

Living Waters

March 2023



Thank You Fergus!



**Message from
Fergus
Page 3**



**Holy Week
Page 7-8**



**Prayers
Pages 12-13**



**Lenten Quiz
Page 24**

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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Incumbent

The Rev'd Fergus Tyson

Assistants

The Rev'd Cyril Haynes

The Rev'd Dr. Norman Knowles

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:

Youth: Vacant

Ex Officio: The Rev'd Cyril Haynes

Synod Delegates

Cam Cline

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

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





Thank You from Fergus

What can I say to sum up how I feel about St. Paul's after nearly 16 years of having served as your Incumbent! The words I want most to say are "Thank you"! Thank you for being the most wonderful Parish anyone could serve among! Thank you for being so understanding and supportive as we shared together on the challenging path of increasing disability. I've opened up my need to you, just as you've opened up your need to me over the years through all the highs and lows of life, and the result has been a bond of love that will always remain precious and real. I want to say "Thank you" to God for the privilege of sharing the pilgrimage with you all! It's hard to believe it's been close to 16 years together, but then they do say, "Time flies when you're having fun," and I've loved every minute of our time together!

Thank you, everyone, for the special post-Service Coffee Time on Feb. 26! As I said then, it was an amazing spread of food worthy of a celebration 16 years in the making!

My surgery is scheduled for Mar. 14. Dinah is setting up a prayer vigil while it's taking place. Please let Dinah know if you'd like to participate. Thank you, everyone, so much for all your prayers and other acts of loving support! They mean more to Gail, Alyssa, and me than we can begin to say! It's anticipated that, if everything goes well, I'll be in Peter Lougheed Hospital for around a month, and then be in a rehab facility as an in-patient for another 3 months. If you're "in the neighbourhood," and have the time, I'd love to share a visit together. I'm also hoping to set up Zoom, and will be checking out my emails regularly at pas-terfergus@gmail.com. I'll be making sure that LA at the Office has up to date information.

For the Parish, too, these next few months will also be a time of great change. The transition process has already

begun, and everyone can have confidence that the Parish is in good hands. This transition time will be an opportunity to reflect on and explore who we are being called to be at St. Paul's, sharing the journey with new companions, and old companions in new ways. We won't be the same people at the end that we were at the beginning! It's a deeply exciting time in St. Paul's life.

This Lent, I've been reading a deep and (for me) most-timely book by Chris E. W. Green, *Being Transfigured: Lenten Homilies* (St. Macrina Press, 2023). In it, he says: We want God to secure our standing—without turning our world entirely upside down. We want change and to be changed. We do not want to die. And that is why we need to move from Epiphany into Lent (page 9).

This pretty much sums up the attitude with which I struggle. I can quite see how I need to change. I just wish it weren't so radical. I know I need to grow, but I wish I didn't have to die. But without death, there is no Resurrection! On the Mount of Transfiguration, Peter tried to delay the ending of the mountaintop experience and subsequent movement to the Cross. "Can't we just stay here, and not change everything so radically?" But what Peter was actually trying to delay, without realizing it, was his own deliverance, which Jesus came to us to accomplish!

Let's go forth together into the new chapters of our lives without fear, but with trust and joyful anticipation of what's to come.

This Lent, let's partner together to live as people of faith, not fear. Let's look, not for the freeze-framing of some time in our history. Instead, let's embrace the present, with its unique opportunities and challenges. And so, let's go forth together into these new chapters of our lives without fear, but with trust and joyful anticipation of what's to come.

May it be so for us all.

God bless you always.

Your Brother in Jesus,



Gail, Fergus, and Alyssa at the Reception after Fergus' Induction Service at St. Paul's on Sep. 18, 2007.

From the Warden's Update on Our Incumbent – Fergus

Fergus has been suffering from illness now for several years and he is now at the point where major surgery is required to relieve him of some of complications and pain. He is currently scheduled for major surgery on March 14. As a consequence Fergus will be at the church, but will be focused on getting as healthy as possible over the next two weeks. After surgery Fergus will be on disability for indefinite period of at least several months.

As a consequence of this, Norman Knowles has graciously agreed to take charge of the weekly Sunday service and be available for baptisms, weddings, funerals. Norman is also available for emergency pastoral visits and care where a priest is desired. Our Deacon, Betty Nadurak has kindly agreed to hold Morning Prayer every Wednesday when she is available. Betty is also available for pastoral visits and care.

Norman and Betty will be serving in these duties until at least the end of August. A decision will be made at the end of July regarding September to December period that will be dependent on Norman's and Betty's availability and input from the diocese and congregation.

We anticipate commencing the process of updating the parish profile in the coming weeks. However timing of any permanent solution for full time priest is currently unknown.

In the meantime, please pray on behalf of Fergus and his family for a successful outcome of his surgery.

Cameron Cline and Ingrid Bolton

Change

by Wendy Videlock

Change is the new,
improved
word for god,
lovely enough
to raise a song
or implicate
a sea of wrongs,
mighty enough,
like other gods,
to shelter,
bring together,
and estrange us.
Please, god,
we seem to say,
change us.



Transformation

We must be willing,
to give to God our heart
before any transformation
or morphing can take part.

If we're to undergo,
a complete radical change
our thoughts and our ways
God will have to rearrange.
To become a new creation,

isn't something up to us
but by the power of God
as in Him, we learn to trust.

If we are not to be,
to the world conformed
we must allow our lives
in Jesus, to be transformed.

A renewing of our minds,
is a part of the progress
we must put on the new man
and the old one suppress.

