

Living Waters

November 2022



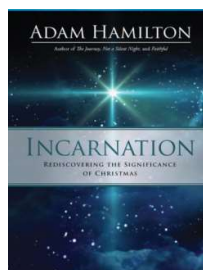
**Remembrance Day
Tribute:** November
11 at 7:00 pm

**Remembrance Day
Service** on Sunday,
November 13.

Remembrance Day
Pages 8-10



**Ladies Christmas
Party
Page 13**



**Advent
Study
Page 15**



**Veterans
Food Bank
Page 21**



**Crossword
Page 31**

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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Website:
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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

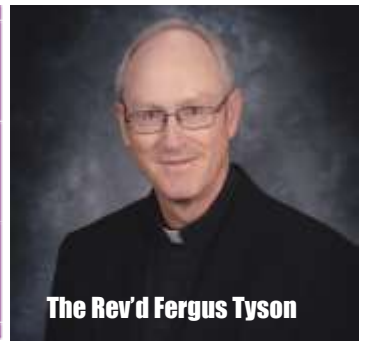
Living Waters

– Laura Anne Fink



INCUMBENT'S MESSAGE

Our Glorious Eternal Inheritance



The Rev'd Fergus Tyson

Paul to the saints who are in Ephesus ... I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints. (Ephesians 1:1, 17-18)

Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die." (John 11:21-26a)

We are all saints – and because we're saints, we have a

Apostle Paul, such an answer would be quite appropriate! As the quotation from his letter to the Ephesians at the top of this message shows, he begins by saying: "Paul to the saints who are in Ephesus." He doesn't say: "Paul to Saint Timothy," or "Paul to Saint Titus." No, Paul writes his letter to *all the saints*, in other words, *all of them* at Ephesus. This is the reason that we end each year's Fall stewardship Campaign on All Saints' Sunday. We begin on Thanksgiving Sunday, because the giving of our time, talents, and treasure is

the response of thankful hearts for all God's good gifts to us. We end on All Saints' to say that all of us are committed to this giving of ourselves – not just a few

"special" ones. We're all engaged together in furthering the work of the Lord in the world, for we are *all* saints.

You may not think of yourself as a saint, but you are! To be a saint means to be "set apart" for the Lord. One way to think of this is that we are *set apart* for the Lord to use us in ways that glorify him, ways that forward his purposes in us, and through us in the world. We don't use the chalice for any other purpose than Holy Communion, for example. It's *set apart* for this use. Another way to think of this that I find even more helpful uses the analogy of Holy Matrimony. I always find myself moved by the Wedding ceremonies it's my joy to lead, when the bride and groom commit themselves in the vows to their beloved. How beautiful, how right, it is to express in our Wedding vows

that in Marriage we will give ourselves to our spouse, "and *forsaking all others ... be faithful*" to them for as long as we both shall live! We are "set apart" for our spouse, and our spouse only. In the same way, we, as saints at St. Paul's, are *set apart* for Jesus, in an eternal relationship of love with him, in which we give ourselves to him, and he gives himself to us, in wholehearted fidelity.

We are all saints – and Paul says that because we're saints, we have a

"glorious inheritance." What the riches of this inheritance are, is brought out in the passage from John chapter 11 quoted at the top of this posting. It's part of the climax of the signs in John's Gospel: the Raising

I read recently an article about a man who was living on the streets of Santa Cruz de la Sierra, Bolivia in the year 2000, and fled police who were bringing him news of a six million dollar inheritance. Tomas Martinez apparently thought the police were about to arrest him, and disappeared without a trace, causing Bolivian newspapers to speak of him as a "new millionaire paradoxically not knowing his fortune." The inheritance came to Mr. Martinez, age 67 at the time, from his former wife, Ines Gajardo Olivares, who inherited the money herself from family members. The article ends with the words, "The (un)lucky man has never been found." How sad to live in poverty and be unaware that you have an inheritance of riches!

When I answer the phone in the Office, my usual practice is to say, "Hello, St. Paul's," if answering the phone myself, but simply "Hello" or "Hi, it's Fergus here" if Laura Anne is transferring the call to me. One time, however, for some reason I got mixed up and answered, "St. Fergus." The clergy colleague on the other end of the phone and I laughed about this! But, of course, from the point of view of our Patron, the

"I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die."
John 11:25-26



of Lazarus from the dead. The first thing we see from this passage is that as saints, we won't always understand Our Lord's dealings with us. Jesus was friends with Mary and Martha, and their brother, Lazarus, all of Bethany, but delayed his arrival after being told Lazarus was ill until Lazarus had been dead for four days. Martha's opening words to Jesus express her disappointment in his timing: "'Lord, if you had been here, my brother would not have died.'" But they also show faith in him: "'But even now I know that God will give you whatever you ask of him.'"

Jesus responds by telling Martha that Lazarus will rise again. She replies with the standard belief at that time, "'I know that he will rise again in the resurrection on the last day.'" To this, Jesus says with some of the most profound words in all Holy Scripture: "'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.'"

The conversation between Martha and Jesus had begun with Martha's venting her heartache and anger - telling Jesus what she thought of him and his strange ways. The passage testifies that this is OK. Our Lord's shoulders are broad enough to take this. In fact, they were strong enough to take all the weight of our sorrows upon himself on the Cross, and give us his life in their place. He is the Resurrection and the Life. He is the Light of the world. No darkness, not even all the power of death itself, can come between us and his love. We're invited to take all our struggles to the Lord. And when we do, we receive a response that brings Jesus' resurrection life. As N.T. Wright, in his commentary on this passage, says: "Jesus will meet your problem with some new part of God's future that can and will burst into your present time, into the mess and grief, with good news, with hope, with new possibilities."

This then is our inheritance as saints: to know Jesus as our life, now in the present, and even for evermore. A chapter before this, Jesus, in another of the "I am" statements of John's Gospel, said "'I am the Good Shepherd who lays down his life for the sheep'" (John 10:11). The wolf comes, but Jesus will not allow anything, he says, to snatch us out of his hand (10:28). We're safe with him for ever and ever.

These are surely the most glorious riches any of us could imagine! How tragic, then, it would be to wander through this world as those unaware that they are for us! How tragic to be a prisoner to fear, insecurities, and questions about whether we are loved! A few years ago, Annette and Murray gave me a great book by John R. Claypool, entitled, *The First to Follow: The Apostles of Jesus*. In that book, he said:
I think that at all times we humans are acting either out of love, or out of fear. Love is the assurance that there is enough of what we really need. Fear is the suspicion that there is not enough of what we actually need, and that there never will be.

Until we accept in our hearts that we shall never exhaust the love and life of Jesus, we'll never really

know the freedom of life lived as God intends for us.

I read recently about an engagement ring that fell into the sea off the west coast of Sweden in 1994 and amazingly found its way back to its owner. The ring was eaten by a mussel that turned up in a load of shellfish caught by fisher Peder Carlsson. Carlsson was able to return the ring to its owner, because the woman, Agneta Wingstedt, had her name engraved on the inside.

