



St. Paul's News Bulletin

May 10, 2026



Welcome Everyone! Please join us after the Sunday service for coffee & goodies. If you are new to St. Paul's, please ask for a welcome package.

Baby Bottle Fundaiser: Baby bottles are now available in the parish hall for the Bottles for Change fundraiser with Mainsprings Pregnancy & Family Support for local families facing pregnancy and parenting challenges. Fill bottles with change or a cheque, and return them by Father's Day, **June 21**. See Living Waters for details.



Victoria Day Office Closure: The St. Paul's office will be closed on Monday, **May 18**.

Men's Breakfast: The next date is Saturday, **May 16** at St. Paul's starting at 8:30 a.m. All men 13+ are invited to join great food and fellowship!

Living Waters: The deadline for the **June/July** issue of *Living Waters* is Wednesday, **May 20**. Please submit materials as early as possible to office@stpaulscalgary.ca

Ladies' Luncheon: On Saturday, **May 23** at 11:20 a.m. with Karaoke. See Living Waters for more details.



Spring Garden Celebration: A bake sale, silent auction, games and pickup for plants ordered through the St.

Paul's Hospitality Ministry will be all part of the fun at a **Spring Garden Celebration** on Saturday, **May 23** from **1 to 4 p.m.** Please donate ready-to-display items like gift baskets, baked goods, gift cards, seasonal items, services, experiences and more. Food and drink donations are welcome. To donate or volunteer, see Abby.

Food for Others Sunday: May 31 is Food for Others Sunday to draw attention to our collection of non-perishable items for the Calgary Food Bank. Donations may be left in the marked box in the Parish Hall by the main door.

Morning Prayer: A service of Morning Prayer is held Wednesdays at 9:30 a.m. All are welcome.

Graduation Celebration: On Sunday, **June 21**, we will honour our **Grade 12 graduates** during and after the 10 a.m. service. Please note the celebration is for Grade 12 only. To participate, please submit your name and photo to the parish office by **May 25**.

Garry's Book Signing: Rev. Garry MacDowall will be selling and signing copies of his new book, **Just Call Me Garry – A Friend of Jesus (John 15:15)**, during Coffee Time after the service on **May 24**, Pentecost Sunday. Please see Rev. MacDowall for more information.

Spring Cleanup Day: Please join us on **Saturday, May 30** for Cleanup Day. The event runs **9 a.m. – 3 p.m.**, but you are welcome to come all day or any part of the day that suits you. A lunch of chicken, pizza and veggies will be served to volunteers.



Fundraisers: A **gift card fundraiser** run by the Hospitality Ministry lets you purchase gift cards for everyday use. You get a full value gift card. St. Paul's receives a percentage donated by the retailer. Hospitality is also accepting donations of **recyclable bottles**. Please see Abby for details.

St. Paul's Anglican Church

7 Sunmills Green SE T2X 3P6

Phone: 403 256-1428

E-mail: office@stpaulscalgary.ca

web site: www.stpaulscalgary.ca

Incumbent: The Rev'd Tony Hilling

Assistants: The Rev'd Cyril Haynes

The Rev'd Betty Nadurak

People's Wardens: Paul Bourgeois

Rector's Warden: Muyi Ekomwenrenren

Main Facebook Page: [stpaulscalgary](https://www.facebook.com/stpaulscalgary)

X: [@stpaulscalgary](https://www.x.com/stpaulscalgary)

Instagram: [stpaulsangelicalcalgary](https://www.instagram.com/stpaulsangelicalcalgary)

YouTube: <https://www.youtube.com/channel/UCldxFHv5pFYST--i8as1GVg>

[UCldxFHv5pFYST--i8as1GVg](https://www.youtube.com/channel/UCldxFHv5pFYST--i8as1GVg)

Outreach

Supporting Safe Motherhood in Lesotho

Alongside Hope supports maternity care in Lesotho, where maternal deaths are high (566 per 100,000 births). Many women face a choice between home birth or a dangerous trip for care. In partnership with Partners In Health Lesotho, Alongside Hope funds transport, provides beds and food at maternal waiting homes, and helps cover hospital costs. This support helps women give birth safely, despite distance and risk.



