

Living Waters

October/November



Page 9

**Clean
Up
Day**

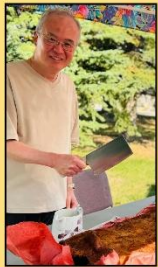


Page 10

**Annette
shares
her
path**

Page
11

**Food
for
Veterans**

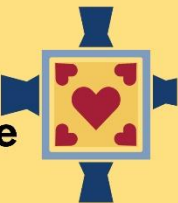


Page
12 & 13

**BBQ,
games,
fun &
more**

Page 23

**2027
Pledge
cards**



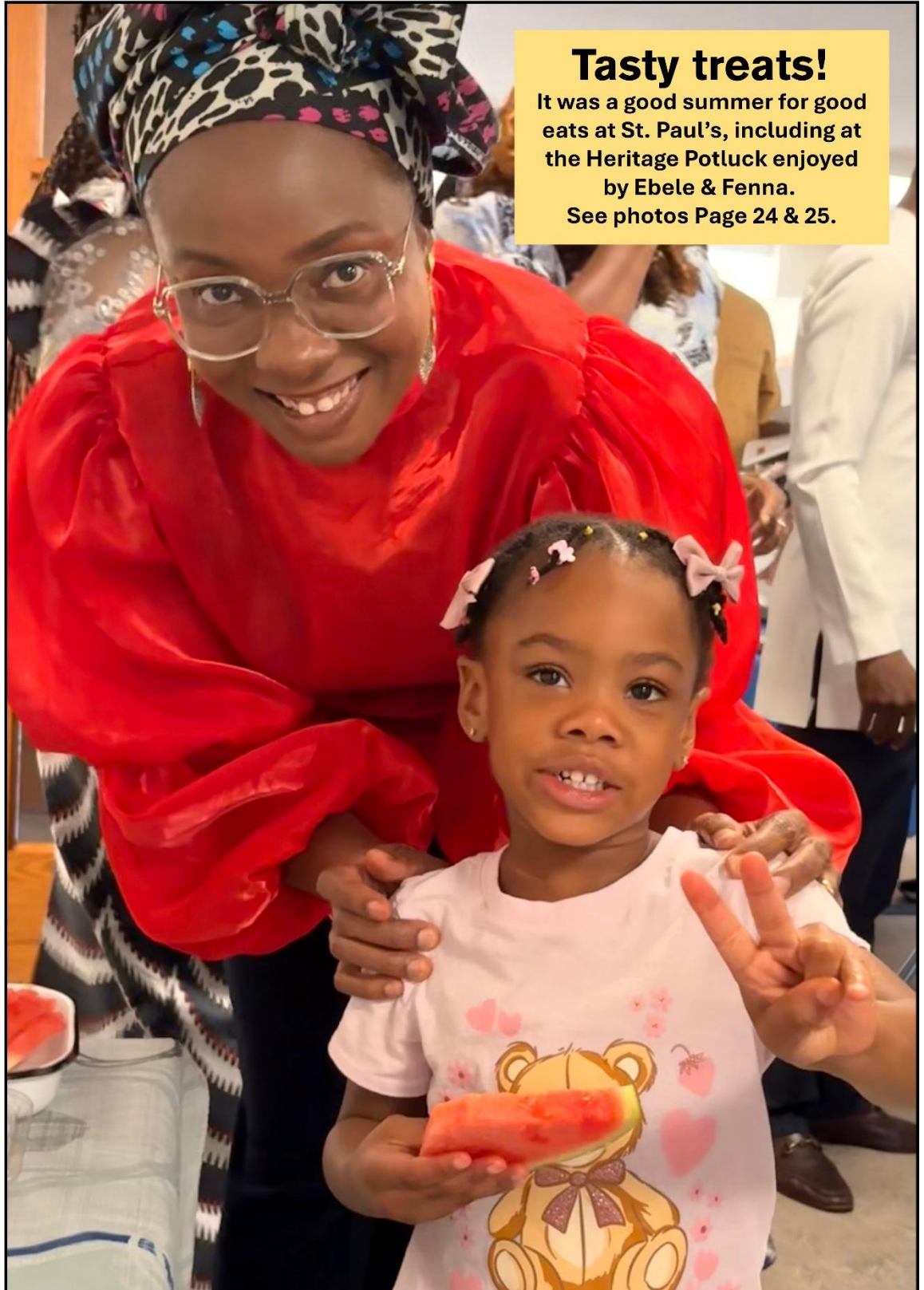
**Winter Tea
& Christmas
Fundraiser**



Page
27

Tasty treats!

It was a good summer for good eats at St. Paul's, including at the Heritage Potluck enjoyed by Ebele & Fenna. See photos Page 24 & 25.



St. Paul's Information



7 Sunmills Green SE
Calgary, Alberta T2X 3P6

Phone
(403) 256-1428

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



Sunday service

Our 10 a.m. Sunday Services can be shared in-person or online (live streamed on our website and YouTube (<https://www.youtube.com/channel/UCldxfHv5pFYST--j8as1GVg>))

To access Services on our website, please click on the Sermon tab in the top right-hand corner of the home page).

Incumbent

The Rev. Tony Hilling

Assistants

The Rev. Sean Devlin
The Rev. Cyril Haynes
The Rev. Deacon Betty Nadurak

Parish Council 2026

Incumbent's Warden –
Muyi Ekomwenrenren
Deputy People's warden - TBD
People's Warden - Paul Bourgeois
Deputy Incumbent's Warden - TBD

Parish Council Clerk - Bill Hart
Community Connection - Cec Sparrow
Hospitality - Abby Ekomwenrenren
Maintenance - Muyi Ekomwenrenren
Newcomers - Gloria Ford
Pastoral Care - Deacon Betty Nadurak
Outreach - John L'Ecuyer
Christian Education - Prosper Omagoro
Youth – Cheryl Scott
Sunday School – Onyinye Oyeka
Youth Representative – Cameryn Scott
Worship – TBD
Stewardship – Kerin Spaargaren

Members at Large

Emeka Nweke
Joan McCartney

Synod Delegates

Barb Leinweber
Cec Sparrow
Paul Bourgeois

MCES Designated

Directors

Barry O'Flynn
Ingrid Bolton (Treasurer)

Treasurer

Ingrid Bolton

Parish Ministries

Worship Ministries
Soundboard - Murray Skyes
Altar Guild - Barb Leinweber
Sacramental Assistants – Ed Mullaney
Choir – Paul Bourgeois
Prayers of the People – Dinah Breu
Readers – Stacy Spoonhiem
Servers – Father Tony
Sidespeople – Suzanne Wray
Prayer Team – Dinah Breu
Envelope Secretary – Debra Brisbin
Counters— Roxie Hall

Fellowship Ministries

Greeters – Roxie Hall
Coffee Time – Hospitality
Ladies' Luncheon - Gloria Ford
Men's Breakfast - Paul Bourgeois
Secret Friends – Julie Wilson

Christian Education

Nursery - Vacant
Youth - Cheryl Scott
Adult Education - Prosper Omagoro
Anglican Fellowship of Prayer – Dinah Breu
Sunday School Co-ordinator
– Onyinye Oyeka

Youth Ministry

S.P.Y. – Cheryl Scott

Pastoral Ministries

Pastoral Care Team – Betty Nadurak
Hospital Visiting – Clergy
& Pastoral Care Team
Home Visiting – Clergy
& Pastoral Care Team
Casserole Ministry – vacant
Prayer Group – Dinah Breu
Prayer Chain – Dinah Breu
Father Lacombe Care Centre Sunday
Eucharist—Kathleen Robinson
Card Ministry – Pauline Payne
Grief Support Group – Laura Anne Fink
Quilt/Shawl Prayer Ministry
– Laura Anne Fink

Outreach Ministries

Alongside Hope – Doreen Peters
Outreach Committee – John L'Ecuyer
(Age Care Seton, Food Bank, CAWST, Mainsprings,
Veteran Association Food Bank etc.)
Living Waters – Chizoba Ezeani

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.