On All Saints' Sunday, we're often blessed to share Holy Baptisms together. One of the most moving parts of the Baptismal Service for me is when we put Chrism (oil) on each child's head, and say the following words: "I sign you with the cross, and mark you as Christ's own for ever." Over the years, it's been my awesome privilege to anoint people in their last moments on earth, and say these very same words to them - to testify in word and deed that the words spoken at their Holy Baptism, often when they were infants, still hold true as they end this earthly pil-

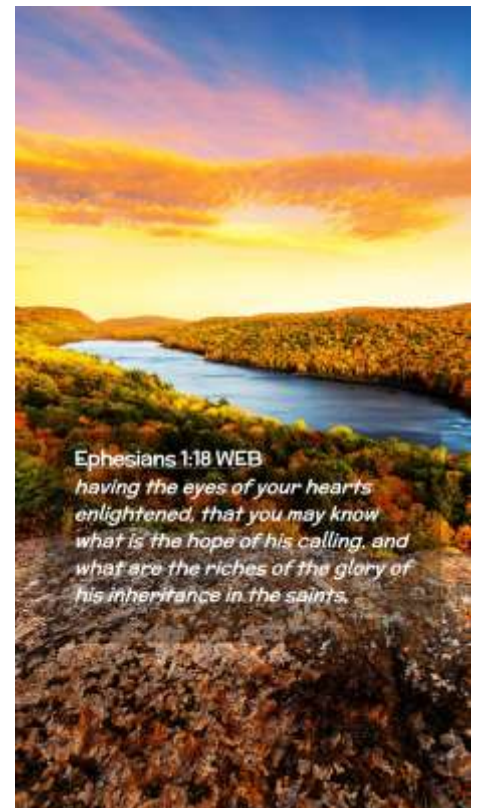
grimage. There's a bond between Jesus and them that nothing in the universe will be allowed to break.

The riches of our inheritance are to be with our Betrothed, and set apart for him for all eternity.

At our Holy Baptisms, we're marked with the sign of the Cross and set apart as saints - as Christ's own for ever. His promise to us is that, though we experience many adventures, and eventually the greatest adventure of all, death, we shall never, ever be lost. Rather, the riches of our inheritance are to be with him, our Betrothed, and set apart for him for all eternity. Thanks be to God!

God bless you all, the saints at St. Paul's, always!

Your Brother in Jesus,



Ephesians 1:18 WEB
*having the eyes of your hearts
 enlightened, that you may know
 what is the hope of his calling, and
 what are the riches of the glory of
 his inheritance in the saints.*

ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TIME
November 6	Fergus		Fergus	Fergus
November 13	Fergus	Bob & Cyril	Bob	Kerry
November 20	Norman	Betty & Fergus	Guest	
November 27	Fergus	Betty & Cyril	Norman	Norman
December 4	Norman	Betty & Fergus	Fergus	Fergus

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, November 6: All Saints' Sunday
Sunday, November 13: Remembrance Sunday
Sunday, November 20: The Reign of Christ
Sunday, November 27: Advent 1; Hope; Triple C; Great Litany;
Sunday, December 4: Advent 2; Peace
Sunday, December 11: Advent 3: Joy; Gaudete



UPCOMING EVENTS

Watch announcements for when events will resume or be rescheduled

Men's Breakfast: Saturday, November 19 at 8:30 am
Ladies' Luncheon: Saturday, November 19 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.
Ladies Christmas Party—Tuesday, December 6



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.



Blessing of the Animals

When we celebrated the Feast of St. Francis of Assisi we welcomed some furry friends to join us to be blessed.

Some pets came in-person and others by pictures!



Income Statement as of September 30, 2022



St Pauls Anglican Church (SPA)								
			Jan - Sep 22	Jan - Sep 21	Budget		\$ Over	% of Budg-
	Income							
		Interest Income	414	88	153		261	271%
		Offerings	143,506	134,683	168,822		-25,316	85%
		Offerings Special/SS	0	10	117		-117	0%
		Other Income	3,548	4,699	1,161		2,387	306%
	Total Income		147,468	135,051	170,253		-22,785	87%
Gross Profit			147,468	14,870	170,253		-22,785	87%
	Expense							
		Administration	18,487	15,890	18,000		487	103%
		Apportionment	21,456	22,851	21,447		9	100%
		Christian Education	361	336	747		-386	48%
		Communication	290	163	378		-88	77%
		General Maintenance	7,582	5,088	9,000		-1,418	84%
		Hospitality/Fellowship	349	128	747		-398	47%
		Ministerial	83,997	84,585	86,247		-2,250	97%
		Other	0	0	153		-153	0%
		Outreach	14,352	13,470	16,947		-2,595	85%
		Pastoral Care	10	0	72		-62	14%
		Utilities/Insurance	13,180	10,693	11,997		1,183	110%
		Worship	4,583	4,353	4,500		83	102%
	Total Expense		164,647	157,556	170,235		-5,588	97%
Net Income			-17,179	-18,076	18		-17,197	-95,439%



In every way and everywhere we accept this with all gratitude. Acts 24:3

I am a huge fan of researcher and author Brené Brown. Her work is fascinating, but I'm particularly attracted to the connection her research has identified between gratitude and joy. Brown's research suggests that actively "practicing gratitude invites joy into our lives". She is not suggesting merely feeling grateful but rather the act of practicing gratitude increases joy in our lives. She suggests that practicing gratitude involves doing something "tangible and observable" like talking or writing about what you are grateful for. It seems to me that those tangible practices can help us move beyond the often routine "thank you" statements that we utter countless times daily to a deeper kind of appreciation.



A great example of this distinction occurred recently during a Camino de Santiago pilgrimage. A member of our group developed a significant blister that was making walking painful and challenging. As she sat down to attend to her foot – a fellow pilgrim - a stranger - from another country stopped to attend to her. He opened his expansive first aid kit, treated her wound, and even massaged her foot before going on his way. Her appreciation for his efforts went so much deeper than casual thanks. In fact, as she shared her experience with the rest of our group it became apparent that – her interaction and her deep gratitude really was a joyful God moment. That experience and her tangible expressions of gratitude – invited joy into her life.

If you have watched the Apple TV show Ted Lasso you know that Coach Lasso ends most of his interactions with others with the words "I appreciate you". I find myself following this character's example in my interactions and naming what I'm appreciative of – and that new habit is a joyful one!

As Jesus healed people and shared The Good News, I wonder how gratitude was expressed and in what ways individual joy was increased. I wonder what actively practicing gratitude might look like in each of your lives. Or in our faith communities.

In Faith,
Cn. Lynn Farlin, Member of the Board of Directors





Two Minutes of Silence

The most sacrosanct and central element in Remembrance is the Two Minutes of Silence.

At the 11th hour of the 11th day of the 11th month, the month, day and time in 1918 when the First World War ceased hostilities, Canadians pause to observe two minutes of silence to honour the Fallen, and recognize the sacrifices of servicemen and women.

Ceremony and symbolism

The Two Minutes of Silence is a poignant moment in the Remembrance Day Service that incorporates symbolic association in a brief, non-religious ceremony.