5th Sundays of the Month are Food for Others Sundays at St. Paul's. Everyone is invited to bring non-perishable food items and leave them in the bin marked Calgary Food Bank. The next Food for Others Sunday is **May 31**.

Inreach: Many in our congregation face financial struggles due to the economy, so a special fund was created. Donations marked "Financial Help for Parishioners" are welcome. If you are in need of financial help or know of someone in our Parish who is (and you have their permission), please let Tony know. He will maintain absolute confidentiality. This is one way we can care for one another in these challenging times.

Pastoral Care

If you'd like to be part of our **Pastoral Care Team**, please contact the Rev'd Deacon Betty Nadurak to find out more about it.

Chemo Care Bags: If you know of anyone who is beginning Chemo treatment and would benefit from receiving a Chemo Care Bag, please contact the Parish Office.

Prayer Shawl: We meet in person on the first & third Wednesdays of each month at 1 p.m. Contact Laura Anne if you would like to join the group or if you know of anyone who would benefit from receiving a shawl. Everyone is welcome. No experience needed.

Grief Support Group: This is open to anyone who is grieving due to loss, illnesses or other struggles. For more information, please contact Laura Anne or leave your contact information at the Parish Office. Meets on Thursdays at 1 p.m.

Hunger for Healing, a Christian Twelve Step Program, meets every Wednesday 11:30 a.m. to 1:00 p.m. Everyone is welcome. We'd love to have you join us to find out what the programme is all about and see if it's for you. There is no official leader. We all take part in leading. If you wish more information, please contact the Rev'd Deacon Betty Nadurak at 403-818-9879.

Check out these opportunities to participate

2025 Flower Chart is available on the bulletin board by the kitchen door. The cost is \$30. If you would like to make a dedication, please fill out the form under the flower chart or send it to Chizoba at office@stpaulscalgary.ca.

Prayer Chain Requests: Please contact Dinah Breu with your prayer requests.

Sign: To change the outdoor sign more regularly, we need helpers. ***If you can help, please contact Paul Bourgeois or the Office.***

Card Ministry: If anyone who is grieving, unwell, or celebrating a birthday or anniversary, and would like a greeting card from the St. Paul's Family, contact Pauline Payne at 403-988-2546 or email her at Pauline_payne1@yahoo.com

Casserole Ministry: If someone would benefit from receiving a casserole, please **help yourself to what is available**. Our freezer for casseroles is now well stocked thanks to parish volunteers. If you would like to contribute a casserole, please label it with what it is, ingredients and the date and put in freezer.

Servers: We are looking for **youth volunteers** to serve during our Sunday services. All youth are welcome to participate! If you are interested, please contact Father Tony or the parish office for more information. Training will be provided.

We are looking for volunteers to be **Sacramental Assistants**. Please contact Ed or the Parish Office for more information.

Regular Activities at St. Paul's:

