

# Living Waters

## November 2023



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**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** 10:00 am in person and live streaming on Facebook; later go to Sermons on our website.

7 Sunmills Green S.E  
Calgary, Alberta T2X 3P6  
**Phone** (403)256-1428  
**Fax** (403)256-1554

**Email:**  
office@stpaulscalgary.ca  
**Website:**  
www.stpaulscalgary.ca

## Incumbent

The Rev'd Fergus Tyson (On Medical Leave)

## Priest

The Rev'd Dr. Norman Knowles

## Assistants

The Rev'd Cyril Haynes

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:** Alison Pinckard

**Incumbent's Warden:** Ingrid Bolton

**New Members:** Cheryl Scott

**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

## Parish Ministries

### **Worship Ministries**

Altar Guild - Heather Johnson

Sacramental Assistants – Ed Mullaney

Choir – Paul Bourgeois

Prayers of the People – Dinah Breu

Readers 9:30 am – Robbie Collier

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

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

Youth –

Adult Education—Tosan Chigbo

Clergy & Lay

Stewardship – Laura Anne Fink

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 – Betty (interim)

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

Food Bank, CAWST, Alpha House etc. –

shared through Outreach Committee

Pioneers of Paul—

Karen Huq & Laura O'Neill

PWRDF — Doreen Peters

Quilt/Shawl Prayer Ministry

– Laura Anne Fink

Living Waters

– Laura Anne Fink

## Synod Delegates

Cam Cline

Dinah Breu

## MCES Directors

Kerry Peters , Iona Shaw

## Treasurer

Treasurer: Ingrid Bolton



# Reflection on the Feast of All Saints

Revelation 7:9-17 + Matthew 5:1-12

The Rev'd Dr. Norman Knowles

"Glory to God and praise and love / be now and ever given / by saints below and saints above, / the Church in earth and heaven."

So concludes Charles Wesley's venerable hymn, "O for a thousand tongues to sing." The hallowed vision of saints robed in white, genuflecting and joining together in a chorus of praise around a resplendent heavenly throne is as powerful as it is alluring.

Although many, if not most Christians shy away from reading and studying Revelation, the apocalyptic vision of the enigmatic writer of Revelation helps develop our vision of what that "glorious company of the Saints in light" might look like. We're told that angels are gathered around the throne with four living creatures, falling on their faces worshipping God day and night, singing a song of praise. We're told that they hunger and thirst no more, and that sun and heat will not strike them because the Lamb is their shepherd, guiding them to the springs of the water of life, as God wipes away every tear from their eyes.

And yet, as idyllic and unspoiled as this image is, it's incomplete.

The description doesn't stop there. The author of Revelation goes on to write that the "great multitude" gathered around the throne are those "who have come out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb." Although literal readings of Revelation that condone violence are theologically problematic at best and downright dangerous at worst, we cannot deny that those who enjoy the place of honor in Revelation's apocalyptic vision have undergone suffering, and given the tone of apocalyptic literature in general and Revelation in particular, we can surmise that some have even endured physical violence.

What might this mean for a church that commits itself to striving for justice, freedom and peace? Or perhaps a more pressing question as we celebrate All Saints' Day is, what might it mean for Revelation's "great multitude," complete

with their blood-stained robes, to be identified in the storied history of the church as saints?

The quick, albeit half-hearted answer is to do as countless others have done, and re-shelve Revelation as an indecipherable apocalyptic dream sequence written by an unknown disciple of the fledgling first-century Jesus movement.

But as wars rage on with ever-increasing frequency, as diseases and disasters continue to strike with indiscriminate and unrelenting cruelty, and as the unreliability of the global economy continues to provoke fear and anxiety and produce ever more poverty and inequity, we may know more than we think about these "great ordeals" and blood-stained robes that Revelation identifies so provocatively. And on this day in particular, perhaps the Spirit is calling the church to reconsider Revelation's apocalyptic witness – complete with all its harshness and unanswered questions.



In the midst of the violent imagery and occluded visions lays this powerful word of hope: After all is said and done, after the plagues of war and famine and disaster have done their worst, salvation belongs, not to the generals and the dictators and the power mongers of this world, but to God alone.

This is the great and enduring truth of the gospel, and it comes alive on this All Saints' Day, reminding the faithful that the powers and principalities of this world will not have the last word. In fact, not only is this Good News, we hear from the lips of Jesus himself that it is a blessing.

In a dramatic reversal of the customs of this world, Jesus foretells the truth of the Kingdom of God:

Unsure of your direction in life? You're blessed.

Caught under the weight of grief and loss? Joy comes in the morning.

Undervalued and not heard by those around you? God hears you.

Groaning with hunger pangs and longing for a moment of



respite? The comforter has come.

Sojourning for peace and righteousness, only to be trampled down by war and revilement, and those spreading lies to discredit you? God is traveling right alongside you.

The saints, Jesus reminds us, aren't simply those who seem to have it all figured out, whose prayer life is perfect, whose service to church and community alike are irreproachable, and who have left a legacy that the rest of us will spend a lifetime aspiring to realize for ourselves.

On the contrary: The saints, Jesus tells us and John reminds us, are those who have suffered greatly – and some who suffer still, even in our midst – and yet praise God all the more. The saints are those who have known the pain of grief and the sting of death, and still manage to find a way to sing, "Alleluia!" The saints are those who have been excluded and ignored by every corner of society and yet still find ways to seek and serve Christ, loving their neighbor as themselves.

And so when we celebrate all saints, we commemorate those worshipping in our pews who are suffering silently. We work to include those in our community who love God and neighbor, and yet find themselves on the margins. And we remember those whose worship of God is unceasing, even now that

they have passed into light perpetual.

Our worship on this day, then, bears both the potential for difficult news that is hard to hear as well as the great and powerful news of a gospel that continually confounds even our best efforts to contain it. For if we approach this day, looking to the saints as nothing more than long-gone exemplars of moral and theological perfection, the witness of Jesus in the Matthew's gospel and of Revelation falls flat and bears little possibility for transformation.

But if we allow the Spirit to move in our midst, then we might be surprised by what we see when we look across the aisle of the church or down the street or into the parts of town that have a checkered reputation. We might be surprised to find saints there who, even in the most unimaginable circumstances, find ways to lift up their hearts in prayer and praise to God.

And when we hear those soft, but faithful notes of "Alleluia!" emanating from deep within the souls of the saints among us, we will know that salvation does indeed belong to our God, who is seated upon the throne, now and for evermore.

Norman+



## Christmas and Grief

For those who find themselves processing grief and loss amidst the presumably "merry" holiday season— we can feel singled out by the programmed happiness of "the most wonderful time of the year." But we are not alone. Many people experience at least some sadness and loss in this season.

We are looking at having an afternoon or evening for a time to share, or just listen, with others who are going through a similar journey. A time for prayer and reflection to draw strength from our God and to feel His loving arms around us as we struggle at this time. We will also have resources that may be helpful on your journey.

**Please watch the website and bulletin for a day and time.**

**If you would like to attend please let Laura Anne know if you have a day or time preference.**



# Update from Fergus

Dear Beloved in the Lord:

Greetings in the Name of our God of infinite grace!