The Last Post

A bugler plays The Last Post, signifying the calling home of the spirits of the Fallen to rest. The Last Post originally was played to signal the camp was secured for the night. It was also played to call out to wounded or separated soldiers at the end of a battle, to guide them home to safety and rest.

Two Minutes of Silence

At the stroke of eleven, Canadians across the country join to collectively pause for two minutes of silence to honour, thank and remember the Fallen. This sacred moment also symbolizes Canada standing sentry in silence as the Fallen rest.



The Lament

At the National Remembrance Day Ceremony, a bagpiper plays The Lament, symbolizing the sounds of spouses and children crying over their dead.

The Rouse

The end of the two minutes of silence is signaled by the bugler playing the Rouse. The Rouse was originally used to

wake soldiers. In this ceremony the Rouse wakes the Fallen and rises them above their mortal duties to rest in peace.



The Act of Remembrance

The symbolic ceremony finishes with an officiate reciting of the Act of Remembrance.

They shall grow not old, as we that are left grow old;

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning

We will remember them.

To which all participants respond with "We will remember them."



Source: Avenue Magazine: The Field of Crosses alongside Memorial Dr. Photograph by Chris Landry Copyright 2021 RedPoint Media Marketing Solutions. All rights reserved.

Ways to remember

Canadians often associate The Royal Canadian Legion with Remembrance ceremonies and the [annual Poppy campaign](#). Through these initiatives, we honour and remember Canada's fallen Veterans and help ensure Canadians never forget.

While November is recognized as a time of Remembrance, for the Legion and for many across the country, Remembrance is a year-long commitment. At any given moment, there are many opportunities available to anyone wishing to show their appreciation for those who served, including:

- [Becoming a Legion member](#) to support Veterans year-round
- Making a [donation](#) to the Legion's Poppy Trust Fund at any Legion Branch
- Saying "Thank you" to a Veteran
- [Wearing a Poppy](#)
- Honouring a fallen Veteran on the [Legion's Wall of Honour and Remembrance](#)
- Planting [Poppy seeds](#) or growing a garden of Remembrance
- Visiting a [cenotaph](#)
- Inviting a [Legion Branch](#) to make a presentation at a school or community group
- Wearing or displaying commemorative items from the [Poppy Store](#)
- Visiting the [Canadian War Museum](#) or local history museums
- Contribute to [Words of Remembrance](#)
- Visiting the [Virtual Wall of Honour](#)
- Volunteering to help Veterans, and more!

Most importantly, [take a moment now and then to reflect](#) on the freedoms and peace in your life, and to remember the men and women who served and sacrificed for all we have today.



**PLEASE JOIN US AT ST. PAUL'S ANGLICAN CHURCH
7 SUNMILLS GREEN SE
ON**

FRIDAY, NOVEMBER 11

AT 7:00 PM

FOR A TIME OF REMEMBRANCE

**COME TO HONOUR THE MEN AND WOMEN WHO FOUGHT
IN THE WARS. A TIME TO SHARE POEMS,
READINGS, SINGING, ANECDOTES, AND MEMORIES.**

**COME AND SHARE YOUR
MEMORIES OR
THOUGHTS AND LISTEN TO
OTHERS.**

**ALL ARE WELCOME TO JOIN
US AS WE HONOUR AND
REMEMBER THE
SACRIFICES OF SO MANY.**



St. Paul's Youth Volunteer Initiative



We are a group of junior and senior high school students who are working together to bring **God's love into our wider** community by volunteering together at various Calgary organizations.

NEXT MEETING: Sunday Nov 13, 2022 at 9:30am at St. Paul's (couch area)

Join us to choose our name, help design our team t-shirt, hear about our first volunteer event and of course to enjoy something from Tim Horton's....

FIRST VOLUNTEER EVENT: Inn From the Cold Family Shelter Friday Nov 25, 2022 - 4:00pm - 8:30pm

Inn From the Cold is a family shelter where whole families can stay together.

Our shift will be from 5:00pm - 7:30pm at the shelter and transportation will be provided leaving from St. Paul's Church and returning there after.

****IMPORTANT:** 2 doses of a COVID19 vaccine are required to volunteer at this facility**

SIGN UP by emailing youthvolunteer@stpaulscalgary.ca

[volunteer agreements and consent forms for both the Inn From the Cold and St. Paul's Anglican Church will be provided to you by email when you sign up]



Future Volunteer Event: Mustard Seed Sorting Centre, Saturday Jan 28 1-3pm (1:15 – 3:45 pm to and from St .Paul's), more information at a later date.



Follow St. Paul's Youth Volunteer Initiative
on Instagram. The QR code is on the left.

Come and make a difference in our world!
Gain experience and build your resume at the same time!

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

November 19, 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 does your name mean? What does it mean to you? To others?”

“How many names does Jesus have?”



Giving Grace

By Kevin

I am introducing my latest creation for dinner grace. I hope you are all taking care and saying Grace at meal time. It is a great time to reflect on all that we can be thankful for. I also understand that saying grace helps your body digest food better because it is relaxed. I have been creating my own grace for many years. Alison and I like to hold dinner parties and my job is to create the grace. Alison does all the hard work cooking and setting the dining room table. Recently we had Paul, Dorothy Ann, Laura Anne and Chris for dinner. Three super wives and three engineers. Alison came up with the idea to create an engineer's grace! I thought about it and said yeah I could do that. Laura Anne liked it so much that she wanted me to submit it for the Living Waters. I thought that's a good idea. I also started to think maybe I could submit a grace every issue for people to use. So I will try to do that particularly if you are looking for some interesting grace to say. This month is the Engineer's Grace. I hope you enjoy using it. Cheers!

The Engineer's Grace

Thank you Lord for gathering us together in this meeting.
We celebrate your presence in awe of your creation.
Your math and science are beyond our comprehension
in the creating us and our world.
We trust in your calculations and we ask that
You keep us safe and protected from the troubles of our world.
May you help our world find solutions to live in peace and harmony.
Please bless our meal today that has been lovingly prepared by xxx.
In your Name we give thanks. Amen.



[Image by Drazen Zigic on Freepik](#)

St. Paul's Anglican Church

Annual Ladies Christmas Party

Date: Tuesday December 6th, 2022
Where: St. Paul's Anglican Church
Time: 6:00 PM



Let's celebrate the JOY of Christmas together!
It will be an evening of food, fun and fellowship. Please bring a savoury or sweet dish to share.

There will be an "optional" gift exchange, \$20 limit, for all ladies who are not a Secret Friend. The Secret Friend reveal and final gift exchange will take place at the party!

RSVP to Julie Wilson by Friday December 2nd.

Email: jthompsonwilson@shaw.ca

Cell: 403 630-1533

What is the Secret Friend Ministry?

St. Paul's Secret Friend Ministry is open to all women of our parish. It is designed to bring the women of our parish closer together through the blessings of a "Secret Friend."

A secret friend will take time to try and get to know their new secret friend. They will lift them up in prayer and bless them with regular correspondence and perhaps a small gift for special occasions, all secretly, of course.

The reveal and choosing of a new Secret Friend will take place at our annual Secret Friend Christmas Party on Tuesday December 6th. All the women of our parish are invited and you do not have to be a Secret Friend to attend. If you would like to join us please RSVP to Julie Wilson by December 2nd.

