

Living Waters

February 2023



Ladies Christmas Party 8



Pancake Supper Page 15



Labyrinth Pages 20-21



Valentine's Day Page 24



PANCAKES! PANCAKES! PANCAKES!
Our Pancake Supper is Back!
Check out the details on page 15

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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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: The Rev'd Betty Nadurak

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

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

Maintenance – ad hoc work groups

Christian Education

Nursery – Pamela Fleming

Youth – Stephanie Evans

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 Fri.'s—Kerry Peters

AgeCare Seton — Fergus

NeST — Jennifer Solem

Food Bank, CAWST, Alpha House etc. –

shared through Outreach Committee

Pioneers of Paul—

Karen Huq & Laura O'Neill

PWRDF — Doreen Peters

Quilt/Shawl Prayer Ministry

– Laura Anne Fink

Living Waters

– Laura Anne Fink

Synod Delegates

Cam Cline

Gloria Ford

Alternates: Parish Council

MCES Directors

Kerry Peters , Iona Shaw

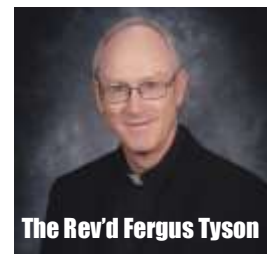
Treasurer

Treasurer: Ingrid Bolton



INCUMBENT'S 2022 ANNUAL MEETING REPORT

As Presented at the Annual Meeting of Parishioners,
29 January 2023



My dear fellow-members of St. Paul's Parish family, it's my great joy to share this, my sixteenth Annual Meeting Report with you.

I'd like to begin this Report with a great list of "Thank you's."

I want first of all to give my deepest thanks to Our Lord, who has continued to pour out his love upon us without measure, and whom it is the joy of my heart to serve as Pastor at St. Paul's.

Thank you to our Wardens, Cam and Ingrid, for your outstanding leadership! Your leadership is a gift to this Parish!

Thank you to Parish Council, for your commitment to serve this Parish as a Leadership Team!

Thank you, LA, for all you do, and always being willing to go the extra mile!

Thank you, Paul, Murray, Cam, and Doreen, for your work, week in and week out, to enable our Services to edify those present in-person and those sharing online!

Thank you, members of our Clergy Team, Cyril, Norman, Bob, and Betty, serving faithfully! I appreciate you all as colleagues and friends! All of us, Cyril, pray for continuing recovery of health for you.

Thank you to all involved in making our Sundays so awesome, our Greeters, Sidespersons, Kerin and Sunday School Teachers and Helpers, Choir, Children's Time Talk Givers, Readers, Leaders of the Prayers of the People, Coffee Time Helpers, and Counters!

Thank you to all Ministry leaders in the Parish, and all you do to encourage those serving with you!

Thank you to Kristina for your commitment to clean our building, giving a safe environment for all to gather.

Thank you to everyone supporting our Mission as a Parish with your financial gifts, as part of your stewardship as a disciple of Jesus!

And last, I want to thank everyone in the Parish, those of you with titles and those of you without, for sharing the gifts God has given you in ways too varied to mention. In your families, in our Parish, and in the wider community, you're touching people with the love of Jesus, as you, the Body of Christ, live as his hands and feet in the world. It's been an honour to share this journey of faith with you! I've loved every minute of the privilege of serving as your Pastor!

Looking back on 2022, it was a year of exploring and embracing the "new normal." Our combined in-person and online attendance went from 66.4 in January to 121.1 in December (excluding Christmas). Our combined in-person and online attendance for the first 4 Sundays in January 2023 was 105. Gradually, different aspects of our pre-COVID experience of church re-

turned. Masks were no longer mandatory. In-person Coffee Time resumed, and our Men's Breakfast and Ladies Luncheon attendance were as high as they've ever been. We offered once again our Stampede BBQ, End of Summer BBQ, and in-person Secret Friends' Christmas Party. In the fall, Sunday School returned, with especially exciting signs of new life amidst our youth through the Alpha Youth Series videos and Pioneers of Paul reaching out in service.

At the same time all these signs of life were occurring in the Parish, I was adjusting to a more difficult "new normal" with my health. As you all know, I've been living with a blood cancer since 2011. One of the problems that have devel-

oped with this is restriction of the blood supply to the small vessels of my legs. Since 2017, this has resulted in extremely painful arterial ulcers, which worsen with the placing of any pressure on them. Things have finally deteriorated to the point where I need to step away and go on disability leave. I'd love to be able to wait until just after Easter to do this, but for this to



happen, my GP and I will have to find a way to get the pain under better control than it is at present.

Looking back at the 15 Incumbent's Reports I've presented at our Annual Meeting, I see that many times I chose as a theme a passage from Holy Scripture encouraging us to journey forth in faith, into the unknown, following the One who knows the way, and promises ever to journey beside us. For example, we've looked at Deuteronomy 1:29-31, Joshua 3:3, 4, Matthew 4:18-20, John 1:46, and John 21:19, 22 together.

This year's theme will look a little different at first, though we'll end up with the same basic message to our hearts. The theme passage for my 2022 Report is Matthew 11:28-30:

"Come to me, all you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

This passage speaks to me first of all, because I believe that Jesus is saying to me that he understands that it's got too hard for me to continue in active service, and it's OK to rest. I've preached about this - about how our worth is not tied up in our "performance," how we are human beings, not human doings - but I still struggle with it. I do firmly believe that all of us need to come to this place of resting in God's love.

It also speaks to me, because of its invitation to go through life together. As the image accompanying The Message's paraphrase of the passage shows, oxen in the time and place these words were spoken were yoked together. Jesus is inviting us to go through life yoked together with him. We can lean on his strength, rather than try to get by on our own. We can stay plugged in, rather than try to make it through on battery power. To change the analogy again, we can stay connected to the Vine, rather than try to bear fruit as a cut-off branch. And we can allow him to lead, for we don't know the way, but he does.