I wanted to share this with you to bring you up to date on how things are going. After 2 months at Peter Lougheed Hospital, I went to Carewest Glenmore Park for rehab. This went wonderfully well. I was supposed to stay 3 months, but was told I'd exceeded their physio goals a month early! At present, I'm up to 4 hours a day on my prosthetic legs. I hope to increase this to 8 hours a day by next fall. The latest developments are that I no longer use a cane, and can walk up and down steps the "normal" way. I'm getting physio twice a week here in Red Deer to help me progress, focusing especially on balance and strength. Our new home in Red Deer is great, and I'm so enjoying our family's living all together.

I've been enjoying sharing worship online. I have to share, though, that I really miss my St. Paul's family. Thank you so much to everyone who has visited me; or sent me good wishes via cards, email, or Facebook. And thank you all for your prayers. I appreciate your loving support more than I can say. I've included the photo I posted on Facebook, with the caption, "Enjoying my new legs and new home." I wanted to have the photo show me in front of my books, because I so much appreciate the effort of all those who packed and transported the books and shelves for me! One plus from my new lifestyle is that I have more time and energy to read them!

*Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen. (Ephesians 3:20-21)*

You all continue ever in my prayers.

God bless you all, always.

Your Brother in Jesus,  
Fergus



## **Jesus' Healing Touch** By Deborah Ann Belka

Jesus' healing touch,  
is just a brush away . . .  
when you go to Him  
on your knees and pray.

He will touch your heart,  
mend the breaks within  
put back all the pieces  
till a new life begins.

Jesus' saving touch,  
is close and near . . .

He will rid your soul  
of all that you fear.

He'll touch your mind,  
restore your sanity  
replace your thoughts  
with His tranquility.