We look forward to another wonderful year of Secret Blessings!

For more information and to receive a Secret Friend Questionnaire form please contact Julie Wilson at 403 630-1533 or by email at jthompsonwilson@shaw.ca.



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.

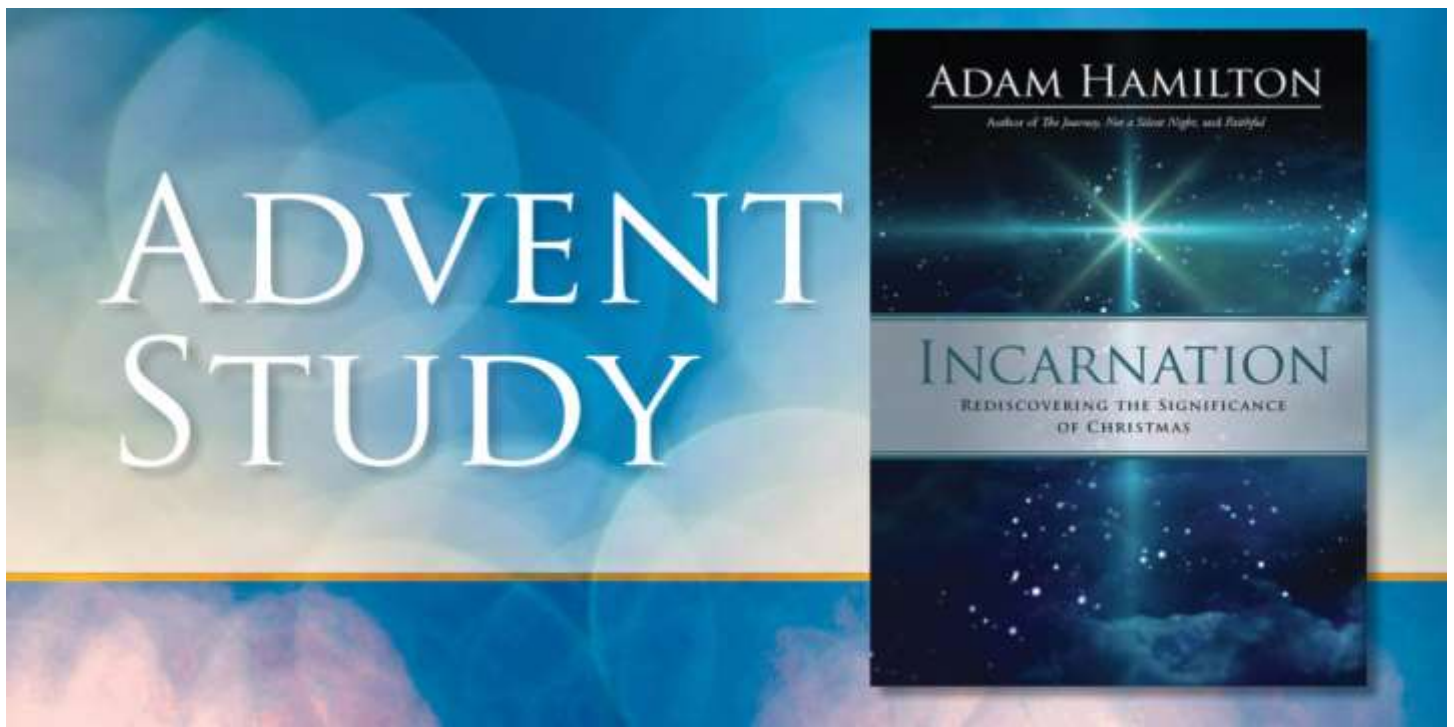
In this refresh, we're showcasing new voices, conversations, and ideas from Gen Z. The hope of this new refresh is that it would continue to catalyze students for student-led Alphas. In doing so, we want the Alpha Youth Series Refresh to represent the current cultural moment we are in.



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.





YOU'RE INVITED to “Incarnation,” our Advent DVD and Book Study!

His parents called him Jesus. But the prophets, shepherds, wise men, and angels addressed him by other names – **including Messiah, Saviour, and Emmanuel. We’re joining** Adam Hamilton as he explores the meaning behind these titles, what they tell us about the One whose birth we celebrate at Christmas, and the significance he has for our lives today.

Our Advent Study takes place on Four Successive Wednesdays:

Times: 10:30 a.m. in-person and 7:30 p.m. via Zoom

Dates: Nov. 30 to Dec. 21

Adam Hamilton’s book, *Incarnation*, is recommended reading. Copies are available from the Office for the subsidized cost of \$10.



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





Prayers



"To pray is to touch God
and let God touch us."
_Source unknown

A WORD ON PRAYER

Mother Teresa

You can also pray while you work. Work doesn't stop prayer, and prayer doesn't stop work. It requires only that small raising of the mind to God." I love you God, I trust you, I believe in you. I need you now," Small things like that. They are wonderful prayers.

PRAYERS FOR OURSELVES AND OTHERS

WE ARE NOT ALONE

"The Lord is near to all who call on him " Psalm 145:18

God you are invisible but not unseen. You reveal yourself in creation and demonstrate your kindness in a stranger's sincere smile

You are intangible but not unfelt. You caress our faces with the wind and embrace us in a friend's arms.

We look for you and feel your presence. AMEN
-author unknown

Give us grace, Almighty Father, to address you with all our hearts as well as with our lips.

You are everywhere present:

from you no secrets can be hidden.

Teach us to fix our thoughts on you, reverently and with love, so that our prayers are not in vain, but are acceptable to you, now and always; through Jesus Christ our Lord.

AMEN -adapted from Jane Austen

"BECOMING"

This life is not a state of being righteous,
but rather of growth in righteousness;
not a state of being healthy, but a period of healing;
not a state of being, but becoming;
not a state of rest, but of exercise and activity.
We are not yet what we shall be, but we grow towards it;
the process is not yet finished, but is still going on;
this life is not the end, it is the way to a better.

All does not yet shine with glory;
Never the less, all is being purified. (2 Cor. 3:18)
-Martin Luther

OUR REFUGE AND STRENGTH

"God is our refuge and strength, an ever present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea."
Ps.46:1-2

How comforting, steadfast God, to know that you tend us as we move through life's extremes. You are there with us in births and deaths, in stillness and activity. We find the courage to live through these present moments and to move into the future, knowing that we cannot wander so far in any direction that you are not already there.

Thank you for your unwavering faithfulness. AMEN
From Prayers of Comfort

SEASONAL PRAYERS

ALL SAINTS NOVEMBER 1

Almighty God, the God not of the dead but of the living: we praise and bless your holy name for your saints of every time and place who have served you faithfully in their generation and have enriched the world by their lives, their witness and their example.

Help us by your grace to follow them as they followed Christ, that with them we may be partakers of your everlasting joy; through the merits of Jesus our Saviour and our Lord. AMEN
-Writer unknown

ALL SOULS NOVEMBER 2

Eternal God, Lord of heaven and earth, we remember with thanksgiving and commend to your infinite love, those faithful souls who having served you here on earth are now at rest in your presence,especially those most dear to us.....