The Rev'd Tony Hilling

INCUMBENT'S MESSAGE

REMEMBRANCE

"Memory, like the corners of my mind.
Misty water colour Memory;
Of the way we were.
Scattered pictures;
Of the smiles we left behind,
Smiles we gave to one and other.
Of the way we were."

So sang Perry Como, that Italian-American crooner, which song seemed tailor-made for him; his gentle voice was one that was perfect for the expression of the sentimental. How much the past strikes a chord with us! Indeed, we can become so much attached to the past that our hold on the present begins to weaken. Yet, the past is the product of our lives, the events that have shaped us and fashioned us; made us who we are. Is there not the possibility of a wholesome reflection on our past, without it being an obsession causing us to lose our grasp of the present? What I mean is a healthy critique of our past that fuels a necessary change of heart which takes immediate effect in our present.

Professor Stanley Hauerwas has written (amongst other works) a commentary on Matthew's gospel, in which he warns against sentimentality.

In speaking of the parable of the Sower in context of the shrinking church today, he says this:

**We can become
so much attached
to the past that our
hold on the present
begins to weaken**

"Why we are dying seems very simple. It is hard to be a disciple and be rich... The lure of wealth and the cares of the world produced by wealth quite simply darken and choke our imaginations. As a result, the church falls prey to the deepest enemy of the gospel—sentimentality. The gospel becomes a formula for 'giving our lives meaning' without judgment. Too often those who propose to recover lost status and/or membership of the church do so hoping that people can be attracted to become members of the church without facing the demands of being a disciple of Jesus. For a time they may be "joyful" but such joy cannot survive persecution." (S. Hauerwas, "Matthew", Brazos Theological Commentary on

the Bible, Brazos Press, 2006, p.129). Sentimentality though is not found only in the church. I have always struggled with some of the themes of Remembrance Day. We spend some time celebrating the fallen; but give little thought as to why they fell in the first place. Surely there must be some room for serious introspection; why do we find it so easy to both initiate and respond inappropriately to conflict? Following Hauerwas' thought, we seem to be happy celebrating Remembrance after Remembrance without submitting our behaviour to judgment. That wonderful last stanza of John McRae's poem reads:

"Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.

The phrase, 'holding the torch high', does not strike me as an invitation to further armed conflict but to question why we continually resort to it. The "foe" can be interpreted as our very selves, our human race. On September 20th we celebrated somewhat belatedly Holy Cross Day. There's nothing sentimental about the Cross. It is wonderfully effective in putting to death the old life so that we may welcome the new. Perhaps it will only be in the new world where the conflicts of the old will be resolved. But let us do our part now while we still breathe, though others sleep.

Fr. Tony

BLESSING OF PETS

Sunday, October 4th

**Bring your pets or a photo of them
for a special blessing**



“Life in the Spirit”

Experience Personal Renewal in the Power of the Holy Spirit

Discover your Gifts

Do you know what your Spiritual Gifts are? Have you used your Gifts today? Join us to discover these gifts at:

Friday, October 2

7 - 9 p.m. – Introduction to the Spiritual Gifts, with prayer ministry

Saturday, October 3

9:30 a.m. to 3:30 p.m.

Discover your Spiritual Gifts, teaching and practice,
with prayer ministry. Lunch provided.



Anglican Renewal Ministries
Canada



Winter Plant & Greenery *Fundraiser*

**The Hospitality Ministry is planning a
Winter Plant & Greenery Fundraiser!**

**The fundraiser will launch on
Oct. 4 and close on Nov. 8.**

**All orders will be available
for pickup at our Winter Tea
& Christmas Fundraiser on
Nov. 21, between 12 p.m. and 3 p.m.**

**More details will be shared
soon!**

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 2 nd Tuesday of the month) (Next date is 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. Choir Practice: 7 p.m. (New schedule as of Oct. 7) If you'd like to join Choir, please contact Paul Bourgeois.
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.
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 a.m. – 4th Saturday each month. (Next dates are Oct. 24 & Nov. 28). Men's Breakfast: 8:30 a.m. - 3rd Saturdays (at St. Peter's alternate months. Check website to confirm location). (Next dates are Oct. 17 @ St. Paul's and Nov. 21 at St. Peter's.)

Welcome newcomers

This is a list the names of anyone who has officially joined the parish recently by completing one of forms in the pews that asks if you would like to make St. Paul's your Parish Home. These are the names added since the last publication of Living Waters.

If there are any errors or omissions, please contact Chizoba at office@stpaulscalgary.ca

- Florence Ofili
- Linda J Pugh
- Stanley Ukpemo
- Ifeanyi & Anastasia Egbunonu
- Amanda & Mmeli Nyathi; Nala; Thandiwe Rose Dube
- Grace and John Crisp



Thanks guys!

Our St. Paul's leadership team enjoyed the great weather & fellowship at the End of Summer BBQ on Aug. 29. From left are Incumbent's Warden Muyi Ekomwenrenren, Incumbent Father Tony Hilling and People's Warden Paul Bourgeois.

Roster for Services (10 a.m. unless noted otherwise)

DATE	OBSERVATION	PRESIDING	PREACHING	ASSISTING	SPECIAL THEMES
Oct. 4	Feast of St. Francis	Tony	Tony	Betty	Birthdays & anniversaries Blessings of Pets
Oct. 11	20th Sunday after Pentecost	Tony	Tony	Betty	Thanksgiving Sunday Nigerian Thanksgiving offering
Oct. 18	21th Sunday after Pentecost	Sean	Sean	Betty	Healing & Anointing Prayer for Synod
Oct. 26	22th Sunday after Pentecost	Tony	Tony	Betty	
Nov. 1	All Saints Day	Tony	Tony	Betty	Birthdays & Anniversaries
Nov. 8	Remembrance Sunday	Tony	Tony	Tony	Blessing of Shoe boxes Remembrance
Nov. 15	25th Sunday after Pentecost	Sean	Sean	Betty	
Nov. 15	The Reign of Christ	Tony	Tony	Betty	
Nov. 29	1st Sunday of Advent	Tony	Tony	Betty	

UPCOMING EVENTS

Welcome! Please join us after the service for coffee & goodies. If you are a newcomer, please pick up information at the table just outside the sanctuary doors

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.

Pledge Cards: Stewardship pledge cards will be available from the sidespeople as of **Oct. 4**. 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 come for any portion you can. Chores both inside and outside of the church will be tackled to make St. Paul's an inviting home to us all. A lunch of pizza, chicken and veggies will be provided for participants.

Men's Breakfast: The group meets on Saturday, **Oct. 17** at St. Paul's and **Nov. 21** at St. Peter's at 8:30 a.m. Men 13+ are invited to join great food and fellowship.

Food for Veterans: We will be collecting non-perishable donations for the Veterans Association Food Bank in October and November. Please look for marked boxes in the parish hall.