Jesus' healing touch  
is just a brush away . . .  
so give Him your pain  
straightaway today!

~~~~~

## 1 Peter 2:24

"Who his own self bare our sins  
in his own body on the tree,  
that we, being dead to sins,  
should live unto righteousness:  
by whose stripes ye were healed."  
King James Version  
Public Domain

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Deborah Ann Belka

~ to GOD be the GLORY ~

## ROSTER FOR SUNDAY SERVICES

| DATE        | OBSERVATION     | PRESIDING | PREACHING        | ASSISTING | CHILDREN'S TIME | SPECIAL THEMES                 |
|-------------|-----------------|-----------|------------------|-----------|-----------------|--------------------------------|
| November 12 | Pentecost 24    | Norman    | Norman           | Betty     | Doreen          | Remembrance Sunday             |
| November 19 | Pentecost 25    | Norman    | Norman           | Betty     | Doreen          |                                |
| November 26 | Christ the King | Norman    | Shaundra Brumell | Betty     | Norman          | Guest speaker from Alpha House |
| December 3  | Advent 1        | Norman    | Norman           | Betty     | Kerin           | 1962 rite; Great Litany        |
| December 10 | Advent 2        | Norman    | Cyril            | Betty     | Norman          | 1962 rite                      |

## SERVICES

Our 10:00 am 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).

## UPCOMING EVENTS

**Ladies' Luncheon:** Saturday, November 18 at 11:30 am (please start arriving around 11:15) (note date change)  
**Men's Breakfast:** Saturday, November 18 at 8:30 am @St.Paul's  
**Christmas Market:** Saturday, December 2



## BIBLE STUDIES & PRAYER MEETINGS & SERVICES

**Wednesday Morning Bible Study:** 10:30 am in person studying the Book of Genesis chapter 1

**Wednesday Evening Study:** 7:30 pm on Zoom following the study *What Matters About Jesus*, contact Tosan or the Parish office for the Zoom link. For info. on study go to <https://www.stfran.qld.edu.au/wmajesus>.

**Prayer Group:** Second Mondays of the Month in person at 1:30 to 2:30 pm; 4th Mondays of the Month via Zoom at 7:30 pm

**Wednesday Services of Morning Prayer:** 9:30 am.



## Why You Should Read the Bible Regularly

What you read impacts you. Think about how you feel when you read your news feed. Reading the Bible on a regular and consistent basis has several benefits. First, the Bible shows us God's character and provides us God's revelation of himself to his people. In each section of the Bible, we see God's holy, unchanging, faithful, gracious and loving character.

Second, 2 Timothy 3:16–17 when discussing the topic of Scripture says that it is “profitable for teaching, for reproof, for correction and for training in righteousness.” The next verse goes on to say that this leads to the completeness and equipping “for every good work” (ESV).

Third, regularly reading God's word reorients our thinking so that we can grow in maturity, which is part of the Christian calling (Ephesians 4:14–16; Romans 12:1–2). Have you ever met a mature Christian who did not regularly read the Bible? These three things are really just the beginning, this list could include dozens of reasons why you should read the Bible on a regular basis.

Daniel Diffey, PhD in (Theology & Ministry )  
 Grand Canyon University © 2023 All Rights Reserved [website here](#)



# Some Food Donations in October



Our Thanksgiving food collection was a good carload that went to St Mary's University Students. As well as one box of our garden tomatoes. Thank you to Norman for making the deliveries.



Second box of tomatoes went to the Calgary Food Bank. We will have one more small batch to go.

# St Paul's Anglican Church

## Income Statement as at September 2023



|                     |                      |                               | Jan - Sep 23 | Jan - Sep 22   | Budget      |
|---------------------|----------------------|-------------------------------|--------------|----------------|-------------|
|                     | <b>Income</b>        |                               |              |                |             |
|                     |                      | <b>Interest Income</b>        | 1,236        | 414            | 603         |
|                     |                      | <b>Offerings</b>              | 144,651      | 140,940        | 171,747     |
|                     |                      | <b>Other Income</b>           | 11,351       | 5,293          | 10,453      |
|                     | <b>Total Income</b>  |                               | 157,238      | 146,647        | 182,803     |
| <b>Gross Profit</b> |                      |                               | 157,238      | 146,647        | 182,803     |
|                     | <b>Expense</b>       |                               |              |                |             |
|                     |                      | <b>Administration</b>         | 21,717       | 18,670         | 21,753      |
|                     |                      | <b>Apportionment</b>          | 23,175       | 21,456         | 19,350      |
|                     |                      | <b>Christian Education</b>    | 498          | 361            | 756         |
|                     |                      | <b>Communication</b>          | 131          | 108            | 378         |
|                     |                      | <b>General Maintenance</b>    | 18,363       | 7,582          | 11,250      |
|                     |                      | <b>Hospitality/Fellowship</b> | 588          | 349            | 756         |
|                     |                      | <b>Ministerial</b>            | 54,311       | 83,997         | 90,000      |
|                     |                      | <b>Outreach</b>               | 14,466       | 14,352         | 17,325      |
|                     |                      | <b>Pastoral Care</b>          | 0            | 10             | 72          |
|                     |                      | <b>Utilities/Insurance</b>    | 13,240       | 13,180         | 16,470      |
|                     |                      | <b>Worship</b>                | 4,938        | 4,643          | 4,860       |
|                     | <b>Total Expense</b> |                               | 151,427      | 164,708        | 182,970     |
|                     | <b>Net Income</b>    |                               | <b>5,811</b> | <b>-18,061</b> | <b>-167</b> |





# Rooted IN Abundance

## Dance

*A conversation between the Very Rev. Matthew Woodward and Dr. Don Taylor*

**DEAN MATTHEW:** Don, so good to see you, I have really enjoyed moments with the Sierra Leonean community. Even the somber moments. Most recently I have participated in funerals, but I recall a remarkable baptism last year. These events have been full of food, full of community, and full of generosity. The Sierra Leonean community is so generous when their members are in need, is that always the way?

**DR. TAYLOR:** Yes, it is sad that you have experienced this recently around grief, but the same generosity takes place around weddings and baptisms also. The community gathers, supports one another, and gives what it can. This flows from a sense of communalism, that I believe is at the root of humanity. Many believe that civilization spread out from Africa, and this generosity is at the heart of African culture.



### *Questions for Reflection:*

How does your family of origin express abundance at milestone events?

**DEAN MATTHEW:** I remember when I was introduced at that baptism. Everyone who had been introduced had danced to the front of the Hall, I looked at you, and realized I had to dance as well. But as I did, drawing on dance experiences from my youth, you and other elders of the community joined me and danced as well. I felt deeply supported.

**DR. TAYLOR:** Yes, I had to dance and support you, you are the priest of my church. Dancing is a manifestation of belonging. From this sense of belonging flows generosity. Everyone belongs, and everyone is supported, with food, with dancing, with fellowship and with financial support. To be rooted in abundance is to belong to a community who all want the best for you. |



*Dr. Don Taylor is the emeritus professor of Communication Studies at California State University, Sacramento. Dr. Taylor is also a Verger and Vestry member at Trinity Cathedral in Sacramento. Watch more of the conversation between Dean Matthew and Dr. Taylor at [drive.google.com/file/d/1oUchVd9Wwknv4T7x8idCMLuQ3FBgJLb/view](https://drive.google.com/file/d/1oUchVd9Wwknv4T7x8idCMLuQ3FBgJLb/view)*