I've been reading a collection of James S. Stewart's sermons, widely recognised as one of the most powerful preachers of the 20th Century. In one of them, he says:

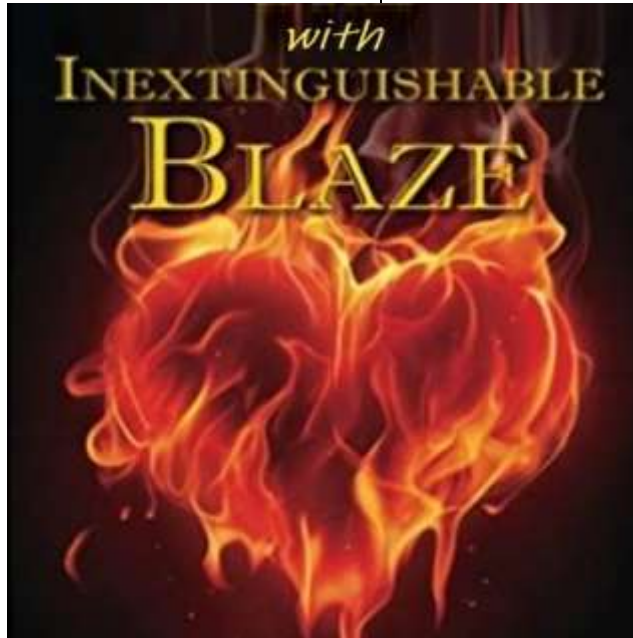
Look at it like this: You are carrying, let us say, some heavy load of trouble or anxiety. It is beginning to be just a bit too heavy for your resources. You take it to the Lord in prayer. You commit to him your situation. There are two ways in which God can answer that petition. The one is to level down that burden to suit your strength. The other is to level up your

strength to suit the burden.¹

My prayer for all of us is that as we go through life yoked together with our Saviour, we have both experiences. I pray that at times we just lean of Jesus and his strength; and that we're inspired by him, led by him, to greater deeds than we'd ever imagined!

In the words of Charles Wesley, I pray:

*O thou who camest from above,
the pure celestial fire to impart,
kindle a flame of sacred love
on the mean altar of our hearts.*



*There let it for Thy glory burn
with inextinguishable blaze,
and trembling to its source
Return in humble prayer, and
fervent praise.*²

Thank you all for being there for me with compassion and empathy as you've witnessed my struggles these past few years, and especially these past few months. It's been the prayer of my heart to give all of myself to serving you faithfully. For those times I have failed, I ask God's and your forgiveness.

Trusting in our faithful Lord, to whom we are all yoked, who leads us into an unknown as bright as the promises of God, this Report is respectfully submitted.

Your Brother in Jesus

January 29, 2023

1 James S. Stewart, *Walking with God*, Gordon Grant, ed. (Edinburgh: St. Andrew Press, 1996), p. 59.

2 Charles Wesley (1707-1788), in George Appleton, ed., *The Oxford Book of Prayer* (Oxford University Press, 1985), p. 85.

ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TIME
February 12	Norman	Fergus & Betty	Fergus	Fergus
February 19	Fergus	Bob	Bob	
February 22 Ash Wed.	Norman	Fergus & Betty	Fergus	Fergus
February 26	Fergus	Norman & Betty	Norman	Kerin

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).

Thursday, February 9: Online Service Facebook & YouTube

Sunday, February 19 : Transfiguration Sunday

Wednesday, February 22: Ash Wednesday: 9:30 am service followed by Ash Wednesday Reflections at 10:30 am; 6 pm Chili Supper and 7 Pm service at All Saints Lutheran

Sunday, February 26: Lent 1 Triple C service 9:30 am

Sunday, March 5: Lent 2 9:30 am



UPCOMING EVENTS

Men's Breakfast: Saturday, February 18 at 8:30 am

Ladies' Luncheon: Saturday, February 18 at 11:30 am

Pancake Supper: Tuesday, February 21- 5 to 7 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.

Beginning March 1st 10:30 am and 7:30 pm—Lenten Study "Entering the Passion of Jesus" begins.

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 on Facebook and YouTube.

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



"You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray!' you can be sure you've already begun."

-Saint Josemaría Escrivá

St. Paul's Anglican Church 2023 Proposed Budget (\$)



Income Statement

		2023 Pro- posed Budget	2022 Actual
Income			
	General	228,000	207,307
	Open	1,000	140
Offering Total		229,000	207,447
	Other income	0	730
	Covid 19 Relief Subsidies	0	1,932
	Hall Rentals	11,000	5,490
	Fundraising events	3,200	1,621
Total Income		243,200	217,220
Expense			
	Administration	29,000	25,688
	Apportionment	25,800	28,607
	Christian Education	1,000	622
	Communications	500	144
	General Maintenance	15,000	13,273
	Hospitality, Fellowship	1,000	564
	Ministerial	120,000	110,678
	Outreach	23,100	20,730
	Pastoral Care	100	10
	Utilities/Insurance	22,000	19,554
	Worship	6,500	6,170
Total Expense		244,000	226,040
Net Operating Income		-800	-8,820
Other Income	Interest Revenue	800	777
Net Profit		0	-8,043

Cursillo: Monthly Ultreya

Friday evening Feb. 10th starting at 7:30pm, gathering of the community 7:00pm

St. Paul's (7 Sunmills Green SE) is pleased to announce that we will be hosting the monthly Ultreya at our church. Ultreya is a Spanish word meaning "Onward." The Calgary Cursillo Movement is sponsored by the Anglican Diocese of Calgary and this will be the first time that St. Paul's has had an opportunity to host the Ultreya.