We must be willing,
to make holy living official
lest to the world we'll appear . . .
shallow and superficial!

~~~~~

Romans 12:1-2

*"I beseech you therefore, brethren, by the mercies of God,  
that ye present your bodies a living sacrifice, holy, acceptable  
unto God, which is your reasonable service.*

*And be not conformed to this world: but be ye transformed by  
the renewing of your mind, that ye may prove what  
is that good, and acceptable, and perfect, will of God."*

King James Version by Public Domain

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Deborah Ann Belka

<https://poetrybydeborahann.wordpress.com/2015/11/02/transformation/>



## ROSTER FOR SUNDAY SERVICES

| DATE     | OFFICIATING | ASSISTING | PREACHING | CHILDREN'S TIME |
|----------|-------------|-----------|-----------|-----------------|
| March 5  | Norman      | Betty     | Norman    | Kerin           |
| March 12 | Norman      | Betty     | Norman    |                 |
| March 19 | Norman      | Betty     | Norman    |                 |
| March 26 | 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).

**Sunday, March 5 :** Second Sunday in Lent

**Sunday, March 12:** Third Sunday in Lent

**Sunday, March 19:** Fourth Sunday in Lent: Mothering / Laetare Sunday, Simnel Cakes

**Sunday, March 5:** Fifth Sunday in Lent Triple C

**Sunday, April 2:** Palm Sunday

**Monday, April 3:** Vision Divina 7:30 pm (in person)

**Tuesday, April 4:** Compline at Chapel 7:30 pm

**Wednesday, April 5:** Tenebrae 7:30 pm (in person)

**Thursday, April 6: Maundy Thursday** H.E., Incense, Stripping of Sanctuary 7:30 pm

(in person and live streamed on Facebook)

**Friday, April 7: Good Friday** 11 am H.E. (Reserved Sacrament)

**Saturday, April 8: Easter Vigil** incense 8:30 pm (in person)

**Sunday, April 9: Easter Day:** Sunrise at the Historic Chapel 6:37 am

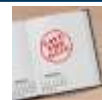
Holy Eucharist 9:30 am at St. Paul's



## UPCOMING EVENTS

**Ladies' Luncheon:** Saturday, March 11 at 11:30 am (now on the 2nd Saturday of the month)

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



## 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. Bible Study will resume on April 19.

**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.

**Wednesday Services of Morning Prayer:** At 9:30 am on the first, third, and fifth Wednesdays of the month.



*Remember to change your clocks on the evening of Saturday,  
March 11!*

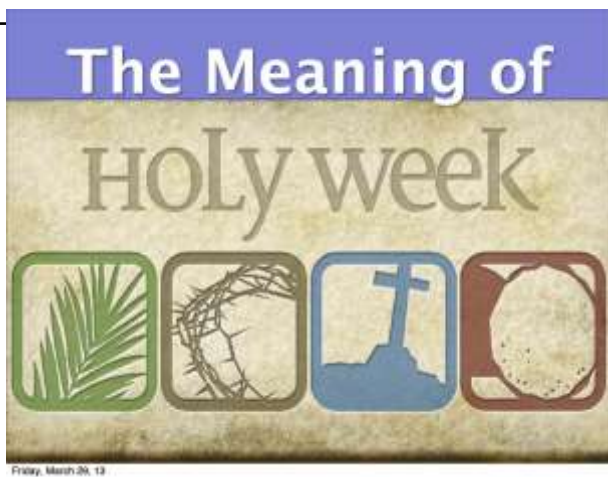
# St Paul's Anglican Church



## Income Statement January 1, 2022 to December 31, 2023

|                     |                      |                        | Jan 23       | Jan 22        | Budget      |
|---------------------|----------------------|------------------------|--------------|---------------|-------------|
|                     | <b>Income</b>        |                        |              |               |             |
|                     |                      | Interest Income        | 161          | 9             | 67          |
|                     |                      | Offerings              | 24,021       | 12,023        | 19,083      |
|                     |                      | Other Income           | 2,170        | 0             | 917         |
|                     | <b>Total Income</b>  |                        | 26,352       | 12,032        | 20,067      |
| <b>Gross Profit</b> |                      |                        | 26,352       | 12,032        | 20,067      |
|                     | <b>Expense</b>       |                        |              |               |             |
|                     |                      | Administration         | 2,984        | 1,864         | 2,417       |
|                     |                      | Apportionment          | 2,575        | 2,384         | 2,150       |
|                     |                      | Christian Education    | 44           | 39            | 84          |
|                     |                      | Communication          | 13           | 12            | 42          |
|                     |                      | General Maintenance    | 1,523        | 871           | 1,250       |
|                     |                      | Hospitality/Fellowship | 0            | 0             | 84          |
|                     |                      | Ministerial            | 9,454        | 9,268         | 10,000      |
|                     |                      | Outreach               | 2,402        | 1,202         | 1,925       |
|                     |                      | Pastoral Care          | 0            | 0             | 8           |
|                     |                      | Utilities/Insurance    | 2,261        | 1,741         | 1,830       |
|                     |                      | Worship                | 506          | 418           | 540         |
|                     | <b>Total Expense</b> |                        | 21,762       | 17,799        | 20,330      |
| <b>Net Income</b>   |                      |                        | <b>4,590</b> | <b>-5,767</b> | <b>-263</b> |
|                     |                      |                        |              |               |             |





## The Meaning of Holy Week

The first Holy Week, by the plan of God, was the most important week in the life of Jesus Christ. This Holy Week, likewise, should be the most important week in the entire year for each one of us. It should be a week of prayer and meditation, in understanding the events of the Passion of Our Lord, knowledge of the Scriptural account of Holy Week is invaluable.

### PRELIMINARIES:

1. Place - The entire Passion took place in Jerusalem (the Capital of Palestine) and its environs.
2. Time - Probably in the year A.D. 30, during Passover Week, from the 9th to the 16th of the Jewish Month Nisan (March-April). Jerusalem was crowded with pilgrims.
3. Political Conditions - The Jewish Nation was subject to Rome. The Roman Governor was Pontius Pilate; the Jews were ruled by their High Priest, Caiaphas, and the Council of 70 elders, the Sanhedrin. Galilee, the region in the north of Palestine, had Herod as king.
4. Recent Developments - Jesus of Nazareth, who for three years had been preaching the Kingdom of God, working miracles, and finally claiming to be the Messiah, was so growing in popularity that the High Priest and the Jewish authorities saw in Him a serious threat to their authority over the people. The recent resurrection of Lazarus had caused many to believe in Jesus.

The Jewish leaders planned to kill Lazarus, to kill Jesus as a seditionist, and so to end this threat to their power. However, as a subject nation, they could not put anyone to death. Only the Roman Governor had the power to condemn a criminal to death. Now Passover Week, with the great influx of pilgrims to Jerusalem, was a hand. Under such circumstances Holy Week began . . .

### PALM SUNDAY

Jesus as well as the people knew of the opposition of the authorities and yet Jesus moved without fear of hiding. On Sunday morning of Passover Week, when pilgrims were traveling to Jerusalem, Our Lord went openly from Bethany to

Jerusalem, by the most direct road. He even sent His disciples in for a donkey, thus encouraging a celebration. The enthusiastic followers made a triumphal procession, and in triumph Our Lord entered the Holy City. As He saw the Temple and the city spread out before Him, Our Lord predicted its destruction and wept over the city. This triumphal procession was the greatest length to which Our Lord permitted His Messianic Kingdom to be proclaimed. Great excitement prevailed in the city upon His arrival. Toward the end of the day He predicted His death by being "lifted up from the earth," and told the people: "Yet a little while the light is among you. Walk while you have the light, that darkness may not overtake you." It was the twilight of the Light of the World. At dusk Our Lord returned with His disciples to Bethany.



### MONDAY OF HOLY WEEK

The events for the next 3 or 4 days are not clearly divided in the Gospels, but the pattern is shown in Our Lord's actions on Monday. His activity during this period was intense. We are not told all of the activities. He was protected in disputations with the authorities by the good will of the people. Our Lord would come into Jerusalem in the morning; He would spend the day there, teaching and discussing in the Temple; at night He would leave the city, cross the Kidron, and withdraw to the Mount of Olives (where lay Bethany and Gethsemani). Coming into Jerusalem early on Monday, Our Lord cursed the fig tree which had leaves but no fruit -- a symbol of Judaism, whose religion had much foliage and practices, but no interior spirit and no fruit.