THE EPISCOPAL NETWORK FOR STEWARDSHIP

# Sharing Our Faith Journeys

## **Lorraine's Faith Journey:**

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Matthew Chapter 7, verses 7 and 8.

I take these verses from the Bible as living proof that God can be and is involved in our lives. My family was, I think, a typical family growing up in a large city. My parents were married in the Anglican Church and I was Baptized on a Sunday afternoon very soon after I was born. But that was the end of my church life. The church was mostly criticized and ignored in our home.

I was always aware of God. I believed He existed, but how would one 'know' that? I had many people in my life to help me on my faith journey.

The first was Miss Baker, who was my teacher for grades 4 and 5. This was my first introduction to the Bible, we were to memorize verses of scripture. When I went home to ask if we had a Bible, my mother searched in her cupboard for a Bible. This Bible was the filing cabinet for newspaper clippings for births, marriages and deaths. I needed to locate the 24th Psalm so I could read it. Being a very poor reader, it took me some time to find and to read it, but I realized it was something very special. It still is my favorite Psalm.

The next was when the Gideon's presented each of us in Miss Baker's class with a new testament. I took to heart what the presenter had to say and started to read Matthew's Gospel; not an easy task for me. In the back of the Gideon New Testament was a place to sign my name if I wanted Jesus to be my saviour. I did not know what that meant. But I was a seeker, so I signed my name.

When I was about 14, I started going to church. I had never been to church; this was a new experience for me. That Sunday was the first Sunday in Advent and the Minister wished everyone a happy new year; it truly was a new beginning for me. I was confirmed in that church but still did not know Jesus as my saviour and friend.

When I was 15 my family moved to a new home in what had once been a farming community but was now a part of the city. There was an Anglican Church just up the street from me. It was built in the early 1800's. This was truly a new beginning. At this church, the Bible was explained in such a clear way that I could understand that I could know God personally. A whole new door was opened for me. There was a College and Career group that met after church on Sunday evenings, with much singing and Bible Study. It was within this group that I was discipled in the Christian life. Many who attended went on to full-time ministry. It was here that I would meet the man I was to marry. We spent the next 49 years together.

When I finished reading the New Testament, which did take me a long time, I could truly say I had found God; but He wasn't lost, I was.

Thank you, Lord, that my life has meaning and purpose in you. Please give me the opportunity to share my story with someone today. Amen.

Thought I would pass it on.

Blessings

Lorraine



# Advent Candles

## First Advent Candle/Sunday: Hope

"Once in our world, a stable had something in it that was bigger than our whole world." – C.S. Lewis

It is only fitting that the first candle on the Advent wreath represents Hope – the first Sunday of Advent not only leads us to anticipate the birth of Christ but celebrate the beginning of a new liturgical season as well. The first candle is purple, the primary color of Advent and a color symbolizing royalty. Sometimes called the "Prophecy Candle," the first candle harkens us back to Isaiah's foretelling of the birth of Christ and all of the promises God gave us in the Old Testament that would be fulfilled by the birth of Jesus. This Advent, light the first candle on Sunday, December 3, 2023.



## Second Advent Candle/Sunday: Peace

"May we be in this world a ray of that light which shone forth from Bethlehem, bringing joy and peace to the hearts of all men and women." – Pope Francis

The second candle on the Advent wreath represents Peace. Like the first candle, it is also purple. Often called the "Bethlehem Candle," the second Advent candle reminds us of Mary and Joseph's journey from Nazareth to Bethlehem before Mary gave birth to Jesus. Building on the meaning of the Prophecy Candle, this second candle recalls that after all of the division, destruction, and dispersion of the kingdom in the Old Testament, there might finally be peace on Earth – Jesus is coming, and so is his Kingdom of Peace. As we read in the quote from Pope Francis, this light of peace shone forth from Bethlehem for all the world. This Advent, light the second candle on Sunday, December 10, 2023.

## Third Advent Candle/Sunday: Joy – "Gaudete Sunday"

"But the angel said to them, 'Do not be afraid; for see — I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.'" (Luke 2:10-12)

The third candle of Advent symbolizes Joy. As we continue to approach Christmas Day, our joy grows more and more. The third candle takes us back to the joyful anticipation of the shepherds who journeyed to see Jesus in Bethlehem, even before the wise men. On this third Sunday of Advent, which the Church calls "Gaudete Sunday," meaning rejoice or praise, we light the third candle and rejoice like the shepherds. For this reason, the third candle of Advent is called the "Shepherd's Candle," and its color is pink, the liturgical color for joy. This Advent, light the third candle on Sunday, December 17, 2023.

## Fourth Advent Candle/Sunday: Love

"And in the end, everything else will turn out to be unimportant and inessential, except for this: Father, Child, and Love." – St. (Pope) John Paul II

The fourth candle of Advent represents Love, the ultimate love of God that He might send His only Son for us. Called the "Angel's Candle," the fourth candle of Advent is lit the Sunday before Christmas, and it is the color purple, leading us to eagerly await the new Kingdom of God on earth. This Advent, light the fourth candle on Sunday, December 24, 2023.

## Prayer for lighting Advent candles — Henri Nouwen

This Advent prayer from Fr. Henri J.M. Nouwen encapsulates what many of us feel and hope for during the Advent season:

Lord Jesus, Master of both light and darkness, send your Holy Spirit upon our preparation for Christmas.  
We who have so much to do seek quiet spaces to hear Your voice each day.  
We who are anxious over many things look forward to your coming among us.  
We who are blessed in so many ways long for the complete joy of Your Kingdom.  
We whose hearts are heavy seek the joy of Your presence.  
We are Your people, walking in darkness yet seeking the light. To You, we say, "Come, Lord Jesus!"

From: <https://hallow.com/blog/advent-candles-and-advent-wreaths/>



# Pioneers Of Paul—P.O.P

## St. Paul's Volunteer Youth Group

**Who we are:** A group of youth interested in volunteering together at organizations in the Calgary community. All youth are welcome, including members of St. Paul's, their friends and other interested youth from the community.

### Where we volunteer:

- The Calgary Food Bank
- The Bethany Care Centre (activities with residents)
- The Mustard Seed Donation Centre
- The Calgary Drop-in Centre Donation Centre
- The Inn From the Cold
- St. Paul's (coffee time)
- Future possibilities: Operation Christmas Child, The Calgary Book Fair



**When we volunteer:** Events are approximately monthly and are usually Scheduled on Friday evenings or Saturday afternoons. Sign up is per event - youth sign up for the events that interest them.

**Other information:** Members receive a group t-shirt at the first event they attend. We travel to and from events together and after we pick up food to enjoy together.

**Next Event** Nov 4, 2023 was serving dinner at the Inn From the Cold.

### Future Events:

1. End of Nov. Sorting toys for Operation Christmas Child OR creating kindness kits for The Drop-In Centre
2. Dec 16, 2023 12:30-4:00pm Sorting at The Mustard Seed Donation Centre
3. January 2024 The Bethany Calgary



### Information is available:

- On the St. Paul's website: <https://www.stpaulscalgary.ca/ministries/outreach-ministries/pages/pioneers-of-paul>
- In the weekly bulletin and Living Waters Newsletter
- On Instagram
- By email to group members



**We have 14 active members and events are drop-in based with members signing up for the events they are interested in attending. The website lists the events and the link to sign up via SignUpGenius (which becomes active approximately 3 weeks prior to each event). New members are always welcome, friends as well.**

Laura