Newcomers Welcome: We will celebrate our newcomers on **Nov. 1** - including cake at Coffee Time. **See Page 26.**



Shoeboxes: Samaritan's Purse Shoeboxes are here. See Laure or the display in the hall. Please return boxes by **Nov. 8**.

Winter Plant & Greenery Fundraiser: From **Oct. 4** until **Nov. 8**, you can order winter greenery as part of a Hospitality Ministry fundraiser. Orders will be available for pickup at the Winter Tea Christmas Fundraiser on **Nov. 21**. See Abby for details.

Ladies' Luncheon: Ladies' Lunch is at 11:20 a.m. On **Oct. 24**, Annette Pingot will share how Psalm 119: 105 shaped her life. On **Nov. 28** the topic is names.

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

Parking changes: St. Paul's will be changing how our parking lot is managed due to overnight parking and other security 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 see **Page 20 for more details.**

Winter Coats: Throughout October and November, St. Paul's is collecting donations of new or gently-used winter coats for Alpha House. Please look for the marked boxes in the hall.

Foundation Bible Class: This class introduces core Christian beliefs from an Anglican perspective. This in-person class is held at St. Paul's each Wednesday from 7 – 8 p.m. See Prosper or Fr. Tony for information.

Ladies Christmas Party: A potluck, games and karaoke will be just part of the fun at this celebration on Thursday, **Dec. 3** at 6 p.m. **See Pages 32 & 33 for more details.**

Save the date: St. Paul's Christmas Dinner will be held on Saturday, **Dec. 12** at 5 p.m. Tickets will be \$15 per person or \$60 per family (up to 5 people) **See Page 34 for more details.**





**THE SHOE BOXES
ARE HERE
PLEASE LOOK
FOR THEM IN THE
PARISH HALL**

**IT'S ALL ABOUT
JESUS!
PACK A SHOEBOX!!**

PLEASE RETURN BOXES BY NOV. 8

Visit SamaritansPurse.ca/OCC to learn more about how God can use a gift-filled shoebox given in Jesus' Name to transform a child, their family, and their community.



Samaritan's Purse
INTERNATIONAL RELIEF CANADA

Operation Christmas Child® is a project of Samaritan's Purse®.
Franklin Graham, President | 1-800-303-1269
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Foundation Bible Class



**The Foundation Bible Class,
led by Prosper Omagoro,
will be held
every Wednesday
7 – 8 p.m. at St. Paul's.
This in-person class will
explain Christian beliefs
from an Anglican perspective.
See Prosper for information**

FALL CLEAN UP DAY

Saturday, Oct. 10,
from 9 a.m. to 3 p.m.

Join us as we clean
and refresh both the
inside of the church and
the surrounding grounds
for the fall season.
Whether you can stay
for an hour or the whole
day, every helping hand
makes a difference!

Pizza, chicken & veggies
lunch for volunteers.



... WELCOME TO BABY NALA

We had another newcomer join our
church family on Sept. 14. Baby
Nala was baptized by Father Tony,
assisted by Rev. Betty.
Congratulations to both parents &
sponsors on this joyous occasion.

October Ladies' Luncheon

One Step at a Time



Your word is a
lamp for my feet, a
light on my path

Psalm 119: 105

Join Annette Pingot

Saturday Oct. 24 at

11:20 a.m.

as she shares how
this Bible verse
shaped her life.



Table topic: When have you had
doubts and struggled with your faith
AND when has God pushed you to action?

Please bring your own bag lunch & beverage

BRING A FRIEND | MEET A FRIEND | MAKE A FRIEND

Veterans Association Food Bank



**Non-perishable donations
are being collected for the
Veterans Association Food Bank
in October & November.**

**Look for marked boxes
in the parish hall.**

• • • • •

Working to end hunger

At Thanksgiving we have many reasons to be grateful, not least that we can take it for granted that we will have food to eat each day (even if we do complain about rising prices). More than 2 billion people in the world do not have regular access to safe, nutritious and sufficient food. The Canadian Food Grains Bank (CFGB) says that nearly 690 million people are constantly hungry. The impact of malnutrition in all its forms - undernutrition, micronutrient deficiencies, as well as overweight and obesity - on the global economy is estimated at USD 3.5 trillion per year.

Our future food systems need to provide affordable and healthy diets for all, and decent livelihoods for food system workers, while preserving natural resources and biodiversity and tackling challenges such as climate change.

Through its membership in CFGB, and its work with partners around the world, Alongside Hope is helping to work towards a world without hunger. Your donations can make a difference.



**Alongside
Hope**



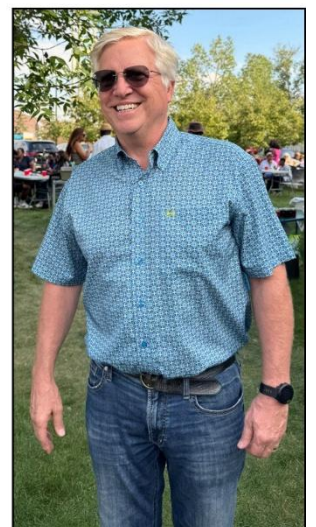
**We will be collecting
winter coats
for Alpha House
for the months of
October and November.
Look for marked boxes in the hall.**



ENDLESS FUN AT END OF SUMMER BBQ



At top left, with cleaver at the ready, Frank was happy to serve the roasted pig at St. Paul's End of Summer BBQ with Muyi keeping a close eye. There were lots of other tasty treats, as well as games and activities for the kids. The event was an opportunity to host friends of St. Paul's members as well as our neighbours.





St. Paul's End of Summer BBQ, held on Saturday Aug. 29, was hosted on the front yard as a way to make St. Paul's neighbours feel welcome to join in with the festivities.



OPEN HEARTS, OPEN HANDS

Growing a Life of Prayer Together

The **Anglican Fellowship of Prayer** invites you to a monthly gathering to deepen our life of prayer, through teaching, reflection, discussion and guided prayer.

Join us as we cultivate rhythms of prayer that shape everyday life, strengthen faith and renew the Church.

One-hour Zoom gatherings are held on the first Monday of each month at 1 p.m. Eastern. Visit www.anglicanprayer.org or follow us on Facebook for details and link



Session 1 Oct. 5 Prayer: Why Bother? What Difference Does Prayer Make

Prayer as relationship with God – daily communication rooted in Scripture, sacrament, and worship. Exploring why Christians pray and how prayer forms and transforms us.



Session 2 Nov. 2 Praying the Psalms

Learning to pray with and from the Psalms, which teach us honesty, lament, praise, confession, thanksgiving and hope.



Session 3 Dec. 7 Daily Rhythms of Prayer

Exploring the joys and challenges of praying throughout our day.



Session 4 Jan. 4 Intercessions & Praying with and for Others

Standing in the gap for the Church, community, and the world. Examining intercessory prayer, corporate prayer and the Prayers of the People.



Session 5 Feb. 1 Prayer with Imagination

Learning to rest in God's presence and listen for God's voice. Exploring praying with the imagination, silence, stillness and the contemplative stream within the Anglican spirituality.



Session 6 March 1 Prayer in Times of Grief, Suffering and Discernment

Praying through grief, uncertainty, healing and waiting. Engaging in honest prayer, pastoral care, discernment and hope in difficult seasons.



Session 7 April 5 Praying While Moving~Movement as the Prayer

We will be learning about the different ways in which motion (both indoors and outside) are incorporated into our times of prayer.