All are welcome, whether you have attended a Cursillo weekend (Cursillista), or are just curious about Cursillo and want to meet some new people from different parishes in the Diocese.

Format of the evening will be as follows:

- 7:30 pm opening prayers and music led by the worship team
- Witness talk led by a speaker sharing about how Jesus is currently working in their life
- Spiritual and community response on the witness talk
- Floating group reunion. This is the portion where we break off into small groups of 4-5 people where we can share about how the Lord has touched our lives during the last week including any praise, challenges, or struggles. None must, some should, all may.
- More music led by the worship team
- Concluding announcements and prayers

And then for fellowship, refreshments, and some light snacks and coffee chat.

Make a friend, be a friend, bring a friend to Christ!

We hope you can join us for this special evening. More information on Cursillo can be found at Cursillo.ab.ca.

Upcoming weekends at Entheos Retreat Centre: Men's Apr. 13-16, Women's Apr. 20-23.

St. Paul's Cursillo contacts: Bill and Kerin Spaargaren, Dan and Debra Brisbin

Ladies Christmas Party



Pioneers Of Paul



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.

Activities and Meetings

Sunday Feb 5, 2023 (1045-1115): Short information meeting about February - May events.

FUTURE DATES:

Saturday, Feb 18, 2023 (1215-1630) (shift is 1-4pm): *Calgary*

Drop-In Centre: Donation Centre **warehouse, no interaction with public**- deadline to sign up is Feb 12- requirements: 12y of age, dress code (closed toe shoes)

Friday Mar 10, 2023 (1630-2100) *tentative*: *Bethany Care Centre* - group activity with residents- deadline to sign up is Mar 5- requirements: proof of 2 doses of COVID19 vaccine

Friday Apr 28, 2023 (1615-2000) (shift 5:15-7:30pm): *Inn From the Cold* - serving dinner- maximum of 4 can sign up- deadline to sign up is Apr 23- requirements: 12y of age, forms

Saturday May 13, 2023 (1145-1530) (shift 1230-1500) *The Calgary Food Bank* - Fresh Food- maximum of 8 can sign up- deadline to sign up is May 3- requirements: 12y of age, forms, completion of 20 min. food safety online course

Other opportunities for interested youth:

Youth representative on Parish Council: provide a youth perspective to the St. Paul's leadership team. Meetings are monthly, currently by Zoom, on the 2nd Tues of each month (7-9pm). No reports or additional requirements, just a willingness to share a youth perspective on relevant church issues.



QR code for website page

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





Sunday School

Sunday school is available at the 9:30 am Sunday Service.

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 began Sunday, October 2, and is continuing on the 1st and 3rd Sundays of each month. Thank you to Stephanie for facilitating this group.



On the first and third Sundays, we're watching and discussing the Alpha Youth Series Refresh. **Any youth who are interested in Confirmation are asked to please attend these Sundays.**



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, released September 1, 2022, 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 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.





Prayers



"Be still, and know that I am God;" PSALM 46:10

LORD, HELP ME TO BE STILL

O Father, give my spirit power to climb
To the fountain of all light, and be purified.
Break through the mists of earth, the weight of clay.
Shine forth in splendor, you who are calm weather
and quiet resting place for faithful souls.
You carry us and you go before;
You are the journey and the journey's end. AMEN
-Boethius-

PRAYERS FOR OURSELVES AND OTHERS

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

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

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

-Frederick Neidner

God of love, whose compassion never fails; we bring before
thee the troubles and perils of people and nations, the sigh-
ing of prisoners and captives, the sorrows of the bereaved,
the necessities of strangers, the helplessness of the weak,
the despondency of the weary, the failing powers of the
aged. O Lord, draw near to each; for the sake of Jesus Christ
our Lord. AMEN

-Anselm, 1033-1109

Jesus, our healer, we 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 in
the care of doctors and nurses, and fill them with the
warmth of your love now and always. AMEN

-Angela Ashwin

God, we know you recognize that every person we lose is a
gift to be treasured and a part of our hearts forever. Thank
you for understanding that although we believe in eternal
life, it hurts so much to lose someone we love, Comfort
those of us who are grieving, Lord. Fill us with the
knowledge that you are grieving with us. Carry us through
this difficult time. AMEN

Prayers of Comfort

Heavenly Father, thank you for the precious gift of memo-
ries. May our grief in the passing of those we love be
soothed by the years we shared and the ways they touched
our lives. May our tears be shed in love.

This we ask in the name of your Son, our Lord and
Saviour, Jesus Christ. AMEN

"Prayers of Comfort"

A PRAYER FOR OUR PARISH

Bless , O Lord our God,
the worship and work of this church,
that it may be a house of prayer, a centre of Christian
teaching,

a community of service,
and a witness to your redeeming love;
through Jesus Christ our Lord. AMEN

-New Parish Prayers

FOR OUR PARISH COUNCIL

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

-D.B.

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

In planning for the future, give them vision;
in matters of finance, give them responsibility;
in dealing with people, give them love.

Help them in all things to honour your Name,
to advance your kingdom,
and to carry out your will;
through Jesus Christ our Lord. AMEN

-New Parish Prayer

SEASONAL PRAYERS

THE PRESENTATION OF THE LORD (FEB.2ND)

"Sovereign Lord, as you have promised, you now dismiss
your servant in peace. For my eyes have seen your salva-
tion, which you have prepared in the sight of all people, a
light for revelation to the Gentiles and for glory to your peo-
ple Israel." -Luke2: 29-32

Lord God, you kept faith with Simeon and showed him the
infant King; give us grace to put all our trust in your promis-
es, and the patience to wait a lifetime for their fulfillment;
through Jesus Christ our Lord. AMEN

We give you thanks and praise, O God, for the Gospel of the
Presentation:

for the wisdom and insight of Simeon and Anna,
for the loving care of Joseph and Mary,
for the simplicity and innocence of the child Jesus.