**Come and make a difference  
in our world!**

**Gain experience and build your resume at the same time!**

Here are a few photos from our last POP event - Bethany Calgary in October. We will be returning on Jan 13, 2024 to play games, paint nails and watch videos together with residents.



## Sunday School

Sunday school is available at the 10 am Sunday Service.

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



**Our Sunday School is growing!!**

**We are looking at expanding to 2 or more classes so teachers are needed.**

**Please prayerfully consider becoming a Sunday School teacher.**

**The children need you and you will all be blessed by the experience.**





# **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*

***This month due to Remembrance Day we will meet on Saturday, November 18 @ 11:30 am***



## **Men's Breakfast**

**The next one will be Saturday, November 18 at 8:30 am at St. Paul's**

We have joined forces with our friends at St. Peter's Calgary for this monthly event. St. Paul's hosts the breakfast in January (Len's Tribute Breakfast), March, May, July (Stampede breakfast outside weather permitting), September and November. The men from St. Paul's and the men from St. Peter's take turns preparing the breakfast. We meet for our breakfast on the third Saturday morning of the month from 8:30 am until 10:30 am. This is a fellowship time for all men of the Parish. A suggested donation of \$5 going to CAWST (the Centre for Affordable Water Sanitation Technology). All age 13 and over are invited!

***Please let us know if you plan to attend so we know how many to prepare for. Plan to come a bit early for some fellowship over that first cup of coffee before we eat.***







# Prayers



*6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*  
 PHIL. 4:6-7

## PREPARING TO PRAY

Give me a candle of the spirit, O God, as I go down into the deeps of my being. Show me the hidden things, the creatures of my dreams, the storehouse of forgotten memories and hurts. Take me down to the spring of my life, and tell me my nature and my name. . Give me freedom to grow, so that I may become that self, the seed of which you planted in me at my making. Out of the deep I cry to you, O God. Amen

-Jim Cotter ( based on a George Appleton prayer)

O God, enlarge my heart  
 that it may be big enough to receive the greatness of your love.

Stretch my heart  
 that it may take into it all those who with me around the world  
 believe in Jesus Christ.

Stretch it  
 that it may take into it all those who do not know him,  
 but who are my responsibility because I know him.

And stretch it  
 that it may take in all those who are not lovely in my eyes,  
 and whose hands I do not want to touch;  
 through Jesus Christ, my Saviour.

-Prayer of an African Christian

## FOR THOSE WHO ARE SICK

Lord God, whose Son , Jesus Christ understood people's fear and pain before they spoke of them, we pray for those who are sick:

Surround the frightened with your tenderness, give strength to those in pain, hold the weak in your arms of love and give hope and patience to those who are recovering. We ask this through the same Jesus Christ, our Lord.  
 AMEN  
 -Christine McMullen

## WALKING WITH GRIEF

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

Walk slowly, pausing often:

do not hurry as you walk with grief.

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

Unfinished conversation will be resolved in Him.

Be not disturbed.

Be gentle with the one who walks with grief.  
 If it is you, be gentle with yourself.

Swiftly forgive, walk slowly, pausing often.

Take time, be gentle as you walk with grief.

-Northumbria Community

As the rain hides the stars, as the autumn mist hides the hills, as the clouds veil the blue of the sky, so the dark happenings of my lot hide the shining of your face from me.

Yet, if I may hold your hand in the darkness, it is enough. Since I know that, though I may stumble in my going, YOU do not fail.

-unknown author / Gaelic

## WORDS OF ENCOURAGEMENT

Goodness is stronger than evil;

Love is stronger than hate;

Light is stronger than darkness;

Life is stronger than death;

Victory is ours through him who loves us.

-Desmond Tutu

## PRAYER FOR THE HOLY LAND

O God of all justice and peace  
 we cry out to you in the midst of the pain and trauma of violence and fear which prevails in the Holy Land.  
 Be with those who need you in these days of suffering;  
 we pray for people of all faiths – Jews, Muslims and Christians and for all people of the land.  
 While we pray to you, O Lord, for an end to violence and the establishment of peace,  
 we also call for you to bring justice and equity to the peoples.  
 Guide us into your kingdom  
 where all people are treated with dignity and honour as your children  
 for, to all of us, you are our Heavenly Father.  
 In Jesus' name we pray. Amen.

--Archbishop Hosam Naoum - Anglican Bishop of Jerusalem



## **"BECOMING"**

"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."  
- 2 COR.3:18

This life is not a state of being righteous,  
but rather of growth in righteousness;  
not a state of being healthy, but a period of healing;  
not a state of being, but becoming;  
not a state of rest, but of exercise and activity.  
We are not yet what we shall be, but we grow towards it;  
the process is not yet finished, but is still going on;  
this life is not the end, it is the way to a better.  
All does not yet shine with glory;  
Never the less, all is being purified.

-Martin Luther

## **SEASONAL PRAYERS**

### **ALL SAINTS**

**November 1**

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

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

-adapted

### **ALL SOULS November 2**

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

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

Frank Colquhoun

### **REMEMBRANCE DAY Nov. 11**

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

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

Leslie D. Weatherhead

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

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

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

-author unknown

Almighty God, on this day we remember and lift up to you  
-all those who have sacrificed their lives in times of war  
-all those currently serving in troubled areas of the world and their families  
-all those who were and are prisoners of war  
-all those who have returned wounded and suffering in body, mind and spirit  
-all those who have lost loved ones  
and we pray to you, Lord,  
asking that the nations of the world learn your way of peace and that your people be freed from war, tyranny and oppression.  
AMEN

-D.B.

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

-adapted/Angela Ashwin

## **PRAYERS FOR PEACE AND RECONCILIATION**

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

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

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

AMEN

-author unknown

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

-George Appleton

## **THE ANNIVERSARY OF OUR CHURCH BUILDING**

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

"How lovely is your dwelling place,  
O Lord of Hosts!  
My soul desires and longs  
to enter the courts of the Lord.  
My heart and my flesh sing joyfully  
to the living God.

Happy are those who dwell in your house;  
they will sing your praises forever."

-Psalm 84: 1-2, 4

O God,  
make the door of this house wide enough to receive all  
who need human love and fellowship; narrow enough to  
shut out all envy, pride and strife.

Make its' threshold smooth enough to be no stum-  
bling-block to children, nor to straying feet, but rugged and  
strong enough to turn back the tempter's power.

God make the door of this house the doorway to thine  
eternal kingdom. AMEN

-Thomas Ken

Living God,

In this house, used to the sound of singing;

this house which has seen baptisms and funerals;  
this house where people have come to be married, or  
to celebrate the birth of a child;

this house where people have wept, and been filled  
with joy;

this house where people have wrestled with the deep  
things of life, have prayed urgently, and been stirred and  
changed;

in this house, where you have so often been with your peo-  
ple, be with us now. AMEN

-Patterns and Prayers for Christian Worship