Session 8 May 3 Prayer, Mission and Revival

Prayer as the foundation of evangelism, renewal and spiritual revival. How prayer strengthens the Church and transforms communities through the work of the Holy Spirit.



See Dinah Breu for more information



Prayers

Collected and shared by Dinah



"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people." - 1Tim. 2:1

"Prayer is a surge of the heart; it is a simple look turned toward heaven; it is a cry of recognition and of love, embracing both trial and joy." - St. Thérèse of Lisieux

"And so I urge you: carry on an ongoing conversation with God about the daily stuff of life, a little like Tevye in Fiddler on the Roof. For now, do not worry about proper praying; just talk to God." - Richard J. Foster

PRAYERS FOR OURSELVES AND OTHERS

O Christ, tirelessly you seek out those who are looking for you and who think that you are far away. Teach us, at every moment, to place our spirits in your hands. While we are still looking for you, already you have found us. However poor our prayer, you hear us far more than we can imagine or believe. Amen - Brother Roger of Taizé

Dear Lord, I thank you that I can come to you always for any reason. I'm grateful that when I pray to you, you answer me. Help me to come to you at the beginning of my fears and anxieties instead of waiting until I can't stand them anymore. The quicker I come to you, the better. You want to free me from all my fears. Help me look to you for help more often so that I can be radiant with your joy. In Jesus' name I pray. Amen. - Author unknown

Gracious God, our Protector, our Defender, and our Saviour, Storms can so often rage about us and cause us to be afraid. Without warning, they erupt over us, causing us to fear. Lord, protect me from despair and deliver me from all my fear. I pray that you strengthen my resolve to stand in your presence during the storms of my life. Preserve me from unbelief and strengthen my faith. And in those times when I am tempted to question your presence or your activity in my life, open my eyes to see you; open my heart to receive your calm. This I pray through Jesus Christ, my Lord. Amen.

- based on Collect for Proper 12 from the Anglican Church of Canada, Rev. Dr. Kyle Norman (used with permission)

"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 [life]. All does not yet shine with glory; nevertheless, all is being purified. - Martin Luther

"O consuming fire, O Spirit of love, descend into our hearts and there transform us until we are fire of Your fire, love of Your love, and Christ Himself is formed within us. Amen."

- Methodist GB



PRAYER FOR WORLD PEACE

"If it is possible, as far as it depends on you, live at peace with everyone." - Romans 12:18

Heavenly Father, Author of all peace, we lift up our broken world to You. We pray for an end to violence, warfare and injustice everywhere, grant world leaders the wisdom to pursue diplomatic solutions, and bring comfort to the vulnerable, the grieving and all those suffering from conflict. "Compassion and goodness are 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." Amen - Desmond Tutu

A PRAYER FOR THE CHURCH

Lord, we pray for the unity of Your Church. Help us to see ourselves as rays from the one sun, branches of a single tree, and streams flowing from one river. May we remain united to You and to each other, because You are our common source of life. May we send out Your light and pour forth Your flowing streams over all the earth, drawing our inspiration and joy from You. Amen. - After St. Cyprian of Carthage (200-238 AD)

PRAYERS FOR OUR SPIRITUAL LEADERS

(The Scripture below is one suggested by the Anglican Fellowship of Prayer to be prayed for our spiritual leaders.) Heavenly Father, give to Your servants grace and power to fulfil their ministry. Make them faithful to serve, ready to teach and constant to advance Your Gospel; and grant that they may continue strong and steadfast in Your Son, Jesus Christ our Lord. Amen. - (Adapted from the Book of Alternative Services, p. 657 - Consecration of a Deacon.)



ST. LUKE THE EVANGELIST OCT. 18

Lord God, who looks with compassion on the needs of all people: grant Your grace to all You have called, like Luke, the beloved physician, to be sharers in Your own work of healing; that they may learn their art in dependence on You, and exercise it always under Your sanction and for Your glory; through Jesus Christ our Lord. Amen. - Unknown source

Almighty God, by whose grace Your servant Luke, the beloved physician, was able to write in the Gospel of the love and healing power of Your Son: may Your Church today show the same love and power to a world in need by proclaiming the good news of your salvation, both in word and deed; through Jesus Christ our Lord. AMEN - Roger Pickering

PRAYERS FOR HEALING

"I will restore health to you, and your wounds I will heal," says the Lord. - Jeremiah 30:17

"O Lord, you're wonderful, your touch is all I need for when your hand is on this child your healing I receive." - from a song by Keith Green



God of the desert, suffering God, bless your child (name) who is suffering and longs for the day when he/she will be free of all distress in mind and body. God of healing and wholeness, fill his/her empty places with hope and embrace him/her with your comfort and courage. Like the woman ill for twelve years who touched the hem of Jesus' garment may he/she touch the garment of your compassion and feel your spiritual power flow through his/her body and spirit. We place our trust in you, God of tender love. AMEN - source unknown

Lord, you invite all who are burdened to come to you. Allow your healing hand to heal me. Touch my soul with your compassion for others. Touch my heart with your courage and infinite love for all. Touch my mind with your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to you in me need, and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which You have created, now and forever. AMEN - source unknown

Lord, look upon me with eyes of mercy, may your healing hand rest upon me, may your life giving powers flow into every cell of my body and into the depths of my soul, cleansing, purifying, restoring me to wholeness and strength for service in your Kingdom. AMEN - unknown source



A PRAYER FOR THOSE WHO ARE ILL

Jesus our Healer, we place in your gentle hands those who are sick. Ease their pain and heal the damage done to them in body, mind or spirit. Be present to them through the support of friends and in the care of doctors and nurses and fill them with the warmth of your love, now and always. AMEN - Angela Ashwin

A PRAYER FOR THOSE WITH DEMENTIA AND THEIR CAREGIVERS

God of all wisdom, your mind contains the breadth and depth of all human joys and sorrows: We lift up before you all whose minds are clouded by dementia, together with those who love and care for them. Sustain them with the remembrance of your infinite mercy, shine the clear light of your guidance on the obscurity of the path before them, and bind them together in the knowledge of your love, that they may walk in your presence in the land of the living.

This we ask in the holy Name of Jesus, the Rock of Ages. AMEN - source-Anglican Fellowship of Prayer

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

HEALING SCRIPTURES



"O Lord my God, I cried out to You, and You healed me" - Psalm 30:2

"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing Psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven." - James 5:13-15

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

"Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise." - Jer. 17:14

"When the sun was setting, all those who had any that were sick with various diseases brought them to Jesus; and He laid His hands on every one of them and healed them." - Luke 4:40

"But when the multitudes knew it, they followed Jesus; and He received them and spoke to them about the kingdom of God, and healed those who had need of healing." - Luke 9:11

"For God hath not given us the spirit of fear, but of power and of love and of a sound mind." - 2 Timothy 1:7

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

"Be of good courage, and He shall strengthen your heart, all you that hope in the Lord." - Psalm 31:24

"And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus." - Philippians 4:7

SEASONAL PRAYERS

INTERNATIONAL DAY OF NON-VIOLENCE - OCT. 2

God of peace, thank you for calling us to follow the non-violent Jesus on the road to peace. Help us to become your holy people of Gospel non-violence. Disarm our hearts that we might be instruments of your disarming love. Make our church a community of Gospel non-violence, that rejects war and radiates your love and peace. Bless us to love one another and our enemies, to reconcile with everyone, to resist injustice and spread the practice of non-violence. Give us a new world without war, poverty, nuclear weapons, global warming or violence. Give us your reign of non-violence, here and now. We ask this in the name of the non-violent Jesus, our brother and our peace. AMEN - John Dear