Give us grace so to follow their faith and good examples that we may share their joy, and at last be numbered with your saints in glory everlasting; through the mercy of our Lord and Saviour Jesus Christ. AMEN

-Frank Colquhoun

REMEMBRANCE DAY NOVEMBER 11

On this Remembrance Day we come, O Lord, in gratitude for all who have died that we might live, for all who endured pain that we might know joy, for all who suffered imprisonment that we might know freedom.

Turn our deep feeling now into determination, and our determination into deed, that as men & women died for peace, we may live for peace for the sake of the Prince of Peace, even Jesus Christ our Lord. AMEN

Leslie D. Weatherhead

We remember today, O Lord, all those who have died in any kind of war:
soldiers who perished in the horror of battle,
householders buried beneath the rubble,
men, women and children hacked to death in their villages.

Today we especially remember and give thanks for those who served and died in wars past and the members of our Canadian Forces who serve now in troubled places in the world, many of whom have given their lives in service.

We also remember those who have returned home with terrible injuries,
those who returned suffering in mind and spirit through the trauma of war
and all those who have lost loved ones.

Have mercy on us, Lord, for all the damage done to people by people in war and strengthen those who are striving to bring peace in our world now. AMEN

-adapted/Angela Ashwin

PRAYERS FOR PEACE AND RECONCILIATION

Lord, as we remember with sadness the horror of war, help us to work for a better understanding between races and nations.

Open our eyes to see our own part in discord and aggression between people now;

forgive us our pride and divisions, and renew in us the search for peace,
so that trust may replace suspicion, friendship replace fear, and your spirit of reconciliation be known among us. AMEN
-author unknown

THE ANNIVERSARY OF OUR CHURCH BUILDING

I was glad when they said to me, 'Let us go to the house of the Lord.'
Psalm 122:1

How lovely is your dwelling place,
O Lord of Hosts!
My soul desires and longs
to enter the courts of the Lord.
My heart and my flesh sing joyfully
to the living God.
Happy are those who dwell in your house;
they will sing your praises forever.
-Psalm 84: 1-2, 4

O God,
make the door of this house wide enough to receive
all who need human love and fellowship; narrow enough to
shut out all envy, pride and strife.
Make its' threshold smooth enough to be no stum-
bling-block to children, nor to straying feet, but rugged and
strong enough to turn back the tempter's power.
God make the door of this house the doorway to thine
eternal kingdom. AMEN
-Thomas Ken

Living God,
In this house, used to the sound of singing;
this house which has seen baptisms and funerals;
this house where people have come to be married, or
to celebrate the birth of a child;
this house where people have wept,
and been filled with joy;
this house where people have wrestled with the deep
things of life, have prayed urgently, and been stirred
and changed;
in this house, where you have so often been with your
people, be with us now. AMEN
-Patterns and Prayers for Christian Worship

St. Paul's Parish Prayer

Our God of infinite grace, we give you thanks and praise for
calling our congregation into being, and then continuing in
loving relationship with us, in great faithfulness over the
years, to bless, transform, and guide.

At St. Paul's, you have given us a mission that will never
change with time, to live out your love as revealed in Jesus
Christ. It is your will that, with your help, we shall discover
your Presence in Word and Sacrament; deepen our sense of
Christian community; share your Word; nurture your people;
encourage congregational and personal growth on our
shared journey; act on your call for peace and justice; and
build the foundation for tomorrow's Church.

Help us to respond to your love by dedicating ourselves with
joy as a Parish family to this mission. Pour out your Spirit
upon us, and work mightily in our midst to bring about its
accomplishment. Fulfill your vision of opening hearts and
minds to your grace, in us, and through us, now and for ever-
more. This we ask for the glory and in the Name of your Son,
Jesus Christ our Lord. Amen.

[Approved by Parish Council in the summer of 2008]



Grant to us to look with your eyes of compassion,
O merciful God, at the long travail of mankind:
the wars, the hungry millions,
the countless refugees,
the natural disasters,
the cruel and needless deaths,
man's inhumanity to one another,
the heartbreak and hopelessness of so many lives.
Hasten the coming of the messianic age
when the nations shall be at peace,
and all peoples shall live free from fear and free from want
and there shall be no more pain or tears,
in the security of your will,
the assurance of your love,
the coming of your Kingdom,
O God of righteousness, O Lord of compassion. AMEN
-George Appleton

THE REIGN OF CHRIST/CHRIST THE KING

King of Kings and Lord of Lords
"Hallelujah, for the Lord our God the Almighty Reigns!
Let us rejoice and be glad and give him glory!"
Rev. 19: 6-7

"Therefore, God exalted him to the highest place and gave
him the name that is above every name, that at the name of
Jesus every knee should bow in heaven and on earth and
under the earth, and every tongue confess that Jesus Christ
is Lord, to the glory of God the Father." Phil. 2 : 9-11

Almighty God and Father, we thank you that the head
that once was crowned with thorns is crowned with glory

now.

We celebrate with joy the kingship of Jesus.

Give us grace to acknowledge his rule in our lives as
well as with our lips, and to serve his worldwide kingdom;
that the day may be hastened when all nations shall own him
Lord, and He shall reign for ever and ever. AMEN
F. Colquhoun

ADVENT 1 NOVEMBER 27

"For to us a child is born, to us a son is given, and the gov-
ernment will be on his shoulders. And he will be called Won-
derful Counselor, Mighty God, Everlasting Father, Prince of
Peace.

Of the increase of his government and peace there will
be no end. He will reign on David's throne and over his king-
dom, establishing it and upholding it with justice and right-
eousness from that time on and forever. The zeal of the Lord
Almighty will accomplish this." Isaiah 9: 6-7

Come, Lord Jesus,

Come as King.

Rule in our hearts,
come as love.

Rule in our minds,
come as peace.

Rule in our actions,

Come as power.

Rule in our days,
Come as joy.

Rule in our darkness,
Come as light.

Rule in our bodies,
Come as health.

Rule in our labours,
Come as hope.

Thy Kingdom come
Among us.

-David Adam

AT THE END OF THE DAY

Send your peace into my heart, O Lord,
that I may be contented with your mercies of this day
and confident of your protection for this night;
and having forgiven others, as you forgive me, may I go
to my rest in peaceful trust, through Jesus Christ, our Lord.
AMEN

-attributed to St. Francis of Assisi

AN ADVENT BLESSING

Be steadfast in faith, joyful in hope and untiring in love all the
days of your life; and the blessing of God almighty, the Father,
the Son and the Holy Spirit be among you and remain with
you always. AMEN

- the BAS

ST. ANDREW NOVEMBER 30

Lord Jesus Christ, who called Andrew from his nets to become
a fisher of men and a messenger of your good news;
may we so find in you our Saviour and our Lord that
others through our testimony may come to put their trust in
you and rejoice in your salvation,
to the honour of your name. AMEN

Leo Stephens-Hodge

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 is 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 Coller 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

St. Paul's Christmas Market



SATURDAY, DEC. 3
10 am – 3 pm

Talented artisans * Home party vendors * Kids Store



**St. Paul's
Anglican Church**
Opening Hearts and Minds to God's Grace

7 Sunmills Green SE
Calgary, AB

Come celebrate the spirit of the season with a varied collection of artisan and home party vendors, filling our venue with handmade crafts and product from today's most popular independent distributors. Admission is free.