- Sunday:** **Holy Eucharist** 10 a.m.
 Hand chimes Practice 11:30 –12 p.m.
 Word to World Ministries Canada: 2 - 3 p.m.
 Philippines Independent Church (IFI): 4 p.m.
- Monday:** **Walking Group:** 9 a.m. (see the St. Paul's website under events for locations)
 St. Paul's Stringers rehearsal: 7:30 p.m.
 Prayer Group - meetings held both in person and online: 1:30 p.m. (2nd Monday of the month **in-person**) 7:30 p.m. (4th Mondays of the month **via Zoom**)
- Tuesday:** **Girl Guides:** 6:30 – 8 p.m.
 Parish council: 7 p.m. (2nd Tuesday of the month)
- Wednesday:** **Morning Prayer:** 9:30 a.m.
 Morning Bible Study: 10:30 a.m.
 Hunger for Healing: 11:30 a.m. (in the Chapel Room)
 Prayer Shawl Ministry: 1 p.m. (1st & 3rd Wednesdays of the month)
 Evening Bible Study: 7 p.m. via Zoom.
- Thursday:** **Grief Support Group:** (See Laura Anne if you are interested.)
 TOPS (Taking off Pounds Sensibly): 6:00 p.m.
 Choir Practice: 7:30 p.m.
 If you'd like to join Choir, please contact Paul Bourgeois.
- Friday:** **Hand chimes Practice** 10 - 11 a.m.
 S.P.Y. Group: 6:30 p.m. 1st Friday of the month. (Check website)
 Coffee House: 7 p.m. second Friday on alternate months. **Next date is July 3.**
- Saturday:** **Ladies Luncheon:** 11:20 am – Changed from 2nd Saturdays to 4th Saturdays.
 Next date is May 23.
 Men's Breakfast: 8:30 am - 3rd Saturdays (at St. Peter's alternate month
 Check website to confirm location). **Next date is May 16 @ St. Paul's.**



Welcome to newcomers and visitors

St. Paul's welcomes newcomers and invites you to make this your church home. Visitors, please sign our guest book, which is on the stand by the sanctuary doors.

We would be most pleased to learn about you and help you learn about us. Please indicate on a pew card, located in racks on the back of the pews, how we can help you feel part of the family.

Please place the card on the offering plate or hand it to one of the clergy or Parish Council members. There are also welcome packages available after the service. We are so glad you were able to join us.

Youth Ministry

Exciting opportunity for the Youth of our Parish! S.P.Y. Group is a social group. All youth are welcome!

St. Paul's Youth Group (S.P.Y)

Meets on the first Friday of each month. Invite your friends!



A place to be yourself, to make friends and have some fun! See the St. Paul's website for more information. Search Youth Group to register use this QR code

Please note: Youth meetings are currently on hold

Our Ministries

SACRAMENTAL ASSISTANTS: Ed Mullaney

Each Sunday at 10 a.m. service, two people are needed to help at communion by administering the chalices. This is such a joy, and if you think it is something that might interest you please contact the Parish Office. Training will be provided.

LESSON READERS: Robbie Coller

The requirements for this ministry are the ability to read clearly and slowly in front of a group of people. The schedule is made up well in advance and you are given your reading to prepare. The time commitment is the amount of time you need to prepare and to be at the service early on your scheduled day.

PRAYER LEADERS: Dinah Breu

Taking a turn to lead the prayers of the people each Sunday morning is a labour of love for a small group of parishioners. If you feel that this is a ministry for you, please get in touch with Dinah at 403-256-1684. Training is offered and guidelines are provided for those who do this.

Stewardship Reflections

"For it is better to suffer for doing good, if that be God's will, than for doing evil." 1 Peter 3:17

The old line says, "if you want to make God laugh, tell him your plans." Many of us are diligent in our planning and making sure things are progressing smoothly. Then disaster strikes, we don't get the result we anticipated or an unforeseen problem arises. Many times, we may respond negatively and ask, "Why me? I did everything right!" Here's the thing – adversity humbles us and reminds us of our dependence on God and not on our own self-reliance. Rest assured, God has a better plan in store for you.

Financial News

Our surplus at the end of April was \$4,483. Thank you to everyone for helping support our mission financially in these challenging times.



Anglican Journal available online

The May 2026 issue of The Anglican Journal is now available online. Please visit <https://anglicanjournal.com/#currentissue>

Diocesan News

Announcements

Thy Kingdom Come

God with Us is the theme of this year's Thy Kingdom Come, which runs May 14-24. Thy Kingdom Come is a global ecumenical prayer movement that began in 2016, when the Archbishops of Canterbury and York invited Christians worldwide to pray for more people to come to know Jesus. Over eleven days, a different Bible story is explored each day from Ruth and Gideon to Elijah and the early church - showing God's transforming presence, power, and love at work. The hope is that as we pray for five people, they too will experience this life-changing love.