do not click on links OR open attachments in emails or messages from people that you do not know.
- Remember that the Archbishop or the staff would never ask you for assistance in this way.
- Look out for spelling or grammatical errors.
- Check the sender's email address. Is this address the same as you would usually see from this person or organization?
- Be cautious with any unexpected messages. When in doubt, delete.

These emails are not harmful to your computer, just annoying.



Rosary Gathering via Zoom

Fr. Jerrod McCormack will be offering the Rosary Gathering via Zoom on the second and fourth Saturdays of the month. This is open to all who wish to participate. For the Zoom link or more information, please email \ Fr Jerrod.



Offering of Pastoral Care training for November/December 2022 and February/March 2023.

Do you have an interest, calling or are just curious about Pastoral Care? Maybe you want to be better equipped to support your church community, friends or your own family. We are all called to care and care deeply, as we are able, with one another. Maybe this is a “brush up” opportunity or time for skill refreshing. Please consider this an invitation to join us. Together we will reflect on who we are as pastoral caregivers and how we can use what we have to perhaps lessen the burden of another. Pastoral care is about listening and the ministry of presence, rooted in our love for each other and our faith in Jesus.

Perhaps you know of someone in your church community that has taken this course or other pastoral training. Ask them about what they thought, what they learned; how things changed pastorally for them.

In this course there will be a bit reading and/or reflecting as preparation for each of the evenings. There will be learning through new information, sharing and skill development. We will form a pastoral community on our own.

I am extending two opportunities – November/December 2022 on Wednesdays and February/March 2023 on Tuesdays. This is a Zoom class and there is no fee.

Dates are:

Pastoral Care course 2022

Wednesdays – November 2, 9, 16, 23, 30, December 7 and 14. The time is 6:30 pm – 8:45 pm. Deadline to register will be October 24 or a full class.

Pastoral Care course 2023

Tuesdays – February 14, 21, 28, March 7, 14, 21, 28. The time is 6:30 pm – 8:45 pm. Deadline to register will be February 3 or a full class.

There will be a minimum of 6 people and a max of 15.

Please register with Rev. Tracey at pastoralcare@calgary.anglican.ca. Questions are also welcome. Indicate which course you would like to attend.



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 May 17. If you have a prayer request, or would like to join this vital ministry, please contact Dinah at 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 or Betty Nadurak know.

Children's Time Ministry: *Our goal is to resume offering 5 minute Children's Time messages (stories or songs) at every Service, to bless the children sharing the Services in-person or online. If you have a heart for Jesus and for children, and would like to be part of this Ministry, please contact Fergus. These messages can be given in-person or via video.*

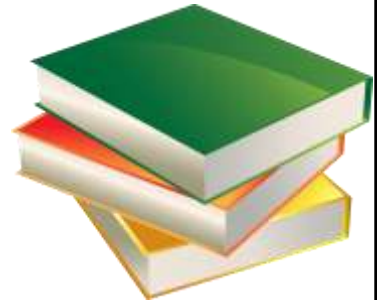


Pick-up Ministry: Thank you to the 4 households who have volunteered to pick up groceries or prescriptions for those who can't get out. If anyone else would like to join this Ministry, please contact the Office at 403-256-1428; office@stpaulscalgary.ca.

Pastoral Visits: Fergus is available for regular visits via phone, email, or in-person. He will also continue to respond to all pastoral emergencies. Our Pastoral Care Team is also visiting via phone or email, and is set to resume visiting in-person soon.

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.



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. No password is needed; to help our Envelope Secretary, please included your envelope number in the "message" spot.



**E TRANSFER
PAYMENTS**



Helpful Information

Parish Office Hours: Monday to Friday 9 am to noon.

Sunday Services: 9:30 am Live Streamed on Facebook or after 11:30 on our website under the Sermon tab

Wednesday In –Person Services: 9:30 am 1st, 3rd and 5th Wed.

Thursday Video Prayer services: posted on Facebook and YouTube on the 2nd & 4th Thursdays of the month. You can watch them by clicking [here](#).



Useful Websites and other Social Media Platforms:

St. Paul's Website:

<https://www.stpaulscalgary.ca>

Instagram: [stpaulsanglican Calgary!](https://www.instagram.com/stpaulsanglican Calgary/)

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

Twitter:

@stpaulscalgary

@Pastor_Fergus

YouTube Channel:

<https://www.youtube.com/channel/UCldxfHv5pFYST--j8as1GVg>

Toddlers to Tweens Group Facebook:

toddlerstotweens

Youth Group's Facebook:

StPaulsCalgaryYouth

St. Paul's Alpha Facebook:

stpaulscalgaryalpha

MCES: <https://www.stpaulscalgary.ca/ministries/midnapore-church-of-england-society>

Facebook historicstpaulschurch

Pastor's Postings Blog:

<https://pastorfergus.wordpress.com>

Diocese of Calgary:

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

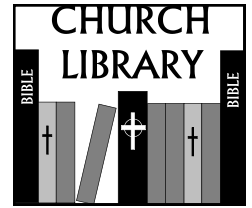
Diocesan Facebook calgary.anglican

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

PWRDF—www.pwrdf.org



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 hairsprays, etc.