PRAYER FOR THE LAST DAY OF THE SEASON OF CREATION OCT. 4

Fill us with a spirit of praise, gratitude, wisdom, and courage, that we might care for creation and not misuse it, ensure that its goods are shared in justice with all our brothers and sisters, and speak out on its behalf whenever it is threatened. - AMEN
-source: Catholic Charities USA

A PRAYER OF ST. FRANCIS OCT. 4

Lord, make us to walk in your way: "where there is love and wisdom there is neither fear nor ignorance; where there is patience and humility, there is neither anger or annoyance; where there is poverty and joy, there is neither greed nor avarice; where there is peace and contemplation, there is neither care nor restlessness; where there is the fear of God to guard the dwelling, there no enemy can enter; where there is mercy and prudence, there is neither excess nor harshness"; this we know through your Son, Christ our Lord. AMEN

- St. Francis of Assisi



THANKSGIVING DAY OCT. 11

"Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods." - Psalm 95:2-3

"Let us give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things." - Psalm 107:8-9

Lord, your harvest is the harvest of love; love sown in the hearts of people; love that spreads out like the branches of a great tree covering all who seek its shelter; love that inspires and recreates; love that is planted in the weak and the weary, the sick and the dying. The harvest of your love is the heart that reaches through the weeds of sin and death to the sunlight of resurrection. Lord, nurture my days with your love, water my soul with the dew of forgiveness, that the harvest of my life might be your joy. AMEN - Frank Topping

WORLD FOOD DAY OCT. 16

Let us pray for our neighbours who will not eat enough this day, that they may be filled, and for our nation and those who shape its policies, that the elimination of hunger may truly become a national priority. And let us pray for ourselves that we may be filled with such love for those who hunger that we commit ourselves to unaccustomed actions that will send a strong, determined signal to world leaders to work for an end to hunger in our bountiful earth. AMEN - (unknown source)

IGNATIUS, BISHOP & MARTYR OCT. 17

Heavenly Father, who adorned your Church with the witness of your holy martyr Ignatius, grant to us, we pray, the gift of true and gracious unity, that your Spirit may direct our service and our offering may be your work in our midst. We ask this in the

name of Jesus Christ our Lord. AMEN

- Prayer over the Gifts from "For All the Saints"

JEAN DE BREBEUF, ISAAC JOGUES & COMPANIONS, MARTYRS OCT.19

Heavenly Father who gave your holy martyrs of Canada power to share in the sufferings of your Son, grant us such strength in our faith that we may never fear nor falter in our witness to your love for the sake of him who died and rose again, your Son Jesus Christ our Lord. AMEN

- Prayer after Communion from "For All the Saints"

JAMES OF JERUSALEM OCT.23

Let your people, O God, continually cherish the memory of James, who was a pillar in your Church supporting its witness to the resurrection; and grant that, following his example in the work of reconciliation, we may bring all who are at variance and enmity to peace and perfect unity in your Son; who lives and reigns with you and the Holy Spirit, one God, now and forever. AMEN - Collect from "For All the Saints"

ST. SIMON & ST. JUDE, APOSTLES OCT. 28

We thank you for the glorious company of the apostles, and especially on this day for Simon and Jude. As they were faithful and zealous in their mission, so may we with ardent devotion make known the love and mercy of our Lord and Saviour, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and forever. AMEN

- Collect from "For All the Saints"

ALL SAINTS NOV. 1

"we are surrounded by such a great cloud of witnesses."

- Heb. 12;1

We praise you, Lord our God for all the saints who went before us, have spoken to our hearts and touched us with your fire.

-for all the saints who live beside us, whose weaknesses and strengths are woven with our own for all the saints who live beyond us, who challenge us to change the world with them.

AMEN

-adapted from a prayer by Janet Morley

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 - Writer unknown

ALL SOULS NOV. 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, especially those most dear to us. Give us grace so to follow their faith and god 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

Those whom we love and lose are no longer where they were before. They are now wherever we are. -St. John Chrysostom



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

We remember today, O Lord, all those who have died in any kind of war soldiers who perished in the horror of battle, householders buried beneath the rubble, men, women and children hacked to death in their villages.

Today we especially remember and give thanks for those who served and died in wars past and the members of our Canadian Forces who serve now in other troubled places in the world, many of whom have given their lives in service. We also remember those who have returned home with terrible injuries, those who returned suffering in mind and spirit through the trauma of war and all those who have lost loved ones. 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

“He will judge between the nations and will settle disputes for many peoples. They will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore.” - *Isaiah. 2:4*

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

O Lord, whose power to heal was tested against the power which destroys, and proved stronger: Open our eyes to the



signs of your strength in this modern world, and open our hearts to the Kingdom of God, which has come upon us through the power of your Holy Spirit. AMEN -author unknown

REIGN OF CHRIST NOV.22

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

Lord Jesus Christ, thou Son of the Most High, Prince of Peace, be born again into our world. Wherever there is war in this world, wherever there is pain, wherever there is loneliness, wherever there is no hope, come, thou long-expected one, with healing in thy wings. Holy Child, whom the shepherds and the kings and the dumb beasts adored, be born again. Wherever there is boredom, wherever there is fear of failure, wherever there is temptation to strong to resist, wherever there is bitterness of heart, come thou blessed one, with healing in thy wings. Saviour, be born in each of us who raises his face to thy face, not knowing fully who he is or who thou art, knowing only that thy love is beyond his knowing and that no other has the power to make him whole. Come, Lord Jesus, to each who longs for thee even though he has forgotten thy name. Come quickly! AMEN - Frederick Buechner



ST. ANDREW NOV. 30

Lord Jesus Christ, who called Andrew from his nets to become 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

WORDS OF BLESSING FROM EPHESIANS 16 - 19

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure of all the fullness of God.” May it be so for us all. AMEN.

Men's Breakfast

All men age 13 and up are invited.
If possible, let us know if you plan to
attend so we know how many to expect.



Oct. 17 at St. Paul's
Nov. 21 at St. Peter's
... both at 8:30 a.m.

St. Paul's
Stringers



COFFEE HOUSE



**THE NEXT
COFFEE
HOUSE
WILL BE
HELD
ON FRIDAY,
NOV. 13
AT 7 P.M.
OPEN MIC!**

ALL WELCOME!

New Parking Lot Rules

It has become increasingly difficult to manage the use of our parking lot. Over time, we have seen more unauthorized vehicles parking there, particularly overnight raising security concerns. Our new signage, indicating that it is Private Property, doesn't seem to be helping. Recently, the managers of the neighbouring mall met with us to tell us that they will be instituting paid parking at the mall and that may further impact the use of our parking lot. They offered to manage the use of our parking lot so that only authorized vehicles could park there unless they paid for parking.

New signage will specify that our parking lot is “Paid Parking” unless you are a visitor to St. Paul's Church. There will be a QR code for paid parking, and visitors to St. Paul's will be able to register their vehicle inside the church during office hours. The church will receive a portion of the revenues collected for paid parking in our lot. The lot will be patrolled and unauthorized vehicles will be ticketed.