### TUESDAY OF HOLY WEEK

This was the day of great disputations -- a busy, stormy day of public debates with the scribes and ancients. They challenged the authority of Our Lord... Our Lord told the thinly-veiled parable of the vine dressers... He answered the question of tribute to Caesar... the case presented by the Sadducees about the woman with seven husbands and the resurrection... the Greatest Commandment .... Our Lord questioned them about the "Son of David." He concluded the debates with a denunciation of the Pharisees and the "Seven Woes," expressed an anguished lament over Jerusalem, and commented on the widow's mite. Leaving the city, He crossed over to Mt. Olivet and sadly predicted that there would be left "not a stone upon a stone." Asked about the end of Jerusalem and the world He gave the eschatological discourse, and told the parable of the virgins to teach watchfulness.

### SPY WEDNESDAY

On this day the same schedule was followed. The high priest was worried; the Jewish authorities wanted to eliminate Jesus; they had to act while He was still in the city, and before the Passover. They had to act quickly. At their meeting help came from an unexpected source -- from Judas, one of the Twelve, who for thirty pieces of silver agreed to betray Our Lord. They were "glad" -- it would be easy to arrest Jesus quickly and secretly.



### HOLY THURSDAY/MAUNDY THURSDAY

This was the preparation day for the Passover. Jesus sent in from Bethany to reserve a place for the Passover meal. At evening they gathered together for the Paschal meal, and Our Lord washed the feet of the Apostles. Toward the end of the meal Judas, identified as the traitor, left. Our Lord instituted the Blessed Sacrament as His eternal memorial. He foretold the betrayal by Peter and in the Last Discourse encouraged them to love one another. Going to Gethsemani, He took the three Apostles and began the Agony in the Garden.



### GOOD FRIDAY

It was past midnight when Our Lord again awakened the three Apostles. Judas and the soldiers approached to capture Our Lord. "It was the hour of darkness." Around 2 A.M. He was taken to the house of Annas, the "power behind the throne," for a preliminary investigation. Next He was taken across the courtyard to Caiaphas the High Priest, who, with members of the Sanhedrin, made interrogations in preparation for the full religious trial. Around 5 A.M. the full Sanhedrin met in extraordinary session. There were many false and contradictory witnesses. The High Priest at length solemnly asked Our Lord if He was the Messiah, the Son of God. When Our Lord answered affirmatively and predicted that they would see Him coming as their judge, all shrieked that it was blasphemy and that He was worthy of death. So ended the religious trial. During and between these hearings Our Lord was insulted by the guards, Peter denied Christ and repented, and Judas, hearing of the death sentence, committed suicide.



Around 7 A.M. Pontius Pilate, holding court at the Lithostro-tos (Antonia) heard the prisoner accused of political sedition. Seeing no guilt in Him, Pilate sent the accused to Herod, King of Galilee, who sent Him back in a robe of mockery. Pilate, trying to release Jesus, was forced to release Barabbas. Still trying, he had our Lord scourged and presented to the people. They still demanded crucifixion. A threat of being reported to Rome made Pilate give in; around noon he handed Jesus over to them to be crucified. Carrying the crosspiece the scourged victim staggered the distance to Golgotha (about 1/4 mile), and there, between two thieves, our Lord was crucified. Around 3 P.M. He died. The body was taken down and placed in haste in the nearby tomb of Joseph of Arimathea.

### CRUCIFIXION

In ancient times criminals were executed by crucifixion. This was an Oriental technique of execution which the Romans had adopted: the word "crucify" in Latin means "fix to a cross." In our day capital punishment is rare. Criminals are executed by the electric chair, hanging, gas chamber, firing squad, or lethal injection. But the Romans crucified. The idea was to have the condemned man die as publicly and terribly as possible. So it had to be a public spectacle. The condemned was scourged first, to make him a bloody figure. A procession of death moved through the city streets, with a sign advertising why this man was being executed. The place of his dying had to be public -- for example, near the city gates or on a hill -- with the sign over the dying man's head as a lesson to all. When fixed to the cross by nails or ropes, the dying man would be elevated. His feet were at about head level of passers-by. So in pitiable state he would await death, looking out at the passing crowd, out of reach of all but their stones and insults. He could live for days -- unless weakened or unless death was hastened by beating, 4 stabbing or fire-induced suffocation. In earlier days the dead body was left to decay on the cross, carrion food for birds. But later special permission was given to bury the body. In this way Jesus Christ was crucified, died and was buried -- for us sinners.



Source: Daily meditations for Holy Week contained in The Vatican II Weekday Missal, Daughters of St Paul, 50 St. Paul's Avenue, Jamaica Plain, Boston, MA 02130, 1975.

<http://www.scborromeo.org/papers/holyweek.pdf>



## Holy Baptism Celebration for Zira Maclyn Okaekwu

*On Sunday, February 19 we were pleased to have the Holy Baptism of Zira and a chance to celebrate after the service with her family and friends!*



### **History of Mothering Sunday**

Most Sundays in the year churchgoers in England worship at their nearest parish or 'daughter church'. Centuries ago it was considered important for people to return to their home or 'mother' church once a year. So each year in the middle of Lent, everyone would visit their 'mother' church - the main church or cathedral of the area.

Inevitably the return to the 'mother' church became an occasion for family reunions when children who were working away returned home. (It was quite common in those days for children to leave home for work once they were ten years old.)

And most historians think that it was the return to the 'Mother' church which led to the tradition of children, particularly those working as domestic servants, or as apprentices, being given the day off to visit their mother and family.

As they walked along the country lanes, children would pick wild flowers or violets to take to church or give to their mother as a small gift.

### **Simnel cake**

The food item specially associated with Mothering Sunday is the **Simnel cake**.

A Simnel cake is a fruit cake with two layers of almond paste, one on top and one in the middle.

The cake is made with 11 balls of marzipan icing on top representing the 11 disciples. (Judas is not included.) Traditionally, sugar violets would also be added.

### **Why Simnel?**

The name Simnel probably comes from the Latin word *simila* which means a fine wheat flour usually used for baking a cake.

There's a legend that a man called Simon and his wife Nell argued over whether the cake for Mothering Sunday should be baked or boiled. In the end they did both, so the cake was named after both of them: SIM-NELL.



[http://www.bbc.co.uk/religion/religions/christianity/holydays/motheringsunday\\_1.shtml](http://www.bbc.co.uk/religion/religions/christianity/holydays/motheringsunday_1.shtml)

Answers for Quiz on page 27: 1) D 2) A 3) C 4) C 5) A 6) B 7) A 8) D 9) C 10) A 11) D 12) C 13) A 14) D 15) D 16) A 17) C 18) D 19) D 20) A 21) B 22) C 23) E 24) A 25) A

# 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

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

## FUTURE DATES:

**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](mailto:spaargw@shaw.ca)) or the church office.







# Prayers



## THE WAY OF PRAYER

*"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you"*  
(1 Thessalonians 5:16-17)

I am reminded today, Lord, that prayer is not a posture; it's a conversation between you and me. Whether I look to the heavens or have my face to the ground, whether in a room full of people or in my closet at home, open my ears that I might hear you.

When I follow Jesus in prayer, I simply come to you, Father, wherever I am and open up my heart. Amen.  
Susan Senechal

## PRAYERS FOR OURSELVES AND OTHERS

Lord, I am one of your people, A sheep of your flock. I pray for you to heal those who are wounded; touch those who are in pain; clean those who are soiled; warm those who are cold; help me to know the Father's love through Jesus the shepherd, and through the Spirit.

Help me to lift up that love, and show it all over this land. Help me to build love on justice and justice on love. Help me to believe mightily, hope joyfully, and love divinely. Renew me that I may help renew the face of the earth.  
AMEN

-Daily Prayer Ministries

## PRAYERS FOR OUR CLERGY

"For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, <sup>10</sup>so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, <sup>11</sup> being strengthened with all power according to his glorious might so that you may have great endurance and patience, <sup>12</sup> and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light."