We pray for the different generations of our own day, that
in offering their lives in service to you and to each other
they may grow in mutual respect and understanding, and so
enrich the life of all, for Jesus Christ's sake .

AMEN

-Basil Naylor

A PRAYER FOR FAMILIES (Family Day Feb. 20)

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

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

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

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

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

-Martin Manser

ASH WEDNESDAY Feb.22

"YOU ARE DUST AND TO DUST YOU WILL RETURN"

Life-giving God,
we thank you for creating us out of the dust of the earth,
and breathing your life into us;
may these ashes be to us a sign
that life is more than our physical bodies,
and that our hope of eternal life
depends, not on our merits, but on your mercy alone,
to which we turn now
in sorrow for our sins,
and with the trust of children

AMEN

-Angela Ashwin

Dust and ashes touch our face,
mark our failure and our falling.
Holy spirit, come,
walk with us tomorrow,
take us as disciples,
washed and wakened by your calling.
Take us by the hand and lead us,
lead us through the desert sands,
bring us living water,
Holy Spirit, come. AMEN

-Brian A. Wren

LENT (1st. Sunday Feb. 26)

Lord, in these days of mercy make us quiet and prayerful;
in these days of challenge, make us stronger in you;
in these days of emptiness, take possession of us;
in these days of waiting, open our hearts to the mystery of your cross. AMEN

- Angela Ashwin

Grant, we beseech thee O Lord, that by the observance of this Lent
we may advance in the knowledge of the mystery of Christ,
and show forth his mind in conduct worthy of our calling;
through Jesus Christ our Lord. AMEN
Gelasian Sacramentary, 5th Century

Almighty God, we pray that through this season of Lent, by prayer and study and self-discipline we may penetrate more deeply into the mystery of Christ's sufferings; that following in the way of his cross and passion we may come to share in the glory and triumph of his resurrection; through the same Jesus Christ our Lord.

AMEN

-adapted

Holy Father, whose Son Jesus Christ fasted forty days in the desert, give us grace to discipline ourselves in humble submission to your Spirit; that we may lead holy and upright lives to your honour and glory; through the same Jesus Christ our Lord. AMEN

-A Christian's Prayer Book

A BLESSING

The love of the faithful Creator,
The peace of the wounded Healer,
The joy of the challenging Spirit,
The hope of the Three-in-One
surround and encourage us
today, tonight, and forever.
May the blessing of God – the Creator, the Healer,
and the Spirit,
be with us and remain with us always. Amen.
(Source: The pattern of our days – Iona)

Thomas Merton's Prayer

James Finley lived as a monk at the cloistered Trappist monastery of the Abbey of Gethsemani in Kentucky, where the world-renowned monk and author, Thomas Merton, was his spiritual director. In a 12-minute talk, Dr Finley provides a superb commentary on the following famous prayer by Thomas Merton:



"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore, I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone."

Listen to the talk at <https://www.youtube.com/watch?v=8FZwZSJtfow>

From: <https://www.newpilgrimage.ie/>

Image: You Tube <https://www.youtube.com/watch?v=5X8fp2CvQmA>



Black Heritage Family Day

A Celebration of the
Black Diaspora



At the Thorncliffe Community Centre Address: 5600 Centre St. N, Calgary, AB T2K 0T3

Join us as we highlight the unique talents, art and businesses from the local Black community.

An event for families to gather and create lasting memories and experiences, pass along tradition, have fun and EAT good food!

This one-day celebration will showcase Black designers, artists, entertainers and businesses as they proudly display, engage and educate the community on the beauty and inspiration of Black culture.

**Saturday February 18, 2023
9 AM - 4 PM**

- Vendor Market
- Artist Exhibition
- Designer/Entrepreneur Showcase
- Dance Theatre
- Heritage Breakfast-our unsung Heroes/Sheroes community leaders
- "Art of Fashion" Show, a high-energy showcase
- Untold stories in Black

Dress Code : Traditional Regalia (Rep your flag)

Tickets

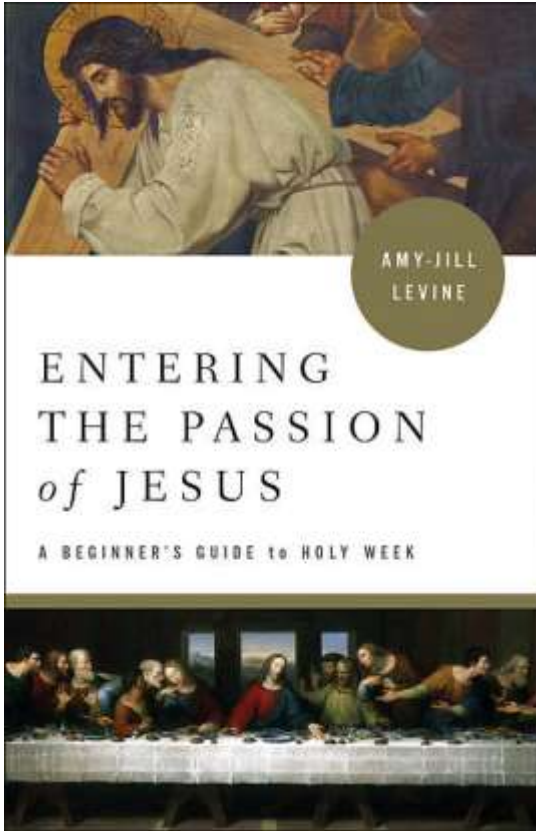
\$20 - 18 and above

\$10 Child - 5 to 17 years old | 4 years and under FREE



head over to RYPCANADA.COM to purchase your tickets

“Entering the Passion of Jesus” Lenten Study



This year's Lenten Study begins **Wednesday, Mar. 1** and continues on Wednesdays until March 29.