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



Josiah Bible Quiz

- 1: At what age did Josiah begin his reign in Jerusalem?
a. 8 years b. 14 years c. 21 years d. 63 years
- 2: For how many years did Josiah reign in Jerusalem?
a. 12 year b. 19 years c. 31 years d. 40 years
- 3: What was the name of Josiah's mother?
a. Zebudah b. Jedidah c. Hamutal d. Nehusta
- 4: Which ancestor did Josiah walk in the way of?
a. David b. Abraham c. Solomon d. Moses
- 5: What was the name of Josiah's scribe?
a. Baruch b. Shebna c. Shisha d. Shaphan
- 6: Josiah sent his scribe to Hilkiah, but what office did Hilkiah hold?
a. Commander-in-chief b. High priest c. Moneychanger d. Doorkeeper
- 7: What did Hilkiah tell Josiah's scribe that he had found in the temple?
a. Book of the Law b. A tomb with an inscription c. Aaron's rod d. 10 bags of silver
- 8: How many men were sent by Josiah to talk with Huldah the prophetess?
a. One b. Two c. Five d. Ten
- 9: Why did Huldah the prophetess say that the Lord was angry and would bring destruction on Judah?
a. The sins of their ancestors b. The priests were stealing from the temple treasury
c. Josiah had made a pact with Babylon d. Judah were worshipping other gods
- 10: What did Josiah command the priests to do with the items used in the worship of false gods that were removed from the temple?
a. Burn them b. Throw them in the sea c. Grind them into powder d. Bury them in the tombs
- 11: Where did Josiah have the Asherah pole taken to be burned?
a. Ephraim b. Jericho c. Kidron d. Hebron
- 12: What was the name of the governor of Jerusalem during the time of Josiah?
a. Jacob b. Jehoshaphat c. Joseph d. Joshua
- 13: What were kept in a courtyard near to where Nathan-Melech lived?
a. Horses b. Sheep c. Goats d. Peacocks
- 14: Which mountain is being referred to when we read "mount of corruption" in 2 Kings 23:13
a. Mount Sinai b. Mount Bethel c. Mount Gerizim d. Mount of Olives
- 15: Who made the altar at Bethel?
a. Rehoboam b. Jeroboam c. Jehu d. Jehoram
- 16: Whose grave did Josiah find at Bethel and leave undisturbed?
a. A prophet of Judah b. King David c. Samuel d. A high priest
- 17: Josiah reinstated the Passover holy day, but since whose days had a Passover like it not been seen?
a. Moses b. David c. Judges d. Solomon
- 18: Who did Josiah go out to fight in his last battle?
a. Necho, King of Egypt b. Nebuchadnezzar, King of Babylon c. Cyaxares, King of the Medes d. Anlamani, King of Kush
- 19: In what city did Josiah die?
a. Nazareth b. Gezer c. Megiddo d. Bethel
- 20: Who became king in Josiah's place after he died?
a. Jehoiaquim b. Zedekiah c. Jehoahaz d. Jehoiachin

HAPPY



Thanksgiving

Homemade
GIFTS MADE EASY

October 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Feast of St. Francis 9:30am H.E. In-Person & Live streamed on Facebook Blessing of Animals	3	4 9am—12 pm Reserved Sacrament Pick-up	5 9am—12 pm R.S. Pick-up 9:30 am Holy Eucharist 10:30 am Bible Study 1:00 pm Prayer Shawl 7:30 pm “Being Anglican” Study	6 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	7 Explorers Cancelled for Thanksgiving	8
9 Thanksgiving Sunday 9:30am H.E. In-Person & Live streamed on Facebook	10 Thanksgiving Office is closed	11 9am—12 pm R.S. Pick-up 7:00 pm Parish Council	12 9am—12 pm R.S. Pick-up 7:30 pm “Being Anglican” Study	13 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	14 6:00 to 8:00 pm Explorers	15 8:30 am Men’s Breakfast 11:30 am Ladies Luncheon
16 Feast of St. Luke 9:30am H.E. In-Person & Live streamed on Facebook	17 7:30 pm Zoom Prayer Group	18 9am—12 pm R.S. Pick-up	19 9am—12 pm R.S. Pick-up 9:30 am Holy Eucharist 10:30 am Bible Study 1:00 pm Prayer Shawl 7:30 pm “Being Anglican” Study	20 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	21 6:00 to 8:00 pm Explorers	22
23 9:30am H.E. Triple C In-Person & Live streamed on Facebook	24	25 9am—12 pm R.S. Pick-up	26 9am—12 pm R.S. Pick-up 7:30 pm “Being Anglican” Study	27 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	28 6:00 to 8:00 pm Explorers	29
30 9:30am H.E. Language of the BCP In-Person & Live streamed on Facebook	31	November 1 9am—12 pm R.S. Pick-up	2 9am—12 pm R.S. Pick-up 9:30 am Holy Eucharist 10:30 am Bible Study 7:30 pm “Being Anglican” Study	3 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	4 9am—12 pm R.S. Pick-up	5