COL. 1:9-12

From AFP Pamphlet" Praying for your Spiritual Leaders"

## PRAYERS FOR THOSE WHO MOURN

"He heals the brokenhearted and binds up their wounds."  
- Psalm 147:3

Bless those who mourn, eternal God, with the comfort of

your love that they may face each new day with hope and the certainty that nothing can destroy the good that has been given. May their memories become joyful, their days enriched with friendship, and their lives encircled by your love.

- Vienna Cobb Anderson

God of my life, the darkness of my grief cannot shut out the light of your comforting love. It glows softly, warmly, even as I weep, and I know that you are holding me close. Thank you for staying with me through this dark night. I know that you will carry me to a place of consolation and then, one day, to joy again. But for now, I'm satisfied just to know the soothing tenderness of your presence that causes me to know I am not walking this path alone. AMEN

-taken from "You'll Never Walk Alone

## A PRAYER FOR A TRANQUIL MIND

"Now may the Lord of Peace himself give you peace at all times and in every way. The Lord be with all of you."  
Thess. 3:16

Heavenly Father, in this age of noise and speed and restless activity, grant us tranquility:

the inner tranquility of spirit which is theirs who trust in your sovereign love and wisdom;  
that as the life of the world surrounds us, we may yet be still and know that you are God.

Through Jesus Christ our Lord. AMEN

Frank Colquhoun

## PRAYER IN A WORLD OF CHANGE

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand." Isaiah 41:10

Lord, we live in a world of change  
Every day is filled with uncertainty.

We are surrounded by the twists and turns of life, and we often feel we have little or no control over things that happen to us

Lord, we come to stand in your eternal presence.

We come to you to find ourselves,  
to find our way, to find hope.

We come to you because in Christ you first came to us.

AMEN

-David Clowes

## A Prayer for Ukraine

God of peace and justice,  
we pray for the people of Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for all those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion to guide their decisions.  
Above all, we pray for all your precious children, at risk and in fear,  
that you would hold and protect them.

We pray in the name of Jesus, the Prince of Peace.

Amen

Archbishop Justin Welby  
Archbishop Stephen Cottrell (Feb.2022)



### **WHAT WE BRING**

Lord, we come with our lives, our thoughts,  
our hopes and our fears.  
We come with our plans,  
our dreams and our memories.  
We come with our time, our gifts and our skills.  
We come with our family, our friends and ourselves.  
We come to offer everything we have and are.  
We come to glorify your holy Name. AMEN  
-David Clowes

### **LENT**

Joy with peace, amendment of life, time for true repentance,  
the grace and comfort of the Holy Spirit and perseverance in  
good works, grant us, O almighty and merciful Lord.  
AMEN

-Enriching the Christian Year

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

### **Some Short Prayers for Lenten Meditation.**

Gracious God,  
equip and empower us through your holy Word and  
Holy Spirit to do the good works which you have prepared  
for us to do. Amen

Lord of Life, use me to help others find a new lease on life  
and a new purpose in living, as new creations in Christ.  
Amen

Heavenly Father, we thank you for accepting us into your  
family as your redeemed and forgiven children. Move us to  
invite and welcome everyone into your family of faith. Amen

Compassionate Saviour, help us to see that the pain we've  
experienced can help us to be a more compassionate com-  
panion to those experiencing similar types of anguish. Amen

Lord Jesus, keep me close to your wounded heart, where I  
can experience true and everlasting joy and peace. Amen

Source: The Joy of Salvation- Gil Duchow

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 mys-  
tery of your cross. Amen  
-Angela Ashwin

### **SEASONAL PRAYERS**

#### **St. David's Day March 1**

O God, who by the preaching of your blessed servant, David,  
caused the light of the gospel to shine in an age of darkness;  
Grant that having his life and his labours in remembrance,  
we may show forth our thankfulness by following the exam-  
ple of his zeal and his patience; through Jesus Christ our  
Lord. AMEN

-F. Colquhoun

#### **A Prayer of St. Patrick March 17**

May the strength of God pilot us,  
May the power of God preserve us,  
May the wisdom of God instruct us,  
May the hand of God protect us,  
May the way of God direct us'

May the shield of God defend us,  
May the host of God guard us  
against the snares of evil and  
the temptations of the world.  
AMEN

#### **St, Joseph of Nazareth March 18**

O God,  
from the family of your servant David  
you raised up Joseph  
to be the guardian of your incarnate Son.  
Give us grace to follow him  
in faithful obedience to your commands;  
through Jesus Christ our Lord,  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. AMEN

-from For All The Saints

#### **Mothering Sunday March 19**

Thank you Lord for our Mothers.  
We remember today their loving care  
and their ceaseless love for us.  
May we show by our words and actions that we love and  
care about them too. AMEN

-M. Batchelor

#### **The Annunciation March 25**

We praise you, our Father, for the marvelous news  
announced to Mary;  
for the grace of life that prepared her for her call;  
for her obedience to your will and  
her humility in accepting it;  
for her loving care and patience in fulfilling it;  
Give us such grace and obedience that we may be accounted  
worthy to bear the Good News to our world;  
through Jesus Christ our Lord. AMEN

-Basil Naylor

#### **A PRAYER AT NIGHT**

*"I lie down and sleep.*

*I wake again, because the Lord sustains me."*

Psalm 3:5

Father God, I thank you that you have looked after me  
today. I thank you that you have provided for me today. You  
have given me clothes, shelter, money, a job, family and  
friends.

I acknowledge that all these are gifts that have come  
from your hand. I thank you for your goodness to your whole  
creation. I pray for peace in your world.

As I go to rest now Father, I thank you for the gift of  
sleep. I pray that I will know your rest and restoration within  
me, that I will awake alert and ready to serve you tomorrow.  
AMEN

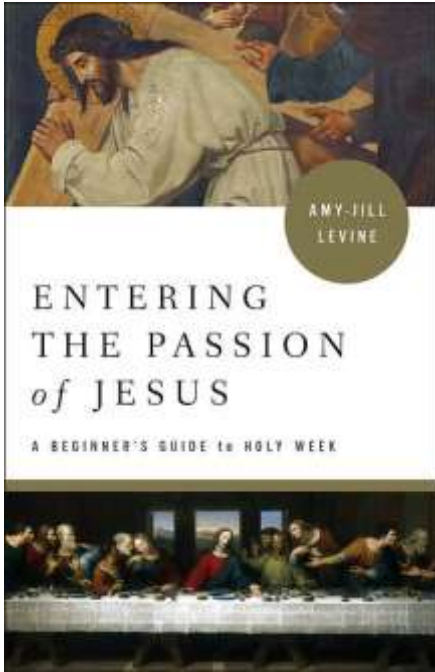
Martin Manser

#### **A BLESSING**

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

-Still Waters, Deep Waters

# “Entering the Passion of Jesus” Lenten Study



This year's Lenten Study began **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 at **7:30 pm via Zoom**. For the Zoom link please contact Ingrid or the Parish Office.

***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 .



## 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 March 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.





# Lorica of Saint Patrick

arise today  
Through a mighty strength, the invocation of the Trinity,  
Through a belief in the Threeness,  
Through confession of the Oneness  
Of the Creator of creation.

I arise today  
Through the strength of Christ's birth and His baptism,  
Through the strength of His crucifixion and His burial,  
Through the strength of His resurrection  
and His ascension,  
Through the strength of His descent f  
or the judgment of doom.

I arise today  
Through the strength of the love of cherubim,  
In obedience of angels,  
In service of archangels,  
In the hope of resurrection to meet with reward,  
In the prayers of patriarchs,  
In preachings of the apostles,  
In faiths of confessors,  
In innocence of virgins,  
In deeds of righteous men.

I arise today  
Through the strength of heaven;  
Light of the sun,  
Splendor of fire,  
Speed of lightning,  
Swiftmess of the wind,  
Depth of the sea,  
Stability of the earth,  
Firmness of the rock.

I arise today  
Through God's strength to pilot me;  
God's might to uphold me,  
God's wisdom to guide me,  
God's eye to look before me,  
God's ear to hear me,  
God's word to speak for me,  
God's hand to guard me,  
God's way to lie before me,  
God's shield to protect me,  
God's hosts to save me  
From snares of the devil,  
From temptations of vices,  
From every one who desires me ill,  
Afar and anear,  
Alone or in a multitude.  
I summon today all these powers between me and evil,  
Against every cruel merciless power that opposes my body  
and soul,  
Against incantations of false prophets,  
Against black laws of pagandom,

Against false laws of heretics,  
Against craft of idolatry,  
Against spells of women and smiths and wizards,  
Against every knowledge that  
corrupts man's body and soul.  
Christ shield me today  
Against poison, against burning,  
Against drowning, against wounding,  
