

Living Waters

October 2019



**St. Paul's
Anglican Church**

Opening Hearts and Minds to God's Grace



Carrots and onions and beets oh my! Capturing the spirit of a Harvest Thanksgiving, Kerry gathers up another delivery of produce from the St. Paul's community garden plots ready for delivery to the Calgary Food Bank. Check out Page 9 for more photos and details.



**Bishop
Greg
to confirm
candidates
at St. Paul's
Nov. 3
See Page 6**

**St. Paul's
Christmas
Market
unveiled
See Page 5**



**End of Summer BBQ fun
captured in photos
See Page 14 & 15**



*May
you
enjoy a blessed
Thanksgiving!*



St. Paul's

information



SERVICE TIMES

Sunday Services at 8:30 and 10:00 a.m.

Wednesday: 9:30 a.m.

Celtic Service: October 20, November 10
and December 8: 7:00 pm

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

Incumbent

The Rev'd Fergus Tyson

Assistants

The Rev'd Cyril Haynes
The Rev'd Dr. Norman Knowles
The Rev'd Dr. Bob Mummery

Parish Council 2019

Administration: Robbie Coller
Christian Education: Murray Sykes
Communications: Paul Bourgeois
Community Connection:
Muyi Ekomwenrenren

Hospitality: Angela Richardson
Maintenance: Gerald de Vries
Incumbent's Warden: Murray Sykes
New Members: Julie Wilson
Pastoral Care: Nicola Peden
People's Warden: Rick Coller
Outreach: Kathleen Robinson
Shepherding: The Rev. Cyril Haynes
Stewardship: Kerry Peters
Sunday School: Gloria Ford
Worship: Robbie Coller
Youth: Vacant

Synod Delegates

Rick Coller, Kathleen Robinson, Robbie Coller.
Alternates: Parish Council

MCES Directors

Kerry Peters, Iona Shaw

Treasurer

Treasurer: Karen Huq

Parish Ministries

Worship Ministries

Altar Guild - Robbie Coller
Sacramental Assistants – Ed Mullaney
10:00 am Music Group – Paul Bourgeois
Prayers of the People – Dinah Breu
Readers 10 am – Robbie Coller
Readers 8:30 am – Laura Anne Fink
Servers – Joy Kew
Sidespeople – Suzanne Wray
Prayer Team – Dinah Breu
Envelope Secretary – Debra Brisbin
Counters— Roxie Hall

Fellowship Ministries

Greeters – Roxie Hall
Coffee Time – Hospitality
Ladies Potluck Luncheon
– Gloria Ford & Laura Anne Fink
Men's Breakfast – Kerry Peters
Fellowship & Foods Group
– Doreen Peters
Secret Friends – Julie Wilson
Toddlers to Tweens
– Abby Ekomwenrenren
Youth Group – Keith Daye
Maintenance – Gerald de Vries

Christian Education

Nursery – vacant
Youth – Keith Daye
Adult Education
Clergy & Lay
Stewardship – Vacant
Library – Doreen & Kerry Peters
Anglican Fellowship of Prayer
– Dinah Breu
Sunday School Coordinator
– Gloria Ford

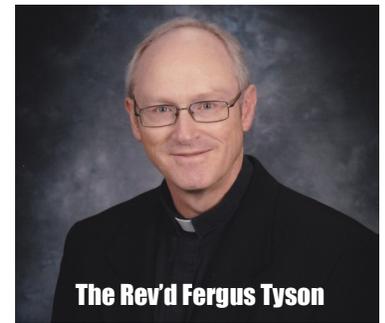
Pastoral Ministries

Hospital Visiting – Clergy
& Pastoral Care Team
Home Visiting – Clergy
& Pastoral Care Team
Casserole Ministry – Linda Hubert
(Contact Office)
Shepherding -
The Rev. Cyril Haynes
Prayer Group – Dinah Breu
Prayer Chain – Dinah Breu
Card Ministry – Gail Munro
Pastoral Care Team – Nicola Peden
Grief Support Group
– Laura Anne Fink

Outreach Ministries

Father Lacombe
Food Bank, Mustard Seed –
Shared Through Outreach Committee
PWRDF -Doreen Peters
Quilt/Shawl Prayer Ministry
– Laura Anne Fink
Living Waters
– Laura Anne Fink
Outreach Committee
– Kathleen Robinson
AgeCare Seton—Fergus
NeST - Jennifer Solem

Moving to a Deeper Level of Thankfulness



When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, ²you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. ³You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us.' ⁴When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, ⁵you shall make this response before the LORD your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. ⁶When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, ⁷we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. ⁸The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; ⁹and he brought us into this place and gave us this land, a land flowing with milk and honey.

(Deuteronomy 26:1-9)

²⁶Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. ... I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

(John 6:26-27, 35)

One day in the early 1900's, the preacher H. A. Ironside was about to begin his meal in a crowded restaurant when a man approached and asked if he could join him. Ironside invited him to have a seat.

Then, as was his custom, Ironside bowed his head in prayer.

