



St. Paul's News Bulletin

Sept. 20, 2026



Welcome! Join us after the service for coffee and goodies. Newcomers please pick up information at the table outside the sanctuary doors.

Foundation Bible Class: This class, led by Prosper Omagoro, introduces core Christian beliefs from an **Anglican** perspective. The goal is a strong, enduring Christian foundation with a clear and biblical pathway for growing a stable, and fruitful life in Christ. This **in-person** class will be held at St. Paul's starting **Wednesday, Sept. 23 from 7 – 8 p.m.** See Prosper or Father Tony for information.

Thursday Evening Bible Study: The book of Luke will be studied starting Thursday, **Sept. 24** via Zoom at 7 p.m. See Michael McLaughlin for details.

Ladies' Luncheon: Ladies' Lunch is at 11:20 a.m. on **Sept. 26**. Judith MacDowell will share about the ministry she shared with her husband, Rev. Garry, in Indigenous communities.

Prayer & Praise: A time of prayer and praise will be held on **Sept. 26** from 7 p.m. – 8 p.m. led by Father Tony.



2027 Canadian Church calendars: Calendars are available for \$8 (cash) in the parish hall.

Back to Church Sunday: Bring a friend, invite your neighbour to see what St. Paul's is all about for our 10 a.m. service on **Sept. 27**. Invitation cards are available from the sidespeople.



Life in the Spirit: Do you know what your Spiritual Gifts are? Have you used your gifts today. Experience Personal Renewal in the power of the Holy Spirit in a course that runs Friday, **Oct. 2** from 7 p.m. to 9 p.m. & Saturday, **Oct. 3** from 10 a.m. to 3 p.m. Please sign up in the parish hall.

Blessing of the Pets: Bring your pets – or a photo of them – to the 10 a.m. service on Sunday **Oct. 4** for them to receive a blessing.



Parking changes: St. Paul's will be changing how our parking lot is managed due to overnight parking and other concerns. There will be a paid system for people not coming to St. Paul's events. **Sunday parking and church events will be exempt.** Please watch for details in the next issue of Living Waters, available Sept. 27.

Pledge Cards: Stewardship pledge cards will be available as of **Oct. 4** from the sidespeople. Please prayerfully consider pledging a regular donation to St. Paul's to assist in planning and return cards by **Nov. 8**. You can put them on the collection plate (in an envelope) or bring to the parish office. This year's theme is Plenty Good Room – a reflection on God's abundance & a call to make space for all.

Cleanup Day: Join St. Paul's Cleanup Day on Saturday **Oct. 10**. It starts at **9 a.m.** and runs until **3 p.m.**, but please come for any portion you are able. A variety of chores both inside and outside of the church will be tackled to help make St. Paul's an inviting home to us all. A lunch of pizza, chicken and veggies will be provided for participants.

Coffee Fellowship Time: Volunteers are needed to host Coffee Time. There is no need for a large spread — bring what is comfortable. The focus is on spending time together as a church family. Every contribution is appreciated!

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

X: @stpaulscalgary

Instagram: stpaulsangelicalcalgary

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

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

Outreach

Alongside Hope helps Indigenous Communities

Through our Indigenous Partnership Programme, Alongside Hope supports and accompanies Indigenous communities and organizations. Supporting Indigenous programs is a way to acknowledge historical injustices and work towards meaningful reconciliation.

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 **Nov. 29**.

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. Confidentiality will be respected. 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 Wednesdays 11:30 a.m. to 1 p.m. Everyone is welcome. We'd love to have you join us to find out what it is all about and see if it's for you. There is no official leader. We all take part in leading. For more information, please contact the Rev'd Deacon Betty Nadurak at 403-818-9879.

Check out these opportunities to participate

2026 Flower Chart is on the bulletin board by the kitchen door. Cost: \$30. To make a dedication, fill out the form under the chart or email Chizoba at office@stpaulscalgary.ca.

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

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

We need more volunteers for Sidespeople. Please contact Suzanne Wray or the parish office if interested in serving in this ministry.

Volunteers needed for Soundboard. Contact Murray Sykes or Paul Bourgeois. Training will be provided.

Casserole Ministry: If someone would benefit from receiving a casserole, please **help yourself**. 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.