So that reward may come to me in abundance.

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit down,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of every man who speaks of me,  
Christ in the eye that sees me,  
Christ in the ear that hears me.

I arise today  
Through a mighty strength, the invocation of the Trinity,  
Through a belief in the Threeness,  
Through a confession of the Oneness  
Of the Creator of creation

St. Patrick (ca. 377)

Read more: <http://www.ewtn.com/devotionals/prayers/patrick.htm#ixzz1nnPxMsZ4>



# St. Paul's Outreach Ministry



## Food for Others on April 30

When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. The next one is **April 30/23**.

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 SENDS HELP FOR EARTHQUAKE VICTIMS.

A day after the 7.8-magnitude earthquake struck southeastern Türkiye on the Syrian border, PWRDF allocated \$35,000 to the ACT Alliance to support an urgent response from its members working in Syria. PWRDF began accepting donations from people wanting to help and has so far received \$88,825. We have also allocated \$5,000 to the Diocese of Jerusalem, working in Northern Syria.



Photo: GOPA-DERD

PWRDF also participated in the Humanitarian Coalition appeal, as a member of the Canadian Foodgrains Bank. Advocacy from the HC for a government match paid off, and on February 24, the Government of Canada announced that donations made to the HC appeal and its members would be matched up to \$10 million. That means donations made to PWRDF between February 6 and 22 are eligible to be matched. The appeal raised more than \$12 million.

The earthquake damage has been catastrophic. At least 1,200 aftershocks were reported, says the ACT Alliance, followed by a second earthquake later the same day of 7.5 magnitude in Central Türkiye near the city of Gaziantep.

"Widespread building collapse has been reported in southeast Türkiye and northern Syria. The earthquake was also felt across Lebanon, Cyprus and the region while it is expected that aftershocks which may be at the same intensity as the initial earthquake will be felt for weeks," says a report from the ACT Alliance.

The relief grant of \$5,000 to the Diocese of Jerusalem will provide food, water, clothing and medical supplies to those affected by the earthquake in northern Syria. The Rev. Canon Fa'eq Haddad, Rector of Church of the Redeemer in Amman, Jordan is coordinating the relief efforts working with Jordan Hashemite Charity Organization, an experienced local humanitarian agency.

## How you can help

Please keep the people affected by this devastating earthquake in your prayers. Donations can be made to support PWRDF's response online, or over the phone by calling 416-822-9083 (or leave a message toll-free at 1-866-308-7973 and we will return your call.) You can also donate by mail. Send your cheque to PWRDF, 80 Hayden Street, 3rd Floor, Toronto, ON, Canada, M4Y 3G2. Please indicate Syria/Türkiye Earthquake in the memo field.



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



FLASH

FLASH

FLASH

## **CHANGE to Second WEEK of Month 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*

**2nd weekend in MARCH**

Robbie Coller is sharing part of her story, including IBM

**MARCH 11 @ 11:30 am**



## **Men's Breakfast**

The next one will be  
this Saturday, March 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!





## Becoming unbound: A Lenten Reflection

As we move through the Gospel of John this Lent, we arrive at the story of the death and resurrection of Jesus' friend, Lazarus. This is a tender and human story, revealing a window into the emotion that Jesus feels. Lazarus is not an unnamed person who is brought to Jesus for healing, or someone who encounters him on a road or in a village; Lazarus is a close friend, someone Jesus loves. John includes an unusually personal story in his narrative account of Jesus. Rare for the high view of the Christ that John's Gospel, John unbinds Jesus from his role as Messiah and shows him as a regular, very real person.



Just so, Lent is our personal story. Lent asks of us to make a deep commitment to learning, reflection, and walking the hard path. If we take the Ash Wednesday exhortation to heart, the five weeks of Lent will be a powerful, personal journey of discovery and connection. The stories from John's Gospel that will be proclaimed to us over the season of Lent each start with a difficult question or situation. These long narratives give us a lot more information than we might need to accomplish the miraculous moment and capture the interaction between Jesus and the ones to whom he is ministering, and I wonder how much value is added to the story through these extra details. When we strip away some of the distractions, we are able to focus on what we observe, hear, feel about the dark story of Jesus' final journey toward Jerusalem. In each of the stories we hear in Lent, the subject is healed, reconciled, or resurrected – unbound by what kept them from being whole. That is a transformative journey.

Historically, the Church has tried to help us achieve this freedom from distraction with the suggested discipline of giving something up, or taking something on, both venerable and worthy practices. But I think that Jesus final command to the friends and family of Lazarus is an appeal to us this season, as well. Be unbound, freed to reflect on the things that keep us connected to each other, and connected to God.

*Cn. J. Davey Gerhard is the Executive Director of TENS. He lives in San Francisco, California where he works on diocesan staff for DioCal and worships at Holy Innocents in Noe Valley.*

### Questions For Reflection:

- In what ways are you bound by distractions or details that keep you from seeing the essential point or moment?
- What are other points in Jesus' ministry that reveal his emotions?
- What does it mean to have a God who has emotions?



THE EPISCOPAL NETWORK FOR STEWARDSHIP



## 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 .





Photo credit E. Short

# Grief Support For Loss of a Loved One

*With Deacon Elizabeth Short*  
*Sponsored by All Saints Anglican Church*  
March 20 to April 24, 2023

## The Course

The purpose of this group is to gather people together who have lost a loved one. Elizabeth creates an atmosphere of safety and confidentiality that allows you to share aspects of your grief, help you make sense of this difficult time in your life, and move from a place of loss to a new way of being.

## About Elizabeth Short, MTS

Elizabeth, an Anglican Deacon, working for the Diocese of Calgary as the Parish Health Facilitator. She has been facilitating groups for over 25 years. She specializes in the nature of transition and will look at grief from that perspective.

Course begins Monday, March 20 ... continues for 6 weeks ... from 7:00 to 8:30 pm on Zoom ... pay what you are able ... suggested donation \$120

This will be  
offered over  
Zoom

To Register/Inquire:  
E-Mail:  
[elizabeth.short@shaw.ca](mailto:elizabeth.short@shaw.ca)



# ACTS OF LOVE FOR LENT

*"Rivers do not drink their own water; trees do not eat their own fruit; the Sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is.... Life is good when you are happy; but much better when others are*

**ONE FOR EACH DAY OF LENT** "Our lives will not be measured by the big things we do but rather by the little steps we take to make a difference. Each day during Lent take a step with us and together we will change the



1. Give someone the gift of your presence. Ask how they're doing and then really listen instead of just waiting to talk.
2. **Money speaks powerfully. Humans are, by and large, a little obsessed with the stuff.** Buy from companies that take environmental and ethical concerns into consideration. Try not to buy from those that don't. If enough people did, major changes would follow, as predictably as night follows day.
3. **Call someone who's struggling with grief, depression or loneliness, just to ask how they're doing.** It's not the most wonderful time of the year for everyone but your thoughtfulness can make it a little brighter
4. **You can't heal the world in a day but you can make a start.** • Pick up litter. • Clear a stream. • Sign a petition. • Plant a tree.

## Focus on Energy

5. **Every day, the Earth receives an amount of solar energy equal to 30 years of world fossil fuel energy use.** Turn off lights and unplug appliances not in use. Appliances on standby can use up to 20% of the electricity used when they are turned on.
6. **Only fill the electric kettle with the amount of water you need.** The energy wasted in boiling a full kettle of water when it is not required is enough to run an energy saving bulb for 9 hours.
7. **If defrosting something from your freezer, try moving it from the freezer to the fridge the night before.** The cooling energy invested in the frozen item is recycled in the fridge reducing the energy needed to cool the fridge