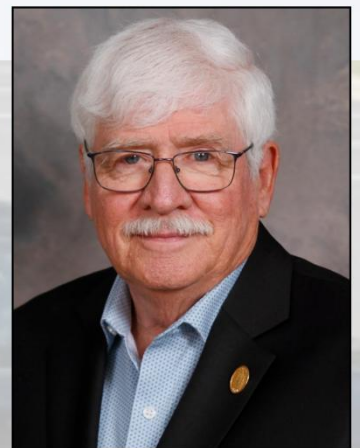
Sunday's will be exempt from individual registration, as will all other regularly scheduled events at the church. We will advise the parking lot managers of all those events so that vehicle registration at those times will be unnecessary. We are asking all church members who regularly visit the church during the week for any reason to provide their vehicle licence plate number and contact information to the office so that we can record that information and forward it to the parking lot managers. You will not need to register each time you come to the church if your vehicle is pre-registered.

One additional parking matter that I would like to address is the use of the Sundance on the Green Parking lot between the two buildings by our main door.

I have observed church goers parking there on Sundays. That lot is for the exclusive use of Sundance on the Green visitors, and people attending events at St. Paul's are not permitted to use that parking lot. Please use our main parking lot or park on the street by the south door of the church.

If you need further clarification, please feel free to talk to Rev. Tony, Muvi or myself.

Paul
Bourgeois
(People's Warden)



St. Paul's Anglican Church

Income Statement January 1, 2026 to August 31, 2026

Income	Jan-Aug 26	Jan-Aug 25	Budget
Interest Income	890	7,874	0
Offerings	158,504	155,701	179,052
Other Income	23,333	15,699	11,690
Total Income	182,727	179,274	190,742
Expense			
Administration	44,692	44,710	45,332
Apportionment	16,872	16,792	16,870
Christian Education	260	2,491	2,668
General Maintenance	17,295	29,194	18,332
Hospitality/Fellowship	1,884	1,216	2,000
Insurance	4,198	3,799	4,868
Ministerial	70,148	66,712	71,332
Newcomers	0	0	100
Outreach	2,087	15,216	16,668
Pastoral Care	0	43	68
Utilities	8,904	9,480	10,400
Worship	6,404	5,958	7,000
Total Expense	172,744	195,611	195,638
Net Income	9,983	-41,104	-4,896

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

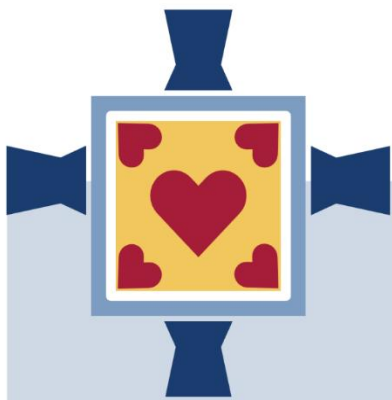
To make a donation, you can use envelopes provided by the Envelope Secretary.

To donate electronically, the preferred method is by **e-transfer**.

Please use the email gift@stpaulscalgary.ca
No password is needed.

To help our Envelope Secretary, please include your envelope number in the message, or your name and address. You can also donate via our website (<https://www.stpaulscalgary.ca/donate>). This is completely secure, with the highest level of PCI compliance. You can also set up direct deposit. For the form, go to our website, type "Donation" in the search box, and click on "Pre Authorized Donations."





Plenty Good Room

A Thanksgiving Reflection

Questions for Reflection:

For what are you grateful today?

Thanksgiving is a season for pausing, remembering and giving thanks. We gather around tables with family, friends and neighbours; we share stories and food; we recall blessings great and small. At its heart, Thanksgiving is a reminder that gratitude is the root of generosity. When we give thanks, we recognize that what we have is gift – and gifts are meant to be shared.

The spiritual Plenty Good Room sings this same truth: “plenty good room in my Father’s kingdom, just choose your seat and sit down.” God’s abundance is not limited to harvests or seasons – it is woven into the very fabric of creation and our life together. At God’s table there is not only food enough, but love enough, grace enough, space enough for all.

Scarcity tells us to measure what we lack. Gratitude opens our eyes to see what overflows. When we focus on what is missing, we turn inward; when we give thanks, our hearts turn outward in generosity.

Thanksgiving becomes not just a holiday but a practice of stewardship – an ongoing rhythm of noticing God’s gifts and sharing them with others.

In our churches, this season is an opportunity to reflect on the many blessings God has given us: the gift of community, the gift of worship, the gift of hope and mission. Every pledge, every offering, every act of service is a way of saying, “Thank you, Lord, for your goodness, and here is my gift in return.” Gratitude begets generosity, and generosity creates plenty good room for all.

So whether we are at crowded tables or quiet ones this Thanksgiving, may we pause to notice God’s abundance. May we give thanks for those who came before us and for those who will come after. And may we recommit ourselves to being a people who make room – for neighbours, for strangers, for future generations – at God’s ever-expanding table.

“O give thanks to the Lord, for he is good; his steadfast love endures forever!” – Psalm 107:1 tens.org



J. Davey Gerhard is the Executive Director of TENS and believes in God’s all-

inclusive invitation to find Love when we are gathered together. He lives, works, and worships in San Francisco, California.

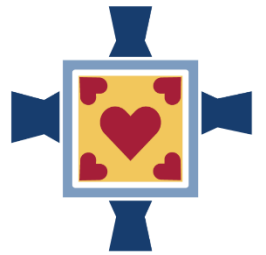
2027 Stewardship Pledge Cards

Please prayerfully consider pledging a regular donation to St. Paul's
to assist in future planning.

Stewardship pledge cards will be available as of Oct. 4 from the sidespeople,
or you can use the version printed below.

Please return cards to St. Paul's by Nov. 8. You can either leave them on the
collection plate (in an envelope) or bring to the parish office.

Our stewardship theme this year is **Plenty Good Room** – a reflection on God's
abundance and a call to make space for all.



Plenty
Good Room

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

PLEASE CONTACT ME ABOUT:

- ☐ setting up payments from my chequing account/credit card.
- ☐ including the church in my estate plans.
- ☐ making my gift through stocks or securities.



My promise I/we promise \$ _____ for ministry.

for 2027: I/we plan to fulfill this pledge ☐ weekly ☐ monthly ☐ quarterly ☐ annually

Resources Relationships & Responses

**It takes more than money
to operate ministry in our
church.**

With gratitude we accept
the many gifts of our
members as volunteers,
servers, ambassadors,
and friends in and
outside our community.
Thank you for all you do!

☐ I/my family would like to volunteer:

☐ I/my family would like to learn more about these ministries or opportunities:

☐ I/my family have skills and interests we would like to share or teach to our church:





SHARING OUR HERITAGE

Our parish family tasted of the wide variety of our cultural backgrounds with our Heritage weekend Potluck lunch in August

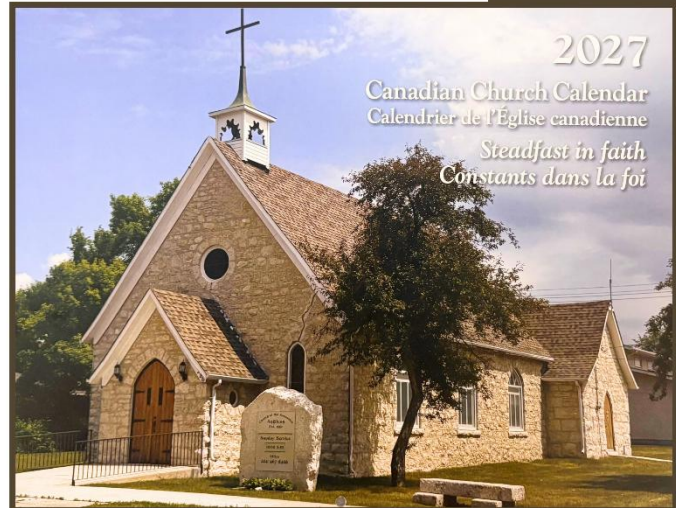


2027 CANADIAN CHURCH CALENDAR

The calendars are now available in the Parish Hall for **\$8 each**.