Our kid's store and colouring station will keep your children busy while you shop. And while you're here, enjoy a hot dog combo at just the right price.

Need for Volunteers and Coordinators

At this year's sale, we will be having four stations that will require variable degrees of time dedication over the 5-hour duration of the market:

- **Raffle ticket sales** - This station will need a rotation of 2 to 3 volunteers to allow breaks and shopping opportunities for all who assist.
- **Colouring station** - This position requires supervising, maintaining stock, and interacting with the children while the adults take their time with our vendors.
- **Kids Store** - Held in the chapel with tables set up for low cost items donated by our parish, the rotation of volun-

teers will be responsible for supervision, maintaining organized displays, and handling money from sales.

- **Kitchen/Hot dog, snacks, and drink station** - Volunteers will be responsible for baking hot dogs in the oven, preparing and dressing the hot dogs made-to-order, and handling sales at the counter. Making coffee and tea for sale and preparing them made-to-order in the kitchen will also be included. **NOTE:** *Items prepared in the kitchen allow for a cleaner market floor by removing the need for a prep table and volunteers to consistently clean it.*

Need for \$1 or less donations of kids toys and games

Donations of new "dollar store" children's items OR of gently used second hand toy cars, stuffed animals, etc. would be appreciated.

Contact **Steve Colle** at 403-816-5474 or via email at steve.colle68@gmail.com for information and volunteer sign-up.

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 works to End Hunger

In 2022 more than 100 million people were forced to leave their homes due to conflict, climate change, or Covid. This refugee crisis is happening at the same time as a global hunger emergency, especially in sub-Saharan Africa. There are dire and long lasting consequences of lack of food, especially for children.

PWRDF's membership in the Canadian Food Grains Bank makes it eligible for up to 4 to 1 matching grants from the government for donations to its Food Bank account, thus helping our support to go much further.

To check out a variety of ways to help PWRDF's work to end hunger, please see *World of Gifts*—a copy came in the last issue of the Anglican Journal, and it's available on the PWRDF website.



PWRDF
The Primate's World Relief and Development Fund
The Anglican Church of Canada

Thanksgiving fresh produce:

The Calgary Food Bank received 93 lbs of produce from St Paul's. Thank you everyone who gave. A bag of tomatoes and onions from our gardens were included in the produce given!



Mitten Basket:

Winter is fast approaching and our Mitten Basket is once again set-up to receive mittens, toques and scarves for all ages. The basket will be in the North foyer and items can be dropped off on Sunday at the service or during Office hours during the week.. The items will be donated to men, women and children who are in need of warm clothing this coming winter. Items will be distributed at the end of November. Thank you to Barbara Jean for organizing this Outreach initiative.





**You Stood For Us.
Now it's Our Turn.**

The Veterans Food Bank of Calgary is a service provided by CALGARY VETERANS SERVICES SOCIETY, founded in August 2018, to serve food security and other resource needs of veterans from Calgary and the surrounding area. VFBC supports veterans who've served in all branches of the Canadian Armed Forces and Reserves, as well as first responders. 100% of donations are invested in providing veterans assistance and services.

We All Succeed When We Work Together.

As a Community, We Have an Obligation to Assist Individuals That May Need a Hand Up

At the Veterans food Bank they strive to restore dignity to all who use our service and assistance is not pre-defined. Clients are able to shop for themselves to ensure they receive exactly what they need, and enough to cover 10-14 days of food for their situation.

Clients can, in discussions with food bank volunteers, shop as one would in a store. This allows clients to select items that are needed for themselves and their families specifically. This is prudent if you are a diabetic or have gluten free requirements.

What do they need:

Dry Goods: instant potatoes, coffee, uncle bens flavoured rice, minute rice etc, crackers, Kraft dinner, hamburger helper, quick oats, pancake mix,

Canned goods: stews, chili, vegetables and fruit, salad dressing, apple sauce, pie filling, BBQ sauce, cream corn, pears, sardines, honey

Snacks: - cake mixes, cookies, hot chocolate, juices

Stuff for Christmas: cranberries, stuffing etc.

Other essential needs: shampoo, conditioner, body wash, bar soap, lotion, lip balm, shaving cream, dish soap, cleaning supplies, paper towel, Kleenex, toilet paper

We have four boxes to fill for the Veterans Food Bank. They will be in place until November 30. Let's try to fill them to overflowing.





24 GOOD DEEDS Charity Advent Calendar

Make your holiday charitable gift giving easy and heart warming this year, with the 24 GOOD DEEDS Charity Advent Cal-

endar. Each day from December 1st to 24th, the recipient of your gift Advent Calendar can open a door to discover how your donation on their behalf supports another meaningful environmental or social project by one of 24 carefully vetted registered Canadian charities. Supporting 24 different national and international projects helps ensure everyone on your gift list will feel touched by their GOOD DEEDS this holiday season.

24 GOOD DEEDS raises funds for 24 social and environmental projects within Canada and around the world through a Charity Advent Calendar. Projects in the areas of Education, Health, Nature and Nutrition are carefully selected to ensure the long-term impact of your donation. For a minimum contribution of \$24, your gift recipient receives a charming stand-up Advent Calendar, with doors to open every day between December 1st and 24th to reveal a new way your donation on their behalf makes a difference.

Will do. Done! Thanks, will do.

[DONATE AND ORDER](#)



Garden Wrap-Up

We have three sorts of gardens at church, the flower gardens and potato patch on the east side of church, the two Foodbank plots over at MidSun community gardens and this year we built three new gardens on the west side of church, Initially intended for the foodbank. The flower gardens were quite good but after the initial blaze of colour from spring tulips they became fairly ordinary. The potato patch was OK and not as good as last year which surprised me. The grass was fairly long early in the year but as soon as Anjay took over it was very well maintained.

MidSun gardens produced quite well a fair number of pounds of carrots, potatoes, beets, onions and tomatoes taken to the foodbank.

The three new gardens were built early in spring, an initiative from Julie W and Laura Anne. Kerry provided the wood and installed them and John Kraemer provided the soil. Initially the gardens were not doing well and I for one was pessimistic, however, they came on well at the end and we had a very good crop of tomatoes, and beans, peas, carrots, beets and onions. These were mainly harvested by our parishioners and our Sundance neighbours, but a bag of tomatoes and onions were sent to the Foodbank.



In all of these ventures we need some better planning, crop selection for the gardens and more HELP. Kathleen, Jake, Angela helped a lot particularly. I suggest we get Weedman or something similar for weed control and fertilizer for the grass next year. An additional incentive is that now we have our new memorial benches it would be nice to have the grass and gardens in good shape. Anyone willing to help let me know. Kerry

Father Lacombe

Following on after Covid has been difficult for our group at Father Lacombe, we had to go through a fair number of hoops [vaccines, police checks, orientation etc.] but we hung in there and things are OK now. Our numbers are really down and we would appreciate new recruits. We are also trying to sing on Fridays every week [we used to take summer off] and this adds to the load. There's no experience needed so come along, the residents love it and so do we!