#### THE REIGN OF CHRIST THE KING NOV.26

"Hallelujah, for the Lord our God the Almighty Reigns!  
Let us rejoice and be glad and give him glory!"

Rev. 19: 6-7

All power glory and honour be to Jesus-

Name above all Names

Lamb of God, Redeemer,

Living Word,

Alpha and Omega,

King of Kings and Lord of Lords.

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

We celebrate with joy the kingship of Jesus.

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

-F. Colquhoun

#### ST. ANDREW NOV. 30

Lord Jesus Christ, who called Andrew from his nets to be-  
come a fisher of men and a messenger of your good news;

may we so find in you our Saviour and our Lord that  
others through our testimony may come to put their trust in  
you and rejoice in your salvation, to the honour of your  
name. AMEN

Leo Stephens-Hodge

#### A BLESSING

May our hearts sing of love  
pouring out upon a tree.

May our hearts sing of peace  
that can calm an angry sea.

May our hearts sing of joy  
in forgiveness, grace, mercy.

May our hearts sing of faith  
in a God who sets us free.

May our hearts sing of life  
lived well and abundantly.

May our hearts sing, always. AMEN

-Faith & Worship

### PRAYERS FOR OUR PARISH IN THIS TIME OF TRANSITION.

The Prayer Group invites all parishioners to join with us as  
we pray intentionally for our parish . More prayers will be  
added as the transition unfolds.

O Lord, during this time of transition and in all times:

You are the light that guides our feet.

You are the map that gives us direction.

You are the peace that makes us strong.

You are the leader whom we faithfully follow.

May your light illuminate our lives  
and your guidance bring direction to our work.

May we find inspiration in your Word,

and peace in our hearts as we follow you. AMEN

-St. Luke's Episcopal Church, Washington, D.C.

.We pray for ourselves, as a parish, and as individuals;

- that the Lord place a hedge of protection round about us  
and clothe us with his armour,-

-that we remain strong in his mighty power'

-that we continue to grow in faith and the knowledge of  
our Lord,

-that we continue to support and care for one another,  
and

-that we continue to be a place where all are made wel-  
come.

#### We pray:

-for our spiritual leaders, Fergus, Cyril, Norman and  
Betty :that they would be faithful in the ministry of the  
word and sacraments

-for our wardens , Ingrid and Cam, that the Lord would  
bless their leadership..

-for the work of those who create our Parish Profile that  
the Lord guide and direct them.

-for all Ministries in our Parish, and for those who lead  
them, that they would continue to grow and function as  
the Lord intended.

We will continue to pray as God's plan for St. Paul's un-  
folds. We find great assurance in God's word to the exiles  
in Babylon through His prophet, Jeremiah:

"For I know the plans I have for you," declares the  
Lord, "plans to prosper you and not to harm you, plans to  
give you hope and a  
future."

These words are as en-  
couraging to us now, as  
they were to those who  
received them original-  
ly. We know that our  
God is faithful and  
keeps his promises.

Thanks Be To God.





# 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 **July 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 Yellow bin?

The yellow bin in our parking

lot is a fundraising effort by the Calgary Humane Society, an animal welfare organization which 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

### PWRDF Nov 2023

The "World of Gifts" catalogue is now available – a copy included in each month's Anglican Journal, and online at [pwrdf.org](http://pwrdf.org).

Sending a gift in the name of a loved one, as your Christmas gift to them, can help many more people have a happy Christmas and new year. Won't you check it out, and see where you would like to help?



### Appeal for Gaza

Just a reminder that PWRDF works with partners in both Gaza and Israel to alleviate the suffering caused by the war. Gaza is in particular need, and a special appeal has been launched. More details at [pwrdf.org](http://pwrdf.org).



## Alpha House Society



Alpha House Society is a non-profit, charitable agency providing safe and caring environments for individuals whose lives are affected by alcohol and other substance dependencies

### Who We Help

Our work is a direct intersection of homelessness, addiction, and mental health. All of our clients' lives have been impacted by alcohol and other drug dependencies.

### Who We Are

Alpha House has a long history of innovating and evolving to meet the changing needs of our clients, the city, and the increasing complexities of homelessness and drug use. Calgary Alpha House Society was established in 1981 as a committed response to a marginalized population of men and women who are addicted to alcohol or other drugs and living vulnerable on the streets of Calgary.

### How We Help

Our services make up a continuum of care, which clients can enter at any point based on their needs. We operate shelter, detox, outreach, and housing programs.

### How You Can Help

Your support gives vulnerable men and women access to safe and caring environments 24/7

**Our guest speaker on Christ the King Sunday, November 26 will be from Alpha House.**



### Essential Items Needed

- shampoo
- conditioner
- body wash
- bar soap
- lotion
- shaving cream
- dish soap
- hand sanitizer
- cleaning supplies
- paper towel
- kleenex
- toilet paper

### Non-Perishables Needed

- crackers
- salad dressing
- bbq sauce
- apple sauce
- salmon
- coffee
- condiments
- pears
- soda crackers
- cookies
- honey
- cream corn
- cranberries
- pie filling
- kraft dinner
- hamburger helper
- quick oats
- pancake mix
- sardines & oysters
- instant rice
- mandarin oranges
- mixed veggies

Wish List Items: Socks, hats, gloves, scarves, lip balm, gift cards, Tim Hortons Gift cards, postage stamps, hot chocolate, hand warmers, chocolates, and



# Remembrance



Veterans want Canadians to understand the price of freedom. They are passing the torch to the people of Canada, so the memory of their sacrifices will continue, and the values they fought for will live on in all of us.

Please have a look at this website for stories from our Veterans:

<https://www.veterans.gc.ca/eng/remembrance>



Hailing from coast to coast to coast they proudly served our country, at home and abroad, helping maintain peace and freedom and allowing us to lead the lives we do today.

Learn about their service, experiences and contributions to peace, security, and humanitarian efforts in the profiles on this [website page](https://www.veterans.gc.ca/eng/remembrance/people-and-stories/they-proudly-served) or here <https://www.veterans.gc.ca/eng/remembrance/people-and-stories/they-proudly-served>





# *St. Paul's Christmas Market*



**SATURDAY, DEC. 2**  
**10 am – 3 pm**

**Talented artisans \* Home party vendors \* Kids Store**



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

**7 Sunmills Green SE  
Calgary, AB**

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

**Our kids store and colouring station will keep your children busy while you shop.**

**And while you're here, enjoy a hot dog combo at just the right price.**

**Admission is free.**

# All Souls Day

**by The Reverend Jacob Legarda | Archbishop's Chaplain**

Though recently revived within the Anglican Communion, All Souls Day – also known as the 'Commemoration of the Faithful Departed', has been observed, in some form and on different dates, since the seventh century in the Western Church and the ninth century in the Eastern Church.

At the Reformation, All Souls Day was dropped from the liturgical calendar of the Church of England in reaction to erroneous medieval views and practices concerning Purgatory (Article XXII), however, the Articles make no direct objection to remembering the dead in prayer – in fact, in its service for the Burial for the Dead, the Book of Common Prayer bids the congregation to implore God 'that we, with all those that are departed in the true faith of thy holy Name, may have our perfect consummation and bliss, both in body and soul, in thy eternal and everlasting glory'.

While we find no explicit mention of prayers for the dead in the canonical scriptures – apart from Paul's plea that the Lord grant mercy to the presumably deceased Onesiphorus (2 Tim 1:16-18) – remembering the dead in prayer and at the Eucharist has been a normative part of the Church's practice since its earliest days, and it finds support in the writings and homilies of the church fathers, such as John Chrysostom, who exhorted his listeners, 'Let us not hesitate to help those who have died, and to offer prayers on their behalf'.