We're sharing the DVD and book Study "**Entering the Passion of Jesus**" by Biblical scholar Amy-Jill Levine

The study will be **in-person at 10:30 am and 7:30 pm via Zoom**. For the Zoom link please contact Fergus.

In Entering the Passion of Jesus: A Beginner's Guide to Holy Week, author, professor, and biblical scholar Amy-Jill Levine explores the biblical texts surrounding the Passion story. She shows us how the text raises ethical and spiritual questions for the reader, and how we all face risk in our Christian experience.

Entering the Passion of Jesus provides a rich and challenging learning experience .



Ash Wednesday, February 22

EVERYONE'S INVITED to share the different activities on Ash Wednesday

Holy Eucharist with the Imposition of Ashes at St. Paul's at 9:15, followed at 10:30 am with Lenten Reflections on our big screens

In the afternoon, an Ash Wednesday Service is being posted on Facebook and YouTube.

At 6 p.m., there's a Chilli Supper at All Saints' Lutheran. And at **7:30 p.m.**, there's a Service at **All Saints Lutheran** (380 Midpark Blvd SE) of Holy Eucharist with the Imposition of Ashes, at which Fergus is preaching.

Pass the syrup — it's Shrove Tuesday!



You are Invited to St Paul's Shrove Tuesday Pancake Supper

- Where:** St. Paul's Anglican Church
7 Sunmills Green S.E.
403 256-1428
www.stpaulscalgary.ca
- Who:** Bring your friends
and neighbours
- When:** Tuesday, February 21, 2023
- Time:** 5:00 pm to 7:00 pm
- Cost:** \$5.00/ person to a maximum of \$15.00/family
Pay at the Door

Everyone Welcome!!

Stewardship During Lent

Lent is the season for introspection and self-reflection, when we prepare our hearts and minds for Easter through special prayers and spiritual disciplines.

This year make stewardship a focus of your Lenten practices. Devotionals, prayers and ideas can help you grow as a steward. Rebound from Easter as an inspired, equipped and excited steward, ready to lead yourself and your congregation on the paths of stewardship.

Here is one resource that can help you focus on Stewardship for Lent from the [Stewardship Guy](#).

Forty Days, Forty Ways to Exercise Good Stewardship of Lent and Easter

Are you looking for ideas to help you with your Lenten experience? Here are 40 ideas to fill the 40 days of Lent and the beginning of the Easter season.

1. Attempt a more intentional prayer life – start a habit in the morning and before bedtime.
2. Attend Mass on Ash Wednesday. Wear your ashes out into the world as a witness to our faith.
3. Make a prayer basket at home – slips of paper or construction paper hearts (invite kids to participate) writing names or intentions that each person around the table picks out before each meal.
4. Attend a weekday Mass.
5. Pray the rosary. There is an Anglican rosary [see here](#)
6. Make a point of experiencing the sacrament of reconciliation at the beginning and end of Lent. Consider inviting someone who's been away from the sacrament to join you.
7. Pray for someone with whom you are out of touch.
8. Give up meat on Fridays but don't substitute lobster – make fasting something that is truly sacrificial.
9. Resolve to stop engaging in rumors, gossip, and negative chatter that devalues others.
10. Begin and end each week with an e-mail thanking someone for all that they do.
11. Be sure to say grace at any restaurant you frequent (don't dodge making the Sign of the Cross either).
12. Buy a cup of coffee for someone living on the street but not until you learn their name and exchange in some conversation.
13. Pray before the Blessed Sacrament.
14. Reconcile with someone you've hurt or aren't speaking to.
15. Invite someone who's been away from the church to attend with you.
16. Make a gift to a charitable cause – make it a sacrificial gift.
17. Attend a parish or diocesan event centered on faith issues.
18. Thank a bishop, priest or member of a religious congregation for their public witness – invite them out for coffee or a meal.
19. Learn about the life of a saint, perhaps your parish saint.
20. Visit someone who's alone.
21. Reflect on the most pressing challenges confronting our Church and pray for a Spirit-filled response.
22. Pray for our clergy.
23. Attend the Stations of the Cross.
24. Send a note of encouragement to some one.
25. Find out how your diocese is involved in refugee resettlement and see how you can help.
26. Attend your parish's Good Friday liturgy.
27. Make time for family activities that are faith-related such as reading the Bible as a family.
28. Keep a journal during Lent about your spiritual highs/lows.
29. Make a playlist of spiritual music that you enjoy and share it with a friend.
30. Embrace periods of silence in each day.
31. Attend a parish mission or Lenten Retreat; invite others to join you.
32. Offer to be part of the church preparation crew or cleanup crew for the Easter services.
33. Commit to a parish ministry or try a different ministry than the one you in which you are currently engaged.
34. Cut your media consumption to open time for prayer or scripture reading. Start and end each day free from the influence of the media.
35. Go to a local fish restaurant with friends on a Friday.
36. Find a form of Lenten fast appropriate for your age and state of health.
37. Buy a book of daily spiritual reflections, keep it by your bed and read it upon rising or retiring or both.
38. Dedicate a portion of your time during Lent to serve others such as working at a soup kitchen or homeless shelter.
39. Participate in Catholic Relief Services' (CRS) Rice Bowl collection. Visit [crsricebowl.org](https://catholicstewardship.com/forty-days-forty-ways-to-exercise-good-stewardship-of-lent-and-easter/) to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.
40. Invite someone you know who will be alone to Easter Sunday dinner.

From: <https://catholicstewardship.com/forty-days-forty-ways-to-exercise-good-stewardship-of-lent-and-easter/> alt

St. Paul's Outreach Ministry



Food for Others on January 29

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. The next one is **Jan. 29/23**.