Christ the King/ Reign of Christ Sunday

Christ the King Sunday celebrates the all-embracing authority of Christ as King and Lord of the cosmos. Officially called the Feast of Our Lord Jesus Christ the King, it is celebrated on the final Sunday of Ordinary Time, the Sunday before Advent. In 2014, the feast falls on November 23rd.

Introduction

Pope Pius XI instituted The Feast of Christ the King in 1925 for the universal church in his encyclical *Quas Primas*. He connected the denial of Christ as king to the rise of secularism. At the time of *Quas Primas*, and many Christians (including Catholics) began to doubt Christ's authority and existence, as well as the Church's power to continue Christ's authority. Pius XI, and the rest of the Christian world, witnessed the rise of non-Christian dictatorships in Europe, and saw Catholics being taken in by these earthly leaders. Just as the Feast of Corpus Christi was instituted when devotion to the Eucharist was at a low point, the Feast of Christ the King was instituted during a time when respect for Christ and the Church was waning, when the feast was most needed. In fact, it is still needed today, as these problems have not vanished, but instead have worsened.

Pius hoped the institution of the feast would have various effects. They were:

1. That nations would see that the Church has the right to freedom, and immunity from the state (*Quas Primas*, 32).
2. That leaders and nations would see that they are bound to give respect to Christ (*Quas Primas*, 31).
3. That the faithful would gain strength and courage from the celebration of the feast, as we are reminded that Christ must reign in our hearts, minds, wills, and bodies (*Quas Primas*, 33).

Today, the same distrust of authority exists, although the problem has gotten worse. Individualism has been embraced to such an extreme, that for many, the only authority is the individual self. The idea of Christ as ruler is rejected in such a strongly individualistic system. Also, many balk at the idea of kings and queens, believing them to be oppressive. Some even reject the titles of "lord" and "king" for Christ because they believe that such titles are borrowed from oppressive systems of government. However true these statements might be (some kings have been oppressive), these individuals miss the point: Christ's kingship is one of *humility and service*. Jesus said:

You know that those who are recognized as rulers over the Gentiles lord it over them, and their great ones make their authority over them felt. But it shall not be so among you. Rather, whoever wishes to become great among you will be your servant; whoever wishes to be first among you will be the slave of all. For the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many (Mark 10:42-45, NAB). and Pilate said to Jesus, "Are you the King of the Jews?"... Jesus answered, "My kingdom does not belong to this world. If my kingdom did belong to this world, my attendants would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not here." So Pilate said to him, "Then you are a king?" Jesus answered, "You say I am a king. For this I was born and for this I

came into the world, to testify to the truth (John 18:33b, 36-37).

Thus, Jesus knew the oppressive nature of secular kings, and in contrast to them, he connected his role as king to humble service, and commanded his followers to be servants as well. In other passages of Scripture, his kingdom is tied to his suffering and death. While Christ is coming to judge the nations, his teachings spell out a kingdom of justice and judgment balanced with radical love, mercy, peace, and forgiveness.

When we celebrate Christ as King, we are not celebrating an oppressive ruler, but one willing to die for humanity and whose "loving-kindness endures forever." Christ is the king that gives us true freedom, freedom in Him. *Thus we must never forget that Christ radically redefined and transformed the concept of kingship.*

Christ the King Sunday used to be celebrated on the last Sunday of October, but since the calendar reforms of 1969, the feast falls on the last Sunday of Ordinary Time, which is the Sunday before Advent. It is fitting that the feast celebrating Christ's kingship is observed right before Advent, when we liturgically wait for the promised Messiah (King).

History

The earliest Christians identified Jesus with the predicted Messiah of the Jews. The Jewish word "messiah," and the Greek word "Christ," both mean "anointed one," and came to refer to the expected king who would deliver Israel from the hands of the Romans. Christians believe that Jesus is this expected Messiah. Unlike the messiah most Jews expected, Jesus came to free all people, Jew and Gentile, and he did not come to free them from the Romans, but from sin and death. Thus the king of the Jews, and of the cosmos, does not rule over a kingdom of this world.

Christians have long celebrated Jesus as Christ, and his reign as King is celebrated to some degree in Advent (when Christians wait for his second coming in glory), Christmas (when "born this day is the King of the Jews"), Holy Week (when Christ is the Crucified King), Easter (when Jesus is resurrected in power and glory), and the Ascension (when Jesus returns to the glory he had with the Father before the world was created). However, Pius XI wanted to specifically commemorate Christ as king, and instituted the feast in the Western calendar in 1925.

In the 21st century many Western Christians, Catholic and Protestant, celebrate Christ the King Sunday, including Anglicans and Lutherans. Unfortunately, in some mainline Protestant churches, "king" language is not popular, and the feast is downplayed. However, in a chaotic and unjust world that seems to scorn any kind of authority, many Christians proudly celebrate Christ the King Sunday, where the loving and merciful - and just - king of the universe is praised and glorified.

<http://www.churchyear.net/ctksunday.html>

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.



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.



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 November 16 at 1 pm in-person and Zoom.

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.

2022 Advent @ Mount St. Francis

TAKE A MOMENT IN THE SEASON

Weekend Retreat – “Advent Hope: Life Worth Living”

December 2 - 4 \$215

with Friar Joshua and Friar Michael

Our world continues to be bombarded with messages faster and louder. How many speak of hope? How many speak of the gift of life?

Advent gives us a chance to recalibrate and align our living in hope and life-giving ways.

Register with Linda and Russ Nicol 403-932-1804 lindamnicol50@gmail.com

Twilight Retreat – “An Evening with St. Nicholas”

Tuesday, December 6 \$30 each \$15 youth ages 12-17

Registration at 6:00 pm Supper at 6:30 pm

Enjoy a hearty homecooked meal followed by a guided reflection, time for quiet and moments of shared prayer.

Consider attending as a family (ages 12+) Consider gifting this Twilight Retreat to a friend or family member.



Day Away – “Pregnant with the Divine”

Wednesday, December 7 \$30

Registration 8:40 am

The day begins with homemade muffins, includes a reflection, time for quiet, Eucharist, a home-cooked noon meal, prayer prompts and closing ritual. Consider gifting this Day Retreat to a friend or family member.

Winter Stillness Retreat

Friday, December 9 – Sunday, December 11 \$215

A quiet weekend, the perfect gift in a busy season. Come and rest. Delicious meals to nourish your body, liturgical prayer to nourish your heart, quiet and nature to nourish your soul.



The Joy of Greccio: A St. Francis Christmas Pageant

Sunday, December 11



St. Francis of Assisi began the popular tradition of re-enacting the Christmas story in Greccio, Italy. Mount St. Francis has held the Greccio Christmas pageant since 2006. We are excited to welcome you back for this in person outdoor pageant.

2:15 pm – 5:00 pm – Snacks and Hot Chocolate

Pageant at 4:15 pm

Accepting non-perishable food and cash donations for the Cochrane Food Bank.