But how, exactly, do our prayers help or benefit the dead if those who die in Christ are already assured of salvation (Jn 5:24) and if we can do nothing to change the condition of those who have irrevocably rejected God (Lk 16:19-31)? And what are we asking God to do for the 'souls of the faithful departed' when we pray that, through his mercy, they would 'rest in peace and rise in glory'?

The answer is that, though baptised into Christ's saving death and resurrection, all the faithful – living and departed – continue to be a 'work in progress' until Christ's return: 'Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. And all who have this hope in him purify themselves, just as he is pure.' (1 Jn 3:2-3)

In his book on Mere Christianity, C.S. Lewis explains this point through an imagined conversation with Christ who says, 'Make no mistake... if you let me, I will make you perfect. The moment you put yourself in My hands, that is what you are in for. Nothing less, or other, than that. You have free will, and if you choose, you can push Me away. But if you do not push Me away, understand that I am going to see this job through. Whatever suffering it may cost you in your earthly life, whatever inconceivable purification it may cost you after death, whatever it costs Me, I will never rest, nor let you rest, until you are literally perfect—until my Father can say without res-

ervation that He is well pleased with you, as He said He was well pleased with me. This I can do and will do. But I will not do anything less.'

This purification – this 'purgatory' or purging of everything within us that resists or opposes God – this complete and final throwing off and laying aside of 'every weight and sin which clings so closely' (Heb 12:1) is why we continue to pray for departed believers, in the hope that God 'who began a good work' in them would 'carry it on to completion until the day of Christ Jesus' (Phil 1:6); and that being healed from the memory and wounds of sin, they are progressing 'from one degree of glory to another' (2 Cor 3:18).



On All Souls Day, and on other occasions, the Church invites us to remember in prayer our departed loved ones as an expression of our love and of our continued concern for their spiritual growth in Christ. As the biblical scholar and Anglican bishop, N.T. Wright puts it, 'I see no reason why we should not pray for and with the dead... Love passes into prayer; we still love them; why not hold them, in that love, before God?'

## MEMORIAL PRAYERS

For use on All Souls Day or on other occasions such as the birthday or year's mind of departed loved ones.

If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's.  
(Romans 14:8)

God of hope,  
grant that we, with all who have believed in you,  
may be united in the full knowledge of your love  
and the unclouded vision of your glory;  
through Jesus Christ our Lord. Amen.

A candle may be lit with these words:

Light immortal,  
you brought life and immortality to light through the gospel.  
May we, with (Name) and all the baptised,  
know the full light of your risen presence. Amen.

Our Father...

May God in his infinite love and mercy  
bring the whole Church,  
living and departed in the Lord Jesus,  
to a joyful resurrection  
and the fulfilment of his eternal kingdom. Amen.

Prayers taken from A Prayer Book for Australia, Copyright 1995, The Anglican Church of Australia Trust Corporation under the imprint of Broughton Books.

Article From: The Anglican Church Diocese of Perth Australia  
<https://www.perth.anglican.org/news-and-events/news/all-souls-day>

Our Diocesan Synod was held on Friday, October 13 and Saturday, October 14. It was truly a Spirit-filled gathering: decisions were made, information was provided, presentations that inspired and motivated were delivered, and new names were added to the lists of those who will lead and represent this Diocese in the future.

Our theme was Growing as Disciples of Jesus in a Post-Modern World, and in every presentation, we heard thought-provoking ideas of how we as Christians in the Diocese of Calgary can do just that - grow ourselves, grow our service within our parishes and grow in outreach to a world that is slowly turning back towards the Church. We were challenged in Archbishop Greg's address on Friday night to listen to the Spirit's voice and to be willing to trust in Christ to lead us. Dr. John Bowen of Wycliffe University offered seven signs of hope for the church, and encouraged us to come unto Jesus as disciples, and to be "yoked" with Him, as He leads us in ministry. We heard greetings from the ELCIC, the Moravian Church of Canada, the Roman Catholic Diocese of Calgary, and our Companion Diocese of the Windward Islands. Each of these representatives reiterated support for our work together in our journeys of faith.



Jacqui Durand, our Archdeacon for Indigenous Ministries, led a presentation, beginning with a smudging and prayers led by Diocesan Elder Eric Crow Shoe, and followed by the sharing of stories of Senator James Gladstone by his granddaughter and Bishop Sid Black by his daughter. These moving testimonies of faithful leadership inspired those present, and continued the important work of bridge building between our communities.

At the close of Saturday, we heard from three diocesan groups offering missional hope for our parishes: Pilar Gateman, Archdeacon of Calgary and Executive Officer, spoke on the good work of the Missional Coaches, Jason Carroll, Ministry Developer and Elizabeth Short, Parish Health Facilitator, talked about their work assisting parish discernment, and Daniel Joseph in his role as our Diocesan Church Planter encouraged us in thinking about ways we can be welcoming within our communities.

All in all, it was an inspirational time and one of affirming the vision of mission within our church. If you would like more information, please contact your parish representatives or our office.

From the October 18 Diocesan Newsletter

## Refugee Moment

### Arrival of a Refugee Family in Need of...everything!

The Diocese has learned of a refugee family arriving this week, who are in need of almost everything.

Their first need is a place to rent, preferably in the NW, (at least a three-bedroom unit) for a husband, wife and seven children.

The boys' ages are 20 and 18, and the girls' ages are 16, 14, 10, 8 and 5.

### What else do they need?

They will need a lot: school backpacks, shoes, clothes, beds, mattresses or bunk beds. or anything for use in the kitchen and a TV. Anything will be helpful.

If there are any questions, please let **The Rev. John Chuol** know. For more information, please call **403-690-1527**. Thank you!



# WALKING GROUP

**Let's get together and enjoy the great outdoors!**

Are you interested in joining a walking group?

We are meeting Mondays at 1 pm.

For the location schedule please go to the website under [events](#) and you will find the schedule

Join us for some exercise and conversation!

**We are hoping to continue through the winter! So come and join us when you can!**

We are looking for place to walk where the paths are cleared so avoiding icy walks. Ice cleats are also helpful.

If it's below -20 C with the wind chill we won't be walking. Watch the website for cancellations.



## **Join this ministry**

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



## **Prayer Shawl Ministry—**

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



**We will be meeting November 8th & 22 this month. Please note the date changes.**

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



## **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.

## **Grief Support Group**



**In January we will be starting a Grief Support Group. This group is open to anyone who has suffered a loss and who feels they would benefit from being with others who are travelling a similar journey.**

**A support group is a safe place where we can share our stories, pains and struggles but no one will be asked to give more than they are comfortable sharing. We ask that everyone make a commitment to attend all the sessions if possible.**

**A support group is a forum where you are not expecting an answer but know you have the freedom to ask the big questions, share the anguish and process the pain. It is not a therapy group but it is therapeutic. It is loving, caring, generous and concerned, healing and growth enhancing. It can also be fun!**

**It will be an 8 week course. If you are interested in this please let Laura Anne know at the Office.**



# Helpful Information

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