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 Helps Disabled Ukrainians Cope with Winter.

PWRDF continues to support existing and new partners working in Ukraine. To date, \$1,170,495 has been raised by churches and individuals across Canada for PWRDF. an up-date on one project.

In April 2022, PWRDF began a partnership with Fight for Right, an organization led by Ukrainian women with disabilities that



provides care and advocacy for disabled people in Ukraine. Everyday challenges during the war became much more difficult and PWRDF responded to their needs by funding an innovative 24-hour hotline for people seeking help and support.

Fight for Right initiated the 'TEPLO' project when they started receiving requests for help from people with disabilities to survive the upcoming winter. TEPLO will provide targeted support to 5,000 people with disabilities during the wintertime who experience difficulties with warming the house and or have shortages of clean water, as they face. one of the hardest winters in Ukrainian history. PWRDF is providing just under \$100,000 towards the TEPLO project, which is also supported by JTI, Sweden Festival, the Nippon Foundation and individual donors.

Funds will allow for the purchase of warming items such as portable gas stoves, thermal pyjamas, sleeping bags, electric heated blankets, power charging banks, and portable gas heaters. If possible, diesel power generators will be purchased for houses that are without gas and electricity. The equipment will be distributed to:

- people with complex types of disabilities who live in rural areas and are deprived gas supply;
- people with disabilities and the elderly living in front-line territories;
- families with children with disabilities.

Fight for Right plans to establish a temporary shelter in Dnipro to accommodate people with disabilities in case of extreme need. It is the closest relatively safe city to the front-line.



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

LADIES no-mess POTLUCK LUNCH

*A dish to share with its own serving implement is grand or
your own special individual bag lunch is cool*

Come with or without food – there's always plenty to share
Bring your own drink along with cutlery & plate to wash at home

Bring a Friend
Meet a Friend
Make a Friend

All women ages 13 and up in the Parish are invited

3rd weekend in HEART MONTH
FEBRUARY 18 @ 11:30 am

**Carrie Hart (our own heart nurse) will be sharing a part of her story, including
WOMEN'S HEART HEALTH TODAY**



Men's Breakfast

The next one will be
this Saturday, February
18 at 8:30 am.

The Men's Breakfast is
prepared by the men
themselves, a couple
each time, with a sug-
gested donation of \$5
going to CAWST (the
Centre for Affordable
Water Sanitation Tech-
nology). All age 13 and
over are invited!



Calgary's 'Love is Warm' is on a Mission

A coat company in Calgary called Warm became aware that hundreds of people in our city have no winter coat this year.

They have created a purchasing incentive called "Love is Warm." Their mission is to reduce the number of people in our city without an adequate winter coat to zero.

When you purchase a coat from this company, you get a reliable, warm winter coat you can count on, and it provides the same thing for someone in dire need. One for one; same coat, same warmth. Warm works with registered Canadian charities to allocate coats to people who really need it. Project Warmth Society of Alberta is their current partner this winter.



Don't need a new coat, but still want to help? Warm also has hoodies! Each hoodie contributes to putting more winter coats on people without one. These hoodies are lined with polar fleece and are sure to be your new favourite hoodie.

To find out more, visit [their website](#) or click [here](#) to begin your order.

Pastoral CARE

Join this ministry

If you'd like to be part of our St. Paul's Pastoral Care Team, please contact Fergus or Nicola Peden. Training will be provided to anyone interested in this important ministry.



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 February 15 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 the Parish Office 403 256-1428.



St. Martin's Church
An Inclusive Anglican Community

Invites you to

"Journey in the Desert"

A Lenten Labyrinth Retreat



When?

February 25, 2023
12:30-4:30pm

Where?

St. Martin's Church
1009 Prominence Way SW
Calgary, Alberta T3H 2B4

How to register?

Please register through Eventbrite
<https://www.eventbrite.ca/e/journey-in-the-desert-tickets-483926877317>

How Much?

\$20 per person
(Coffee and Snacks provided)

Facilitated by: Kathy Chapman,
Veriditas Trained Labyrinth Facilitator

Join us as we set the stage for the Lenten Season. Explore the spiritual practice of walking the labyrinth as you Journey in the Desert.

Walking the labyrinth is a spiritual practice that quiets the mind, opens the heart and provides the opportunity for meditation, self-reflection and prayer.

If you have questions, please contact the office at
403-249-3014 or office@stmartinschurch.ca



World Labyrinth Day



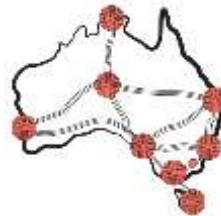
World Labyrinth Day in Educational Settings

Friday, May 5, 2023

World Labyrinth Day Saturday, May 6, 2023

World Labyrinth Day (WLD) creates a unified wave of peace worldwide by "Walking as One at 1:00" (13:00) wherever you are. It is an opportunity to create virtual or in-person events to bring people from your community

together. More information to come .



Saying Farewell to the Parish of St. Edmund King & Martyr, Calgary

Early in 2022 we had begun the process of moving towards becoming a Mission of the Diocese and turning the buildings over to the diocese. One of our main concerns was to be able to continue as a church 'family' and to continue our outreach in our community – ie., our Food Bank and Christmas Hampers. We have reached an understanding with the Diocese to continue using the Mission Hall (many of you are familiar with our building located behind the church) for the Food Bank and outreach programs as the Diocese takes over the property and considers how best to utilize it. The 'Mission of St Edmunds' will also use the Mission Hall for lay led worship services and activities.