You can either pay in cash and leave the money in the purple plastic box besides the calendar or send an e-transfer to gift@stpaulscalgary.ca

Be sure to write **"Calendar"** in the comment section.



New Members Welcome Sunday

Let's eat Cake
and celebrate our
newcomers

A special Nov. 1 coffee
time will honour our new
parish family members.
See you there!





Winter Tea & Christmas Fundraiser

A Sneak Peek of What's Coming!

Saturday, Nov. 21, 12 p.m. – 3 p.m.

The Hospitality Ministry is excited to bring
you an afternoon of tea, fellowship,
Christmas cheer and fundraising!

❧ **What to look forward to:** ❧

Winter Tea & Refreshments

Winter Plant & Greenery Pickup

Bake Sale

Silent Auction

Fellowship & Social Time



**Ticket:
\$10 per person**

More details coming soon!



... A SPRINKLING OF FUN

It was part Blessing of the Backpacks and perhaps part bathing of the kids as Father Tony enthusiastically sprinkled the backpacks and their owners with Holy Water on Sept. 13. Good luck on the school year to all who participated.



Christian Parenting in the Age of Social Media



This seminar will focus on challenges faced by parents in the challenging time of Social Media.

Speaker: Dr. Nneka Orakwue-Ononye

a board-certified Child and Adolescent Psychiatrist and a fellow Anglican who shares our faith and understands our church community

7 p.m. Friday, Nov. 27 at St. Paul's

St. Paul's Name Tag Initiative

GOD said, "I have called you by name," Isaiah 43:1

Respectively submitted, Gloria Ford

Remembering a person's name is not always easy. Name Tags help!

Our Creator calls us by name and we need to follow His example. God knows that love grows through relationship:

- *Relationship with Jesus**
- *Relationship with each other**

Being in relationship begins with a name:

- *Recognition *Acceptance**
- *Inclusion**

Being a loving church family in Christ is:

- *Recognition *Acceptance**
- *Inclusion**

The Newcomers Ministry Team is launching the Name Tag Initiative. A BREEZE list of 260 recently active parish members will be in the parish hall through October for updates.

The magnetic-backed Name Tags are less than half the size of our current name tags and will be easier to organize (please Lord) on the magnetic board next to the office.

A generous donor has paid the cost of 200 Name Tags. If you would like to Pay It Forward, any donation of \$5, \$10, or \$15 will go towards the next batch of Name Tags.

While there is no charge for a Name Tag, the actual cost is \$15 each. You can donate cash or send an e-transfer to gift@stpaulscalgary.ca and put "Name Tags" in the Message.



Choir Practice

Starting Oct. 7,
Choir Practice will be held
every Wednesday at 7 p.m.



ST. PAUL'S HOSPITALITY MINISTRY BOTTLE DRIVE

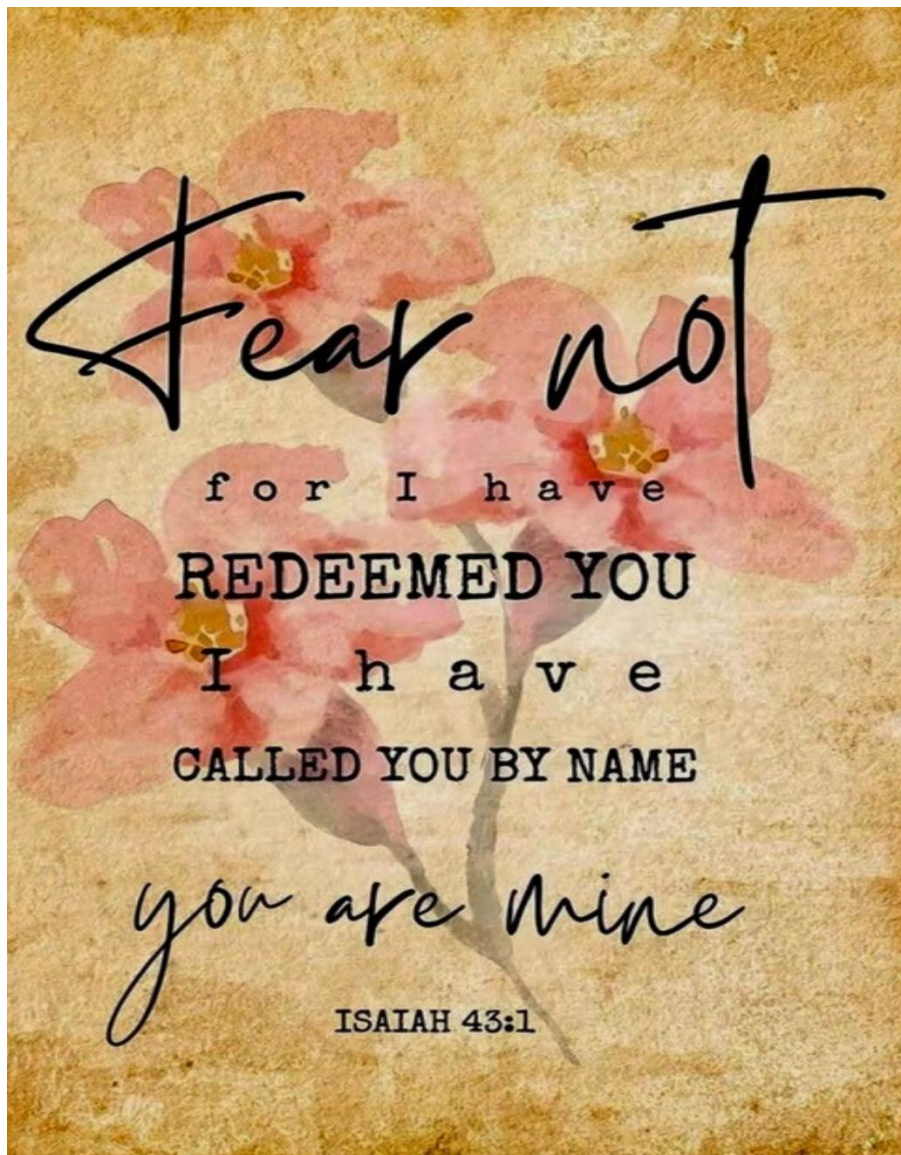
Got Empty
Bottles?

We've Got
a Cause!



Save your bottles and cans and bring them
to church on Sundays or during office hours.
Support St. Paul's Hospitality Ministry
and help the environment at the same time.
Every bottle counts!





LADIES' LUNCHEON NOV. 28 2026

**Everyone of us
is known, loved and
chosen by our Loving
Heavenly Father.
Join in a time
of sharing, laughing,
and cherishing the
preciousness
of each one of us
as revealed in our
NAMES.**

Reflection Questions

How were you named? What does your name mean? Do you have a nickname? How do you choose names for loved ones? What does it mean to you that God calls you by name?