**Sunday Services:** 10:00 am Live Streamed on Facebook or after noon on our website under the Sermon tab

**Wednesday In –Person Services of Morning Prayer:** 9:30 am Contact office for dates



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

**YouTube Channel:**

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

**Youth Group's Facebook:**  
[StPaulsCalgaryYouth](https://www.facebook.com/StPaulsCalgaryYouth)

**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)



## St. Paul's is a Scent-Free Parish

A reminder that we try to be scent-free out of love and respect for those whose health is threatened by fragrances. May we ask your co-operation in avoiding wearing to church, perfumes and after-shave, perfumed hairsprays, etc. Many thanks.



# 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 use e-transfers. Please use the email [gift@stpaulscalgary.ca](mailto:gift@stpaulscalgary.ca). No password is needed; to help our Envelope Secretary, please included your envelope number in the "message" spot.



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 set up direct depositing (for the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations").



**Parking:** Just a reminder that the small parking lot at the north door is for Sundance on the Green residents. Thank you for helping us be a good neighbour!

## 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.

**Colouring Pages for the Children:** clipboards with crayons and colouring pages are available for children to use during the service. Please ask the sidespeople for them.

**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.

# BIBLE ARROW WORD I - SOLUTION

|                                                                                   |   |   |   |   |   |   |   |   |   |   |   |
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Bible Arrow Word by BiblePuzzles.org.uk

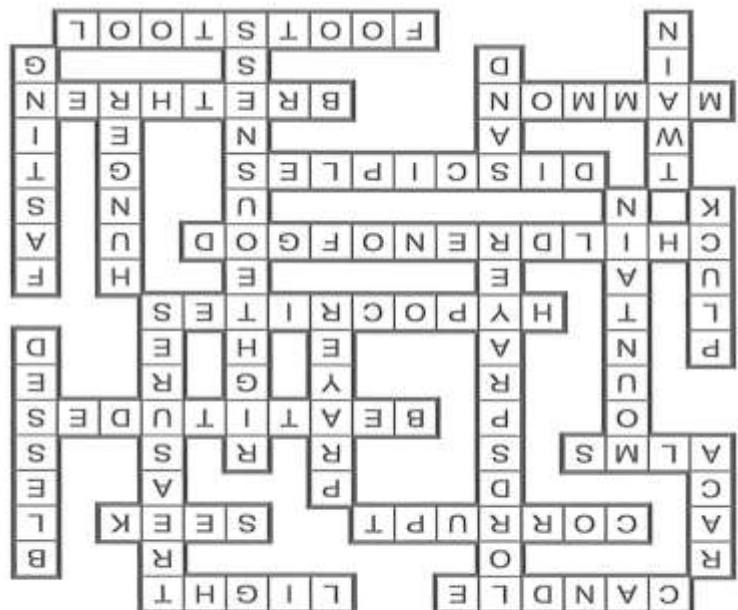
Answers for the October  
Puzzle.



Answers for the November  
puzzle on page 27



Bible Crossword by BiblePuzzles.org.uk



THE SERMON ON THE MOUNT - SOLUTION

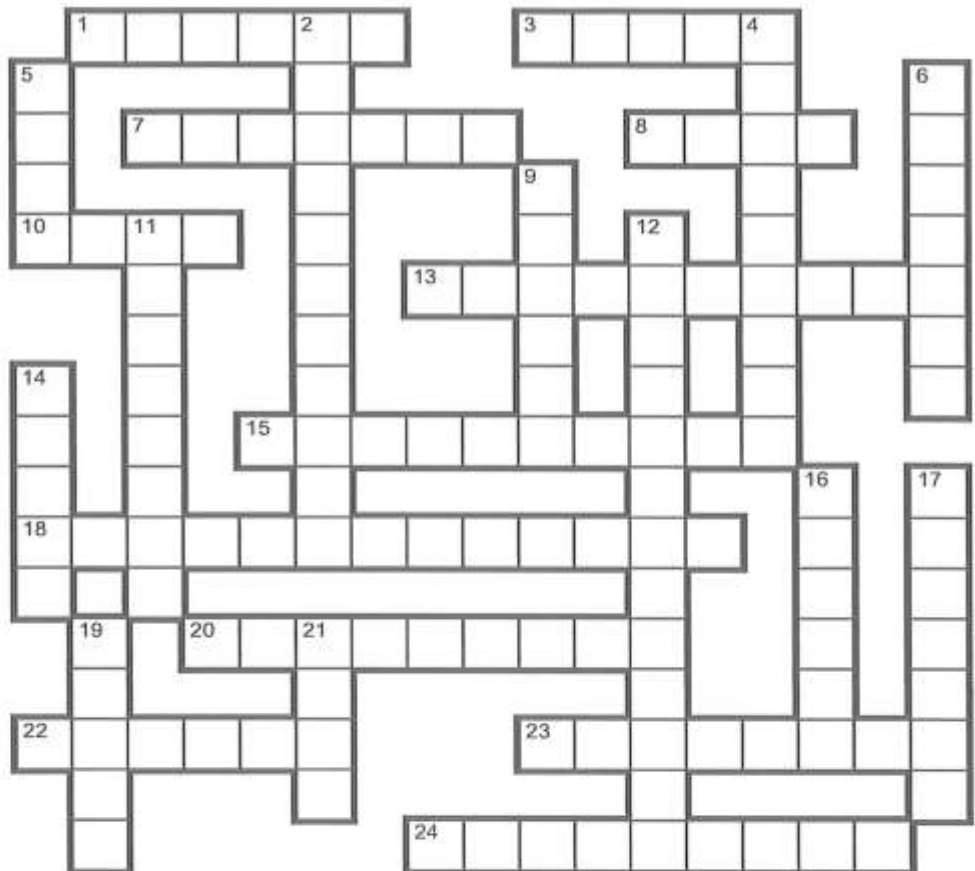
# THE SERMON ON THE MOUNT

## Across

- 1 Not to be put under a bushel. (6)
- 3 Let yours shine before men! (5)
- 7 Moth and rust will do this to your earthly store. (7)
- 8 If you do this, you will find. (4)
- 10 These should not be done in view of men. (4)
- 13 The eight sayings by Christ at the beginning of his sermon. (10)
- 15 They sound trumpets in the streets when they are being charitable. (10)
- 18 The peacemakers will be called this. (8,2,3)
- 20 They were with Jesus when he gave the sermon. (9)
- 22 You can't serve God and this. (6)
- 23 Fellow believers. (8)
- 24 The earth is this to God. (9)

## Down

- 2 Jesus gave this as example of how to communicate with God. (5,6)



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- 4 Don't lay these upon the earth. (9)
- 5 Whoever says this to his brother shall be in danger of the council. (4)
- 6 Those who are given happiness and good fortune. (7)
- 9 When engaging in this, you should enter into your closet and shut the door. (6)
- 11 Where the sermon was given. (8)
- 12 You should search for this first, before worrying about food and clothing. (13)
- 14 What you should do to your eye if it offends. (5)
- 16 They which do this shall be filled. (6)
- 17 The hypocrites disfigured their faces while doing this. (7)
- 19 If you are forced to go a mile with someone, this is how far you should go. (5)
- 21 The foolish man built his house on this. (4)



# November 2023

| Sunday                                                                                                                                          | Monday                                                                                                                                                             | Tuesday                                                                                                          | Wednesday                                                                                                                                                                                                                                              | Thursday                                                                                                                                   | Friday                                                                               | Saturday                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>All Saints' 5</b><br><b>10 am H.E.</b><br>In-Person &<br>Live streamed on<br>Facebook                                                        | <b>6</b><br><b>No School</b><br>Summit West School<br>(SWS)<br><b>7:30 pm</b><br>Guitar group                                                                      | <b>7</b><br><b>No</b><br>(SWS)                                                                                   | <b>8</b><br><b>No</b><br>(SWS)<br><b>9:30 am</b><br>Morning Prayer<br><b>10:30 am</b> Bible Study<br><b>11:30 am—1pm</b><br>Hunger for Healing<br><b>1 pm</b> Prayer Shawl<br><b>7:30 pm</b><br>Bible Study via Zoom                                   | <b>9</b><br><b>No</b><br>(SWS)<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice                                               | <b>10</b><br><b>No SWS</b>                                                           | <b>11</b><br>Remembrance Day                                                                           |
| <b>12</b><br><b>Remembrance</b><br><b>Sunday</b><br><b>10:00 am H.E.</b><br>In-Person &<br>Live streamed on<br>Facebook                         | <b>13</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>1:30—2:30 pm</b><br>In Person Prayer<br>Group<br><b>3:00 to 5:00 pm</b><br>(SWS)<br><b>7:30 pm</b><br>Guitar group | <b>14</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)<br><b>7:15 pm</b><br>Parish Council | <b>15</b><br><b>7:15—7:45 pm</b> (SWS)<br><b>9:30 am</b><br>Morning Prayer<br><b>10:30 am</b> Bible Study<br><b>11:30 am—1pm</b><br>Hunger for Healing<br><b>3 to 5 pm</b> (SWS)<br><b>7:30 pm</b><br>Bible Study via Zoom                             | <b>16</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice | <b>17</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)         | <b>18</b><br><b>8:30—11 am</b><br>Men's Breakfast<br>@ St Paul's<br><b>11:30 am</b><br>Ladies Luncheon |
| <b>19</b><br><b>10:00 am H.E.</b><br>In-Person &<br>Live streamed on<br>Facebook                                                                | <b>20</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)<br><b>7:30 pm</b><br>Guitar group                                                     | <b>21</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)                                     | <b>22</b><br><b>7:15—7:45 pm</b> (SWS)<br><b>9:30 am</b><br>Morning Prayer<br><b>10:30 am</b> Bible Study<br><b>11:30 am—1pm</b><br>Hunger for Healing<br><b>1 pm</b> Prayer Shawl<br><b>3 to 5 pm</b> (SWS)<br><b>7:30 pm</b><br>Bible Study via Zoom | <b>23</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice | <b>24</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)         | <b>25</b>                                                                                              |
| <b>26</b><br><b>Christ The King</b><br><b>10:00 am H.E.</b><br>Guest Speaker<br>from Alpha House<br>In-Person &<br>Live streamed on<br>Facebook | <b>27</b><br><b>7:15—7:45 pm</b> (SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)<br><b>7:30 pm</b><br>Prayer Group via<br>Zoom<br><b>7:30 pm</b><br>Guitar group          | <b>28</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)                                     | <b>29</b><br><b>7:15—7:45 pm</b> (SWS)<br><b>9:30 am</b><br>Morning Prayer<br><b>10:30 am</b> Bible Study<br><b>11:30 am—1pm</b><br>Hunger for Healing<br><b>3 to 5 pm</b> (SWS)<br><b>7:30 pm</b><br>Bible Study via Zoom                             | <b>30</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS)<br><b>6:30 pm</b><br>TOPS<br><b>7:30 pm</b><br>Choir Practice | <b>December 1</b><br><b>7:15—7:45 pm</b><br>(SWS)<br><b>3:00 to 5:00 pm</b><br>(SWS) | <b>2</b><br><b>9 am to 3 pm</b><br>Christmas Market                                                    |