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 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 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 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>

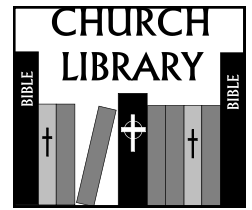
Diocesan Facebook calgary.anglican

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 cooperation 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



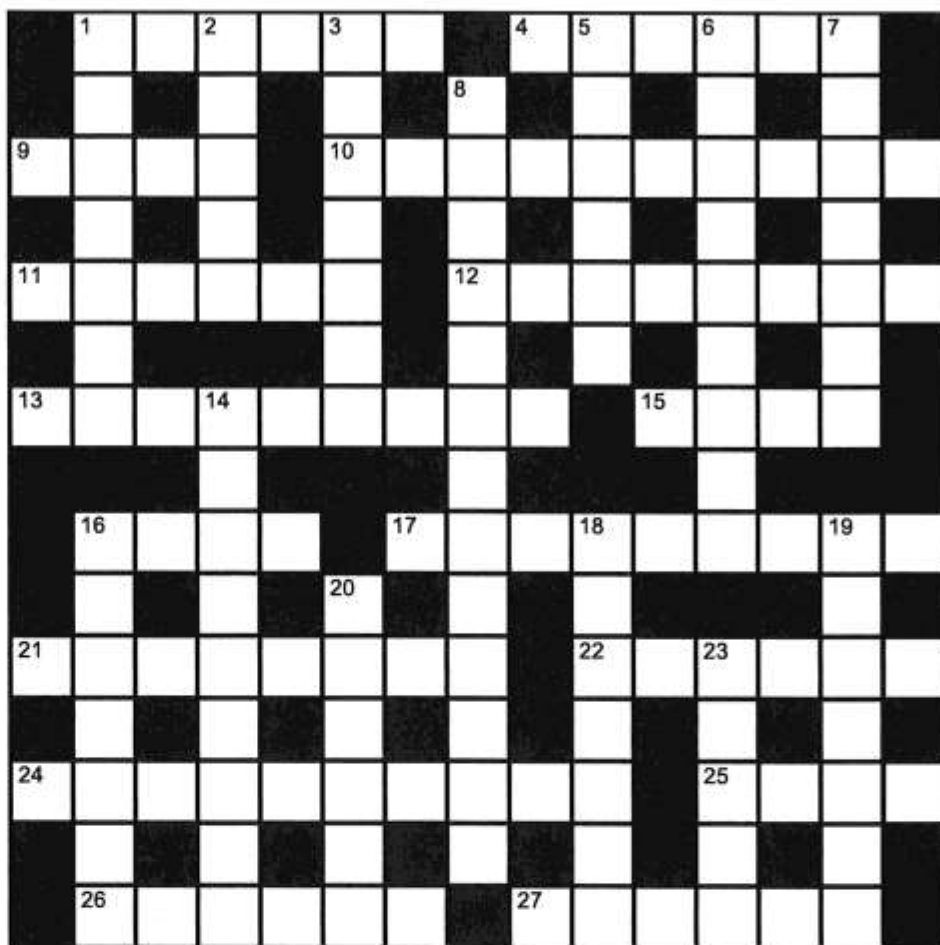
BIBLE CROSSWORD XVI

Across

- 1 These were not to be multiplied by kings (6)
 4 Immersed (6)
 9 Implore (4)
 10 Revelation (10)
 11 A son of Bebai (6)
 12 Courteous (8)
 13 Like the sower's seed (9)
 15 Number of virgins who were wise (4)
 16 Chores (4)
 17 Woodworker (9)
 21 A city of Macedonia (8)
 22 Grownups (6)
 24 Inhabitants of an important Syrian city (10)
 25 Perfect (4)
 26 Truthful (6)
 27 Loved deeply (6)

Down

- 1 Nonconformist (7)
 2 Relating to kings and queens (5)
 3 Test (7)
 5 Prophet (6)
 6 Luke's profession (9)
 7 Conflict (7)
 8 Gatherings (13)
 14 A forger of brass and iron (5-4)



by Philologus

© BiblePuzzles.com

- 16 Very young king (7)
 18 Worshipped (7)
 19 Went into (7)
 20 Aromatic substances (6)
 23 Like the room used for the last supper (5)

Answers for Qiz in October Living Waters

1. a 2 Kings 22:1; 2. c. 2 Kings 22:1; 3. b 2 Kings 22:1; 4. a 2 Kings 22:2; 5. d 2 Kings 22:3;
 6. b 2 Kings 22:4; 7. a 2 Kings 22:8; 8. c 2 Kings 22:14; 9. d 2 Kings 22:17; 10. a 2 Kings 23:4;
 11. c 2 Kings 23:6; 12. d 2 Kings 23:8; 13. a 2 Kings 23:11; 14. d 2 Kings 23:13;
 15. b 2 Kings 23:15 - What Josiah did to this altar fulfilled a prophecy made hundreds of years earlier in 1 Ki 13:1-2 while Jeroboam was standing by it; 16. a 2 Kings 23:17-18 - The same prophet who made the prophecy hundreds of years earlier; 17. c 2 Kings 23:22; 18. a 2 Kings 23:29, 2 Chr 35:20-25;

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Saints' 6 9:30am H.E. In-Person & Live streamed on Facebook	7 9am—12 pm Reserved Sacra- ment Pick-up	8 9am—12 pm Reserved Sacra- ment Pick-up 7:00 pm Parish Council	9 9am—12 pm R.S. Pick-up 11:30 am—1:30 pm Hunger for Healing 7:30 pm "Being Anglican" Study	10 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	11 9am—12 pm Reserved Sacrament Pick-up	12
Remembrance Sunday 13 9:30am H.E. In-Person & Live streamed on Facebook	14 9am—12 pm Reserved Sacra- ment Pick-up	15 9am—12 pm R.S. Pick-up	16 9am—12 pm R.S. Pick-up 9:30 am Holy Eucharist 10:30 am Bible Study 11:30 am—1:30 pm Hunger for Healing 1:00 pm Prayer Shawl	17 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	18 9am—12 pm Reserved Sacrament Pick-up	19 8:30 am Men's Breakfast 11:30 am Ladies Luncheon
The Reign of Christ 20 9:30am H.E. In-Person & Live streamed on Facebook Confirmation Preparation	21 7:30 pm Zoom Prayer Group	22 9am—12 pm R.S. Pick-up	23 9am—12 pm R.S. Pick-up 11:30 am—1:30 pm Hunger for Healing	24 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	25 9am—12 pm Reserved Sacrament Pick-up	26
Advent 1 27 9:30am H.E. Triple C In-Person & Live streamed on Facebook	28 9am—12 pm Reserved Sacra- ment Pick-up	29 9am—12 pm R.S. Pick-up	30 9am—12 pm R.S. Pick-up 9:30 am Holy Eucharist 10:30 am "Incarnation" Advent Study (in-person) 11:30 am—1:30 pm Hunger for Healing 7:30 pm "Incarnation" Advent Study (via Zoom)	Dec. 1 9am—12 pm R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice	2 9am—12 pm Reserved Sacrament Pick-up	3 10 am to 3 pm Christmas Market