**Bring a small lunch to St Paul's
on Saturday, Nov. 28 2026 @ 11:20 am.**

Bring a Friend! Meet a Friend! Make a Friend!

**“TO BE OR
NOT TO BE**

That is the question

TO BE OR NOT TO BE.....a Follower of JESUS

That is a step. A step of Faith. God has no grandchildren.

A step of reality. The Truth will set you Free.

A step of seeking our Source. To know Him is to love Him.

A step of seeking our Goal. Peace now and into eternity.

Shared by Gloria Ford



What is the Secret Friend Ministry?



St. Paul's Secret Friend Ministry is open to all women of our parish. It is designed to bring the women of our parish closer together through the blessings of a "Secret Friend."

A secret friend will take time to try and get to know their new secret friend. They will lift them up in prayer and bless them with regular correspondence and perhaps a small gift for special occasions, all secretly, of course.

The Secret Friend reveal and choosing of a new Secret Friend for the following year will take place at our annual Ladies Christmas Party. This year's party is on Thursday, Dec. 3rd. All the women of our parish are invited. You do not have to be a Secret Friend to attend. If you would like to join us, please RSVP to Julie by Thursday, Nov. 29th.

We look forward to another wonderful year of Secret Blessings! For more information and to receive a Secret Friend Questionnaire form, please contact Julie Wilson at 403 630-1533 or by email at jthompsonwilson@shaw.ca.



LADIES CHRISTMAS PARTY

CHRISTMAS

Star of Wonder!

THURSDAY, DECEMBER 3 • 6:00 PM

St. Paul's Anglican Church

POTLUCK • GAMES • KARAOKE • REFRESHMENTS

Christmas gift exchange, \$25 limit. Optional.

RSVP to Julie by **Sunday, November 29** • jthompsonwilson@shaw.ca



Ladies

CHRISTMAS PARTY

Please sign-up: on list in hall or **RSVP** to Julie by November 29th
(403) 630-1533 or jthompsonwilson@shaw.ca

Potluck Dinner:

Please sign-up on list or let Julie know if you are bringing either a Savoury or Sweet dish.

Gift Exchange:

Themed. Please bring a wrapped “**Christmas Themed**” gift. \$25 limit. Need ideas-Christmas Markets & Craft Fairs, Shop Local (*Participation Optional.*)

Secret Friends:

If you would like to be a Secret Friend please fill out a form and bring it to the party. Forms are available at the Church or via email from Julie.

St. Paul's Christmas Dinner

Saturday, Dec. 12 at 5 p.m.



Join Us for a Joyful Christmas Celebration!

Come together in faith and community as we celebrate the joy of the Christmas season! Enjoy a delicious turkey dinner with all the trimmings and some surprise extra additions. Sing along to festive Christmas carols, and share a wonderful evening with family and friends.

More details coming soon.

OCTOBER 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Holy Eucharist is in person and also lived streamed on our website https://www.stpaulscalgary.ca/			1 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study 7:30 p.m. Choir Practice	2 1 - 2 p.m. Handchimes Practice 7 p.m. Life in the Spirit	3 10 - 3 p.m. Life in the Spirit
4 10 a.m. Holy Eucharist Blessing of Pets 11:30 a.m. Handchimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	5 1 p.m. Walking Group 1:30 p.m. Prayer Group in person 6:30 - 8 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal	6 6:30 - 8 p.m. Girl Guides	7 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 1 p.m. Prayer Shawl 7 p.m. Choir Practice 7 p.m. Foundation Bible Class	8 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study	9 1 - 2 p.m. Hand chimes Practice	10 9 - 3 p.m. Fall Clean Up Day
11 10 a.m. Holy Eucharist Thanksgiving Sunday 2 p.m. Word to World Ministries 4 p.m. Philippines Church	12 Office Closed 1 p.m. Walking Group 6:30 - 8 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal	13 6:30 - 8 p.m. Girl Guides 7 p.m. Parish Council	14 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 7 p.m. Foundation Bible Class	15 6 - 7:30 p.m. TOPS 11 a.m. Joan Barr's Celebration of Life 7 p.m. Evening Bible Study	16 1 - 2 p.m. Hand chimes Practice	17 8:30 a.m. Men's Breakfast @ St. Paul's
18 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2:30 p.m. Eucharist at Father Lacombe Care Centre 2 p.m. Word to World Ministries 4 p.m. Philippines Church	19 1 p.m. Walking Group 6:30 - 8 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal	20 6:30 - 8 p.m. Girl Guides	21 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 1 p.m. Prayer Shawl 7 p.m. Choir Practice 7 p.m. Foundation Bible Class	22 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study	23 1 - 2 p.m. Hand chimes Practice	24 11:20 a.m. Ladies' Luncheon 2 - 4 p.m. Rental - Sundance Villas
25 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	26 1 p.m. Walking Group 6:30 - 8 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	27 6:30 - 8 p.m. Girl Guides	28 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 7 p.m. Choir Practice 7 p.m. Foundation Bible Class	29 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study	30 9 - 10 a.m. Inter Faith Group 1 - 2 p.m. Hand chimes Practice	31

NOVEMBER 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 10 a.m. Holy Eucharist Newcomers Welcome Celebration 11:30 p.m. Handchimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	2 1 p.m. Walking Group 6:30 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal	3 6:30 - p.m. Girl Guides	4 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 1 p.m. Prayer Shawl 7 p.m. Choir Practice 7 p.m. Foundation Bible Class	5 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study	6 1 - 2 p.m. Hand chimes Practice	7
8 10 a.m. Holy Eucharist 11:30 p.m. Handchimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	9 1 p.m. Walking Group 1:30 p.m. Prayer Group in person 6:30 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal	10 6:30 p.m. Girl Guides 7 p.m. Parish Council	11 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 7 p.m. Choir Practice 7 p.m. Foundation Bible Class	12 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study	13 1-2 p.m. Handchimes 7 p.m. Coffee House	14
15 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	16 1 p.m. Walking Group 6:30 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal	17 6:30 p.m. Girl Guides	18 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 1 p.m. Prayer Shawl 7 p.m. Choir Practice 7 p.m. Foundation Bible Class	19 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study	20 1 - 2 p.m. Hand chimes	21 8:30 a.m. Men's Breakfast @ St. Peter's 12 - 3 p.m. Winter Tea & Christmas Fundraiser
22 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministries 4 p.m. Philippines Church	23 1 p.m. Walking Group 6:30 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal 7:30 p.m. Prayer Group via Zoom	24 6:30 p.m. Girl Guides	25 9:30 a.m. Morning Prayer 10:30 a.m. Bible Study 11:30 a.m. - 1 p.m. Hunger for Healing 7 p.m. Choir Practice 7 p.m. Foundation Bible Class	26 6 - 7:30 p.m. TOPS 7 p.m. Evening Bible Study	27 9 -10 a.m. Inter Faith Group 1 - 2 p.m. Handchimes 7 p.m. Parenting Seminar	28 11:20 a.m. Ladies' Luncheon
29 10 a.m. Holy Eucharist 11:30 a.m. Hand chimes Practice 2 p.m. Word to World Ministries 2:30 p.m. Eucharist at Father Lacombe Care Centre 4 p.m. Philippines Church	30 1 p.m. Walking Group 6:30 p.m. Trex - Girl Guides 7:30 p.m. Stringers Rehearsal					

Holy Eucharist is in person
and also lived streamed on our website
<https://www.stpaulscalgary.ca/>