Sacramental Assistant: Each Sunday at the 10 a.m. service, two people are needed to help at communion by administering the chalices. If you think it is something that might interest you 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 –12:30 p.m.
Word to World Ministries Canada: 2 - 3 p.m.
Philippines Independent Church (IFI): 4 p.m.
- Monday:** Walking Group: 9:30 a.m. (see the St. Paul's website under Events for locations)
Trex|Girl Guides: 6:30 – 8 p.m.
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. (usually 2nd Tuesday of the month) **Next meeting Oct. 13**
- Wednesday:** Morning Prayer: 9:30 a.m.
Morning Bible Study: 10:30 a.m.
Hunger for Healing: 11:30 a.m. (in the Chapel)
Prayer Shawl Ministry: 1 p.m. (1st & 3rd Wednesdays of the month)
Foundation Bible Class: 7 p.m. in-person. **Starts Wednesday, Sept. 23.**
- Thursday:** Grief Support Group: (See Laura Anne if you are interested.)
TOPS (Taking off Pounds Sensibly): 6:00 p.m.
Evening Bible Study: 7 p.m. via Zoom. **Resumes Thursday Sept. 24.**
Choir Practice: 7:30 p.m. If you'd like to join Choir, please contact Paul Bourgeois. **As of Oct. 7, choir practice will be moving to Wednesdays beginning at 7 p.m.**
- Friday:** Hand Chimes Practice 1 - 2 p.m.
Coffee House: 7 p.m. second Friday on alternate months. **Next date is Nov. 13.**
- Saturday:** Ladies Luncheon: 11:20 am – 4th Saturday each month. **Next date is Sept. 26.**
Men's Breakfast: 8:30 am - (at St. Paul's in Jan, March, May, July, Aug. and Oct. and at St. Peter's Feb, Apr, June, Sept and Nov). **Next date is Oct. 17 @ St. Paul's.**



Welcome to newcomers & visitors

St. Paul's welcomes newcomers and invites you to make this your church home. 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.

Financial News

Our surplus at the end of August was \$9,983. Thank you for supporting our mission financially in these challenging times.



Our Ministries

AUDIO VISUAL TECHNOLOGY: Paul Bourgeois

The AV ministry enhances the visual experience in worship through the use of the Sanctuary screens. This ministry supports the music and worship by ensuring appropriate volume levels and minimizing feedback and other disruptions. Currently, the AV duties at a livestreamed service require management of the soundboard, the service PowerPoint presentation on the screens, and the video recording of the service using our two Mevo livestreaming cameras controlled by the church's iPad. People working the soundboard need to arrive at least 20 minutes before the service to set up the cameras and iPad for livestreaming of the service, to set up people with lapel and hand held mikes as necessary, and to check the sound level of the microphones that will be used during the service. Throughout the service, it is important to turn mikes on and off as required and to adjust volumes. The board is labeled to make this job easier, and first timers will work with veterans during the service to become familiar with the board's operation.

SERVERS: Rev. Tony Hilling

Those interested in serving must be in Grade 6 or older and go through some training. The time commitment is small, with you arriving about 20 minutes before the service and staying through the service. The schedule is made up about six months at a time.

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.

Stewardship Reflections

"Thus, the last will be first, and the first will be last". - MATTHEW 20:16

You've heard the saying "it's not where you start, but how you finish." This certainly applies to this Bible passage. We have a responsibility not only for our own lives, but for the lives of others as well. We are called to generously share our gifts with others, not hoard them for our own use. Our sincere gratitude and cheerful generosity will help us live "Godcentered" lives and not "self-centered" lives.



Education for Ministry

Looking for a way to deepen your understanding of the Christian faith and enhance the connection between what you believe and how you live your daily life? The Education for Ministry (EfM) program combines independent study and weekly small group discussions to provide a basic grounding in theology to Christian laypeople. The EfM curriculum explores the content and origins of Scripture, follows Church history from its earliest days, and examines issues in Christian theology. Group members engage in individual and group theological reflection throughout their studies to bring our different life experiences and perspectives into conversation with our faith, helping to discern God's call to each of us. EfM is an extension program of an Episcopal theological school; there is a lot to read (including the whole Bible) but there are no exams. Students commit to one year at a time and those completing all four years of the program receive a certificate of completion. For more information on registration or this program, please contact Jennifer Solem at efmcalgary@outlook.com.