8. **Set your washing machine at 30 degrees C.** You use less energy so, unless you have very dirty washing keep the temperature down.
9. **Use natural option for drying clothes rather than a tumble dryer if at all possible.** Tumble dryers are one of the highest energy consumers among domestic appliances.
10. **Reduce unnecessary energy use during the peak hours 5.00 – 7.00pm** (e.g. delay putting on the dish washer, etc., until after 7.00pm). When peak demand puts pressure on the national grid extra more expensive power stations are brought into operation.
11. **SAVING ENERGY IN YOUR CAR.** • Switch the rear screen demister off when the window is clear because when it is switched on your fuel consumption rises by 3% - 5%. • Close the windows and use the vents instead because when your front window is half open your fuel consumption increases by 5% at 80 km (or 10% if you are driving at 110 km). • When your sunroof is open fuel consumption rises by approximate-

ly 4%. When it is half open it increases by approximately 3%. • Use air-conditioning sparingly – running air-conditioning continuously increases fuel consumption significantly.

## Focus on Food

12. **Plan carefully for grocery shopping and buy only what you know you will use within its 'best before' date.** The average household throws away a quarter of a ton of food every year.
13. **Support organic and sustainable farming by buying local organic produce on a regular basis.** By avoiding the use of artificial fertilisers, herbicides and pesticides, organic farming reduces the amount of harmful toxic compounds released into the environment. (Studies show that pesticides are among the five worst environmental threats to children's health.)
14. **Buy milk in cardboard (Tetra Pak) containers rather than plastic ones.** Milk and fruit juice cartons biodegrade in 2 - 3 months, whereas plastic takes from 450 to 1,000 years to decompose.
15. **Use your consumer power: ask your local supermarkets to stock environmentally friendly products.**
16. **Choose durable goods in preference to disposable items.** Buying single or limited use items only supports the manufacturers' policy of in-built obsolescence and their desire for profit and at the same time uses up earth's resources unnecessarily.
15. **Purchase Fair Trade items** when they are available. These goods guarantee a just price for the producers and that no child or forced labour is used.
17. **Purchase Fair Trade items when they are available.** These goods guarantee a just price for the producers and that no child or forced labour is used.
18. **When grocery shopping be guided by the L.O.A.F. principle.** • Locally produced • Organically grown • Animal friendly • Fairly traded.

## Focus on Water

19. **For every minute the water is running, you are wasting at least two gallons of water, and all the electricity involved in pumping it.** Turn the water off as you brush your teeth. Or fill a glass up and use that. Don't just leave it running for the odd second that you actually use it.
20. **If your tap water is safe to use, drink tap water instead of bottled water.** Bottled water, which is no healthier than



tap water, is having devastating effects on the environment because of the huge resources required to extract it from the ground, package it and ship it.

**21. Know how to turn off your main water supply.** This is important if, for example, there is a burst pipe/boiler in your home. By turning off the water, you not only save hundreds of gallons of this precious resource, but you also safeguard your home from serious damage.

**22. Always turn taps off fully.** Check regularly for drips or leaks and replace worn tap washers.

**23. Invest in a Water Butt to harvest rainwater and water your garden with a watering can.** A watering can uses about nine litres of water whereas a sprinkler uses up to 500 litres per hour.

**24 Think about using a displacement device in the toilet cistern to reduce the amount of water used per flush.** One third of all water used in the home is used for flushing the toilet. Each flush uses up to nine litres of water. A simple way to reduce this amount is to place a one litre container filled with water inside the cistern.

**25. Avoid using a hose for washing your car.** Per average wash, a hose uses over 30 buckets of water whereas you can do a very good job manually with 3 – 5 buckets.

#### Focus on Plastic

**26. Minimise the use of products that are made from or packaged with plastic.** Plastic is unfriendly to the environment. It is produced from our limited non-renewable oil reserves and it does not bio-degrade. It is estimated that it takes up to 500 years for plastic to break down in a landfill.

**27. Rip up plastic rings from packs of beers.** These plastic rings can trap birds, seals, tortoise and many other wild and sea life. They can get caught up in the plastics and be trapped in them. Rip the rings in two and recycle them. If you can, avoid buying them. If you can't, at least deal with the waste as best you can.

**28. 5R's for plastic!** ❖Refuse ❖Reduce ❖ Reuse❖Recycle❖Rebuy

**29. Reduce your use of plastic pollution.** Wean yourself off disposable plastics. 90% of the plastic items we use are single-use and inherently wasteful, like grocery bags, coffee cups, plastic packaging, disposable cutlery, straws and so on.

**30. Be sparing in using Cling Film.** Considering the raw materials and energy needed for the manufacture of cling film, along with the fact that it cannot be recycled and is rarely reused, cling film is definitely not environmentally friendly.

**31. Avoid buying styrofoam cups and containers.** Styrofoam does not biodegrade and can leak toxins into the groundwater under landfill. It has the same effect as plastic when it breaks down in the ocean.

**32. Many cosmetic products – soaps, shower gels, facial scrubs – contain microbeads (tiny plastic balls).** Microbeads have the potential to get into the waterways and be eaten by fish, thus getting into the food chain and eventually into products eaten by humans.

#### FOCUS ON RECYCLING

**33. "There is no such thing as 'away' when we throw anything away it must go somewhere."** Annie Leonard.

**34. Make sure you know what to RECYCLE.**

**35. Batteries, light bulbs, paint tins, electronic equipment and any hazardous items should be taken to a recycling centre where they can be disposed of safely.** This avoids toxic chemicals ending up in a landfill and leaking into the water

table.

**36. Return expired and unused medicine to your Pharmacist for correct disposal.** Scientists are increasingly warning not to flush drugs down the toilet. Some drugs defy traditional waste water treatment and worryingly, are being found in waterways.

**37. Articles in your Green Bin should be clean, dry and loose.** Items that are not responsibly recycled can contaminate a whole load.

**38. Avoid buying clothes that have to be dry cleaned.** Most dry-cleaning solvents are toxic. These chemicals often remain in your clothes even after you bring them home.

**39. When planning for your garden, tubs or window box choose plants attractive to pollinators (bees, hoverflies, etc.).** We rely on bees to ensure the pollination of crops. They are now an endangered species in the wild due to pesticides, and loss of habitat

#### FOCUS ON HOLY WEEK AND THE BEAUTY OF CREATION.

**40. Palm Sunday: Spend some time with the Scriptures.** Take in the details of Jesus' final week on earth. Commit to reading a scripture passage each day and then spend time in prayer. Allow yourself to get caught up in the story, imagining you're one of the disciples or close followers. Feel what they must have felt that week. **Today read: Mark 11:1-11**

**41. Monday of Holy Week** Go for a long walk and enjoy the beauty of God's Creation Listen to the birds – enjoy the wonder of God's creation around you. Take in the scent of the flowers you see. Look for the bees as they pollinate the flowers giving us the gift of seed and food. **Today read: John 12:1-11**

**42. Tuesday of Holy Week: Let today be a day of THANKSGIVING** Say Thank You to those around you for the good they do and the joy they bring you. Go out of your way to say thank you and give a compliment that will also give a lift to the recipient. **Today read: John 12:20-36**

**43. Spy Wednesday: Don't 'spy' on your neighbour but spend some time with them.** Invite your neighbour into your home for a cup of tea. Show you care for them. **Today read: John 13:21-30**

**44. Maundy Thursday: Serve each other with a smile, a sense of humour and polite attention.** Do an act of kindness for someone today. "Being Christian is service, not 'makeup' for a pretty soul" Pope Francis **Read Today: John 13:1-17, 31-35**

**45. Good Friday: DAY OF FAST AND ABSTINENCE.** When accompanied by prayer the ancient practice of fasting helps us focus our pleas to God. Join a worldwide plea for God's help by praying and abstaining from food today. Can't go without food? Think of something else you can sacrifice. **Read today: John 18:28-19:37**

**46. Holy Saturday: We are caretakers of God's creation.** Enjoy the world that God has entrusted to us and enjoy yourself. God created each of us in his image and didn't make any mistakes. Say to yourself today, 'I am fearfully and wonderfully made.' Psalm 139:14

#### You've just completed Acts of Love for Lent

Today read: John 20:1-18