Please note that 'St Edmunds Food Bank' is setting up as its own registered charity and will be able to issue tax receipts moving forward. We appreciate all the support we have received in the past from various parishes, and hope that you will continue to support this essential service to the northwest communities of Calgary. Please contact the Food Bank Coordinator **Marilyn Bowler** at [this email](#) (or 403-288-6330) if you have any questions or concerns regarding the Food Bank.

We will be having a celebratory **Spring Tea on Saturday April 15th (11:00 to 1:00)** to mark our continuing evolution and the move from Parish back to Mission and us continuing to 'Serve Christ and Community.' Come join us to see how we have retooled the Mission Hall and feel free to take a tour of the Food Bank. We ask for an RSVP for the free tickets (tickets will be available at the door, space permitting) – call 403-288-6330 or [email here](#).

Chemo Bags

Chemo bags are a wonderful way for us to support those going through a very difficult time in their lives. The bags contain a lot of items to help with the affects of chemo and also to help pass the time while receiving chemo.

Below is a list of what goes into the bags. If you would like to help by either donating funds or by purchasing a few of the items for the bags this would be very helpful for helping us continue this wonderful ministry.

Please contact Laura Anne at the Parish Office if you have any questions or if you know of someone who would benefit from receiving a bag.

1. Intensive no scent hand cream	Chemo causes skin to become dry & cracked
2. Lip Balm	Burt's Bees preferred help with sore & cracked lips
3. Lemon drop candies	Helps relieve metallic taste of chemo
4. Crystal light lemonade no sugar	Individual sachets: replaces metallic taste with a good flavor
5. Herbal tea	Tea is warm & soothing in the chilly chemo Green tea or chamomile preferred.
6. Travel Mug	Stainless steel leak-proof that holds heat up to 8 hours
7. Ginger biscuits/snaps	Relieves nausea & helps with the metallic taste
8. Thick rubber soled socks	Keeps feet warm & prevents sliding on slick treatment room floors
9. Puzzle books, deck of cards	Cards, crossword or Sudoku books to help pass the time
10. Notebook, pen, pencil,	To write down instructions or future sharpener appointments and to use with game books
11. Gum, nail file	Gum to help keep the mouth moist as chemo dries it out. Nail file as nails take a beating during chemo
12. Bottle of Nail Rehab by Sally Hansen	Helps protect nails that get brittle from chemo
13. Fleece beanie	Keeps bald head warm on chilly days
14. Large comfort bag & smaller bag	Bag to carry everything to appointments. Smaller bag for small items.
15. Ultra fleece blanket	For warmth in a cool treatment room

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.



ESL Conversation Club Tuesday mornings at St. Martin, Calgary

St. Martin's is extending a volunteer opportunity, to have conversations with new English speakers.

Tuesday mornings from 9:30 to 11:00 am, a group will be meeting (until the end of May). It's fun, interesting and rewarding. If you are interested, please contact Martha by [email](#).

Missional Minute

"Let the little children come to me and do not stop them..." – Matthew 19:14

There has been a noticeable decline in the attendance numbers for children and youth in our parishes, which began before COVID came along, but the past years have seen a significant drop. Parishes that used to have a few dozen children in Sunday School now don't have any children showing up on any given Sunday.

In the early church, children were not viewed as being important. However, Jesus overruled his disciples when they kept the children away from being blessed. Jesus says, "It is to such as these that the Kingdom of Heaven belongs."

One of the key areas that our Missional Coaches focus on is children and youth leadership. We need churches to take the education of our young people seriously. Children are not only our future. They are our present concern, and God's. We need to welcome all ages into our services. We need to embrace the crying baby and the scribbling toddler and the teens with questions. We need to encourage the parents who do bring their young ones to church. We need to let young families know that they are important and their children are precious in the sight of the Lord.





Sorrento Centre

Summer Jobs Available

Come join us for rewarding work in a positive and enriching environment.

We are building a dynamic team of young people to help make the "Summer at Sorrento Centre" experience extraordinary...not just for our guests (from the littlest to our elders) but for the summer youth staff, too! We are seeking enthusiastic, energetic, and motivated individuals to join our summer youth staff during summer.

Take a look at [this lineup of exciting full-time jobs](#) for youth aged 16 to 30. Here's a chance for



Valentine's Day started in the time of the Roman Empire. In ancient Rome, February 14th was a holiday to honour Juno. Juno was the Queen of the Roman Gods and Goddesses. The Romans also knew her as the Goddess of women and marriage. The following day, began the Feast of Lupercalia commemorating young men's rite of passage to the God Lupercus.

The lives of young boys and girls were strictly separate. However, one of the customs of the young people was name drawing. On the eve of the festival of Lupercalia the names of Roman girls were written on slips of paper and placed into jars. Each young man would draw a girl's name from the jar and would then be partners for the duration of the festival with the girl whom he chose. Sometimes the pairing of the children lasted an entire year, and often, they would fall in love and would later marry.

Under the rule of Emperor Claudius II Rome was involved in many bloody and unpopular campaigns. Claudius the Cruel was having a difficult time getting soldiers to join his military leagues. He believed that the reason was that Roman men did not want to leave their loves or families. As a result, Claudius cancelled all marriages and engagements in Rome. The good Saint Valentine was a priest at Rome in the days of Claudius II. He and Saint Marius aided the Christian martyrs and secretly married couples, and for this kind deed Saint Valentine was apprehended and dragged before the Prefect of Rome, who condemned him to be beaten to death with clubs and to have his head cut off. He suffered martyrdom on the 14th day of February, about the year 270.

In an effort to do away with the pagan festival, Pope Gelasius ordered a slight change in the lottery. Instead of the names of young women, the box would contain the names of saints. Both men and women were allowed to draw from the box, and the game was to emulate the ways of the saint they drew during the rest of the year. Instead of the pagan god Lupercus, the Church looked for a suitable patron saint of love to take his place. They found an appropriate choice in Valentine. Therefore, it seems that the custom of young men choosing maidens for valentines, or saints as patrons for the coming year arose in this way.