Together we can make this world a better place Take a small step and together we will change the world.

[Acts-of-Love-for-Lent.pdf](#) From Bonnybrook Parish St Joseph the Artisan Church

### **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](#).



### **Evensong at Christ Church, Calgary**

Fourth Sunday of each month at 4:30 pm

The Choir of Christ Church, Elbow Park hosts choral evensong on the fourth Sunday of each month. Please join us for this sacred service beginning at 4:30 pm.

### **Spiritual Warfare Workshop "What?" "Why?" and "How?" - Saturday, March 18, 2023**

The purpose of this workshop is to learn how to fight the enemies of God with His word and His power.

*"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."* (Eph. 6:12 NIV)

This workshop will be led by The Rev. Martyn Alvey, Honorary Associate at Meota Parish, who has led numerous workshops on Prayer and Healing, and held a monthly Wholeness and Healing service at the Southwell Minster for 15 years. He was the advisor to the Bishop of Southwell on Wholeness and Healing, including Spiritual Warfare, before emigrating to Canada in 2016.

Please bring your own lunch. Muffins and drinks will be provided. There is no cost, but there will be a freewill offering to help cover costs. As space is limited, please register: by email at [admin@stbenshr.church](mailto:admin@stbenshr.church) or call the office at (403) 652-2271.



## Missional Minute

### Lenten Minute

What are you giving up for Lent?

After a beautiful Ash Wednesday Service where we are reminded to observe a Holy Lent we often ask ourselves that kind of question.

It did feel this year like it snuck up on me. Like suddenly I was feeling the ashes on my forehead and things draped in purple sprung on me along with being reminded to engage in self-examination, penitence, prayer, fasting and almsgiving.

Of course, then all the questions and conversations about what we are giving up in Lent or what we are taking on. It seems pretty easy to miss the point of this season if we do not stop to prayerfully ask, "What is God's invitation for me this season?"

There are many things we can do, of course: becoming more generous (almsgiving), reigniting a spiritual practice (prayer), holding back on something for a time (fasting), being more intentional about speaking to God (prayer), taking time with God to see ourselves (self-examination).

In the myriad of things we might choose, I invite you to consider two things when debating what you might take on or release this Lenten season:

1. Help yourself to remember that the act of taking on or giving up something is solely for the purpose of growing in deeper relationship with the Holy One.
2. Before you decide, sit with God and listen for the invitation you are receiving from God for this season.

And remember, whatever that invitation for this season, Jesus promised that he came "that they (you) might have life and have it in abundance" John 10:10







# 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

## Kuriakos

Sylvan Lake Bible Camp Association

# We're HIRING!

**JOIN OUR SUMMER STAFF TEAM  
AND DISCOVER WAY MORE THAN A JOB**

Working at camp is probably the best  
(and most important) job you'll have  
in your career.

Discover a summer of service in  
community, where you'll learn skills  
that will make future employers drool  
(plus create life-long friendships!).

*I belong at camp.*



# We're HIRING!

**PROPERTY MANAGER JOIN OUR LEADERSHIP TEAM**

Kelly Craig, our Property Manager since 2020, is leaving our team in February. He has accepted a position working with family members and we wish him well in the next chapter. We certainly hope to still see him volunteering around here!

We are now hiring for this important role. Primary responsibility is to care for the property and facilities, while working with our Property Team and other volunteers.

Housing is provided on-site.

Many types of people could be successful on our team... the main requirement is a commitment to the people and ministry of Kuriakos.

Retired farmer

Trades person

DIY-er

You can support Kuriakos by suggesting this position to promising candidates. People often just need to be asked!





# 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 March 20th. If you have a prayer request, or would like to join this vital ministry, please contact Dinah at [breu.dinah@gmail.com](mailto:breu.dinah@gmail.com).



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

**Children's Time Ministry:** *Our goal is to resume offering 5 minute Children's Time messages (stories or songs) a couple of times a month, 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 the Parish Office. 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](mailto:office@stpaulscalgary.ca).



**Pastoral Visits:** Norm or Betty are available for regular visits via phone, email, or in-person. They will also be available 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](mailto:office@stpaulscalgary.ca).



## Offerings

**Offerings:** Thank you for continuing to give your Offering when so many of us are unable to be physically present together.

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



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/](http://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 of Morning Prayer:** 9:30 am March 8 & 22



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>

**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)

**Diocese of Calgary:**

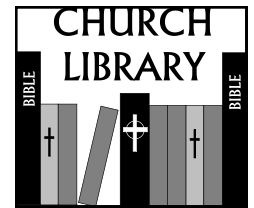
<https://www.calgary.anglican.ca>

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

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

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

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.



## Lenten Quiz

Circle the answer that is most correct

**1) These two appeared with Jesus on the Mount of Transfiguration**

A. Abraham & Noah B. Abraham & Adam C. Elijah & Elisha D. Moses & Elijah

**2) These three went with Jesus to the Mountain...**

A. Peter, James & John B. Matthew, Mark & Luke C. Matthew, Luke & John D. None of the Above

**3) What did Luke say the two O.T. Saints were discussing with Jesus?**

A. Their time in heaven B. He didn't say C. His departure in Jerusalem D. The end of the world

**4) What did the Father call Jesus on the Mountain?**

A. the greatest prophet ever B. the Son of Man C. His beloved Son D. the Word made flesh

**5) What did Jesus tell the disciples to do on the way down from the Mountain?**

A. Don't tell anyone until later B. Don't tell my mother! C. Tell everyone about it! D. Don't tell the authorities!

**6) Gethsemane means...**

A. a quiet garden B. The Olive Press C. The Olive Garden D. In the shadow of the olive trees

**7) The enemies of Jesus were looking for...**

A. an out of the way place to arrest Jesus B. Jesus' sleeping place C. Jesus 'hideout D. a disciple on the take

**8) When Judas betrayed Jesus, Jesus called him...**

A. a turncoat B. Benedict Arnold C. a hypocrite D. friend

**9) Jesus chided those arresting him for arresting him in the Garden when he had taught openly in the ...**

A. garden B. streets C. Temple D. synagogues

**10) The song about Jesus not using His power was called...**

A. Ten Thousand Angels B. He could've but He didn't C. I'll see you later D. Wait till Dad hears about this...

**11) The High Priest that year was ...**

A. Annas B. Gamaliel C. Hillel D. Caiaphas

**12) How many men sat on the Sanhedrin?**

A. 25 B. 50 C. 70 D. 100

**13) The Romans got involved with the case because...**

A. The Jewish authorities couldn't execute B. They didn't agree with Jewish justice C. They were the Conquering army D. They were particular about such things

**14) This Rulers Wife told her husband to butt out of the Jesus case...**

A. Annas B. Caiaphas C. Herod D. Pilate

**15) Barabbas was under a death sentence for...**

A. insulting the Emperor B. robbery C. for saying the Governors wife wore army sandals D. rebellion & murder

**16) When Pilate wanted to let Jesus go, the Jewish authorities said he would be**

A. no friend of Caesar B. out of some bribe money C. in trouble with his wife D. looking for work

**17) Herod wanted to see Jesus because**

A. He wanted to apologize for his Dad's bad temper B. His wife was nagging him C. He wanted to see a miracle D. He wanted to become a disciple

**18) The title above Jesus' head was written in**

A. Roman, Babylonian, & Persian B. calligraphy C. Caesar's name D. Latin, Hebrew & Greek