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 February 20th. 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**



PRESENTED BY



**McInnis &
Holloway**
Funeral Homes

McInnis and Holloway Funeral Homes has had the pleasure of inviting Dr. Wolfelt to Calgary to share his "Companioning Philosophy" for many years.

With all the wonderful feedback we receive from participants, we are pleased to bring back the highly regarded and anticipated Dr. Alan Wolfelt this spring, May of 2023.

This year Dr. Wolfelt's will be holding two separate seminars held on two different dates.

Dr. Wolfelt's first presentation will be dedicated to individuals and families who are grieving a loss. Dr. Wolfelt will help all of us understand how loss influences our lives, and how to navigate better through the different needs of mourning.

The second presentation is designed for Professionals within our Caregiving Community. It will help those who want to learn more about how to support anyone who has experienced loss.

Please join us at these complimentary seminars:

"Understanding your Grief: Touchstones for Hope and Healing"

&

"Mourning Misconceptions: Helping Mourners Replace Harmful Norms with Healing Truths" on the dates listed below.

To register, please click selected date of the seminar you are interested in attending.

We welcome you to pass this information along onto anyone you feel could benefit from Dr. Wolfelt's compassionate teachings.

FAMILY & FRIENDS SEMINAR

Understanding Your Grief:

Touchstones for Hope and Healing

Tuesday, May 9, 2023

7:00 P.M. - 9:00 P.M.

PROFESSIONAL SEMINAR

Mourning Misconceptions:

Replacing Harmful Norms with Healing Truths

Wednesday, May 10, 2023

9:00 A.M. - 12:00 P.M.

Seminars to be held at
Deerfoot South Campus—
First Alliance Church
12345—40th Street SE
[Click here](#) for map

If you do not want to miss out on important updates,
please join Wolfelt 2023 notifications

www.MHFH.com/special-events/

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](https://twitter.com/stpaulscalgary)

[@Pastor_Fergus](https://twitter.com/Pastor_Fergus)

YouTube Channel:

<https://www.youtube.com/channel/UClDxfHv5pFYST--j8as1GVg>

Toddlers to Tweens Group Facebook: [toddlerstotweens](https://www.facebook.com/toddlerstotweens)

Youth Group's Facebook:

[StPaulsCalgaryYouth](https://www.facebook.com/StPaulsCalgaryYouth)

St. Paul's Alpha Facebook:

[stpaulscalgaryalpha](https://www.facebook.com/stpaulscalgaryalpha)

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

Facebook: [historicstpaulschurch](https://www.facebook.com/historicstpaulschurch)

Pioneers of Paul Instagram: [pioneersofpaul](https://www.instagram.com/pioneersofpaul)

Pastor's Postings Blog:

<https://pastorfergus.wordpress.com>

Diocese of Calgary:

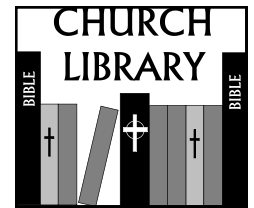
<https://www.calgary.anglican.ca>

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

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



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



February 2023

February 2023					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5 Presentation of the Lord 9:30am H.E. In-Person & Live streamed on Facebook 10:45-11:15 am POP meeting	6 7:30—8:30 am Before school 9am—12 pm Reserved Sacrament (RS) Pick-up 3—5:30 pm After School	7 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School Parish Council	8 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 1:30—2:30 pm Hunger for Healing 3—5:30 pm After School 7:30 pm “Being Anglican” Study Via Zoom	9 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School 6:30 pm TOPS 7:30 pm Choir Practice Evening Online Prayer Service	10 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School 6:30—9:30 pm Ultreya
12 9:30am H.E. In-Person & Live streamed on Facebook	13 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School	14 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School	15 7:30—8:30 am B.S. 9am—12 pm R.S. Pick-up 1:30—2:30 pm Hunger for Healing 3—5:30 pm A.S. 7:30 pm Being Anglican Study via Zoom	16 9-noon R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice Evening Online Prayer Service	17 9am—12 pm Reserved Sacrament Pick-up
19 Transfiguration Sunday Holy Baptism 9:30am H.E. In-Person & Live streamed on Facebook Confirmation Preparation	20 Family Day Parish Office Closed 7:30 pm Zoom Prayer Group	21 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School 7-8 pm School rental	22 Ash Wednesday 9:15 am In-person Holy Eucharist 10:30 am Ash Wednesday reflections & discussion Afternoon Online Service 1:30—2:30 pm Hunger for Healing 1:00 pm Prayer Shawl 6 & 7 pm Supper & HE at All Sts. Lutheran	23 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School 6:30 pm TOPS 7:30 pm Choir Practice	24 7:30—8:30 am Before school 9am—12 pm Reserved Sacrament Pick-up 3—5:30 pm After School
Lent 1 26 Triple C In-Person & Live streamed on Facebook	27 7:30—8:30 am Before school 9am—12 pm Reserved Sacrament Pick-up 3—5:30 pm After School	28 7:30—8:30 am Before school 9am—12 pm R.S. Pick-up 3—5:30 pm After School 7-8 pm School rental	March 1 B&A School Care 9am—12 pm R.S. Pick-up 10:30 am In person Lenten Study 1:30—2:30 pm Hunger for Healing 7:30 pm Lenten Study via Zoom	2 B&A School Care 9-noon R.S. Pick-up 6:30 pm TOPS 7:30 pm Choir Practice Evening Online Prayer Service	3 7:30—8:30 am Before school 9am—12 pm Reserved Sacrament Pick-up 3—5:30 pm After School
					4
					11
					18 8:30 am Men's Breakfast 11:30 am Ladies Luncheon
					25