**19) Pontius Pilate later...**

A. got fired B. went to Spain C. killed himself D. all of the above

**20) The cause of death listed for a crucified man would be...**

A. asphyxiation B. shock C. loss of blood D. heart attack

**21) The nails were driven through...**

A. the feet separately B. the wrists C. unknown D. the palms

**22) When Jesus called for His Father's help, His enemies said he was calling for...**

A. help from a higher power B. water C. Elijah D. His disciples

**23) When Jesus died...**

A. the temple veil was split B. O.T. saints arose C. O.T. saints made house calls on Easter D. tombs broke open E. all of the above

**24) The total number of witnesses who saw Jesus alive was about ...**

A. 500+ B. 100 C. 25 D. 12

**25) Jesus stayed with them ...**

A. for 40 days B. to answer all of their questions C. until Pentecost D. to take reservations

By Rowland Croucher and others

Answers on page 9



# March 2023

| March 2023                                                                                                                                                                            |                                                                                                                                                |                                                                                                                                                              |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                          |                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday                                                                                                                                                                                | Monday                                                                                                                                         | Tuesday                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                 | Friday                                                                                                                                     |
| <b>5</b><br><b>Lent 2</b><br><b>9:30am H.E.</b><br>In-Person &<br>Live streamed<br>on Facebook<br><b>10:45-11:15 am</b><br>POP meeting                                                | <b>6</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>Reserved Sacrament<br>(RS) Pick-up<br><b>3—5:30 pm</b><br>After School | <b>7</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>3—5:30 pm</b><br>After School<br><b>7:00 pm</b><br>Parish Council | <b>8</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>10:30 am</b><br>Lenten Study in person?<br><b>1:30—2:30 pm</b><br>Hunger for Healing<br><b>3—5:30 pm</b><br>After School<br><b>7:30 pm</b><br>Lenten Study via Zoom   | <b>9</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>3—5:30 pm</b><br>After School<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice                   | <b>10</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>3—5:30 pm</b><br>After School                  |
| <b>11</b><br><b>11:30 am</b><br>Ladies Luncheon                                                                                                                                       |                                                                                                                                                |                                                                                                                                                              |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                          |                                                                                                                                            |
| <b>12</b><br><b>Lent 3</b><br><b>9:30am H.E.</b><br>In-Person &<br>Live streamed on<br>Facebook                                                                                       | <b>13</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>3—5:30 pm</b><br>After School                      | <b>14</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>3—5:30 pm</b><br>After School                                    | <b>15</b><br><b>7:30—8:30 am</b> B.S.<br><b>9:30 am</b><br>H.E.<br><b>10:30 am</b><br>Lenten Study in person?<br><b>1:00 pm</b><br>Prayer Shawl<br><b>1:30—2:30 pm</b><br>Hunger for Healing<br><b>3—5:30 pm</b> A.S.<br><b>7:30 pm</b><br>Lenten Study via Zoom | <b>16</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>Reserved Sacrament<br>Pick-up<br><b>3—5:30 pm</b><br>After School<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice | <b>17</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>Reserved Sacrament<br>Pick-up<br><b>3—5:30 pm</b><br>After School |
| <b>Lent 4 19</b><br><b>Mothering Sun-</b><br><b>day/ Laetare</b><br><b>Sunday</b><br><b>9:30am H.E.</b><br>In-Person &<br>Live streamed on<br>Facebook<br>Confirmation<br>Preparation | <b>20</b><br><b>7:30—8:30 am</b><br>Before school<br><b>3—5:30 pm</b><br>After School<br><b>7:00 pm</b><br>Prayer Group via<br>Zoom            | <b>21</b><br><b>7:30—8:30 am</b><br>Before school<br><b>3—5:30 pm</b><br>After School<br><b>7-8 pm</b><br>School rental                                      | <b>22</b><br><b>7:30—8:30 am</b><br>Before School.<br><b>10:30 am</b><br>Lenten Study in person?<br><b>1:30—2:30 pm</b><br>Hunger for Healing<br><b>3—5:30 pm</b><br>After School<br><b>7:30 pm</b><br>Lenten Study via Zoom                                     | <b>23</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>3—5:30 pm</b><br>After School<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice                  | <b>24</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>Reserved Sacrament<br>Pick-up<br><b>3—5:30 pm</b><br>After School |
| <b>Lent 5 26</b><br>Triple C<br>In-Person &<br>Live streamed on<br>Facebook                                                                                                           | <b>27</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>Reserved Sacrament<br>Pick-up<br><b>3—5:30 pm</b><br>After School     | <b>28</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>3—5:30 pm</b><br>After School<br><b>7-8 pm</b><br>School rental  | <b>29</b><br><b>7:30—8:30 am</b> B.S.<br><b>9:30 am</b><br>H.E.<br><b>10:30 am</b><br>Lenten Study in person?<br><b>1:30—2:30 pm</b><br>Hunger for Healing<br><b>3—5:30 pm</b> A.S.<br><b>7:30 pm</b><br>Lenten Study via Zoom                                   | <b>30</b><br>B&A School Care<br><b>9am—12 pm</b><br>R.S. Pick-up<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice                                                                           | <b>31</b><br><b>7:30—8:30 am</b><br>Before school<br><b>9am—12 pm</b><br>Reserved Sacrament<br>Pick-up<br><b>3—5:30 pm</b><br>After School |
|                                                                                                                                                                                       |                                                                                                                                                |                                                                                                                                                              |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                          | <b>April 1</b>                                                                                                                             |
|                                                                                                                                                                                       |                                                                                                                                                |                                                                                                                                                              |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                          | <b>25</b>                                                                                                                                  |
|                                                                                                                                                                                       |                                                                                                                                                |                                                                                                                                                              |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                          | <b>18</b><br><b>8:30 am</b><br>Men's Breakfast                                                                                             |