When he opened his eyes, the other man asked, "Do you have a headache?" Ironside replied, "No, I don't."

The other man asked, "Well, is there something wrong with your food?"

Ironside replied, "No, I was simply thanking God as I always do before I eat."

The man said, "Oh, you're one of those, are you? Well, I want you to know I never give thanks. I earn my money by the sweat of my brow and I don't have to give thanks to anybody when I eat. I just start right in!"

Ironside said, "Yes, you're just like my dog. That's what he does, too!" Perhaps this wasn't the most gentle response Ironside could have given, but he made an essential point.

We miss out of a fundamental part of the joy of being human if we go through life without reflecting on God's gifts to us, and giving thanks.

This month's Thanksgiving Sunday and Monday are days when we do just this. The setting aside of times and places to give thanks has deep roots.

Long ago, the farmers in Europe held celebrations at harvest time. To give thanks for their good fortune and the abundance of food, the farm workers filled a curved goat's horn with fruit and grain. This symbol was called a cornucopia or horn of plenty.

When they came to Canada they brought this tradition with them. In the year 1578, the English navigator Martin Frobisher held the first-ever Anglican Holy Eucharist, in what is now called Newfoundland, to give thanks for surviving the long journey.

In 1621, the American Pilgrims celebrated their harvest in what they called the New World. By the 1750's, this joyous celebration was brought to Nova Scotia by American settlers from the south. At the same time, French settlers, having crossed the ocean and arrived in Canada with explorer Samuel de Champlain, also held huge feasts of thanks. They even formed "The Order of Good Cheer" and gladly shared their food with their First Nations' neighbours.

Eventually in 1879, Parliament declared November 6th a day of Thanksgiving and a national holiday. Over the years many dates were used for Thanksgiving, the most popular being in October.

Finally, on January 31st, 1957, Parliament proclaimed: "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed ... to be observed on the second Monday in October."



At St. Paul's, we add Thanksgiving Sunday to this celebration.

But the roots of Thanksgiving go much deeper than this, as the passage from Deuteronomy quoted above shows. In ancient Israel, the festival was celebrated in the spring on the fiftieth day following the cutting of the first sheaf of grain.

From this came the tradition known in New Testament times as the Festival of Weeks, or Pentecost. Originally, it also marked the beginning of the new year. The worshipping community gave thanks for being delivered (note the use of the first person plural "we" throughout verses 6-9) from slavery in Egypt and brought to the Promised Land.

But this was also a very personal and an intimate offering of thanks. Verses 10-11 continue: "So now I bring the first of the fruit of the ground that you, O LORD, have given me.' You shall set it down before the LORD your God and bow down before the LORD your God."

This intimacy is at the heart of Thanksgiving. Cornelius Plantinga, Jr. comments: "It must be an odd feeling to be thankful to nobody in particular, to be thankful 'in general.' It's very strange. It's a little like being married in general." To Christians, Thanksgiving is intimate - a vital part of the most intimate relationship of all, our relationship with our Creator.

It's this intimacy that is emphasized in the passage quoted above from John's Gospel.

In this passage, Jesus talks about going to the next level of this relationship: from appreciation of the gifts the Giver supplies, to an appreciation of the Giver as the greatest gift of all.

Jesus had performed the miraculous feeding of the multitude, but when the people came to him the next day, he said, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you." (John 6:26-27).

At the end of John's Gospel, it says, "These things are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name" (20:31).

John includes what he calls "signs," stories of miracles, to help in this process. The purpose of the signs was to point beyond themselves to a truth about Jesus' very being. In this case, Jesus says, the people aren't looking beyond the sign of the feeding of the multitude to see that to which it is pointing.

They're acting like our Siamese cat used to do when we'd try to point at something out the window, like a squirrel. Invariably she looked at our finger!

Jesus tells the people that they're seeking him not because they understand the spiritual meaning of the food, but for another free meal. He says, "Raise your sights above material things, to eternal ones, to what

I, the Son of Man will give you. I will give you nourishment for ever." Then Jesus adds, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty" (verse 35). Jesus says, "I am the sustenance of life itself, of very existence, for those who trust in me; I will fill their every need."

Jesus came to give himself, as bread that is broken, to feed us in our deepest hunger.

When we realize that what Jesus really wants to give us - what he is really offering - is *himself*, it moves our hearts to thanksgiving to a deeper level than just thanking God for the gifts we have received. This love moved Isaac Watts to pen the im-

Intimacy is at the heart of Thanksgiving

mortal words:

*When I survey the wondrous cross on which
the Prince of glory died,
My richest gain I count but loss, and pour contempt
on all my pride.*

*Were the whole realm of nature mine, that
were an offering far too small;
love so amazing, so divine, demands my soul,
my life, my all.*

It moved our Patron, the Apostle Paul, to say, "Whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord" (Philippians 3:7-8).

The sacrificial love of our God moves our hearts to the level of thanksgiving in which we love the Giver, and want to give ourselves completely in love to God, to be entirely at God's disposal - for God to work in and through as God chooses, for God's pleasure and glory.

In the words of another famous hymn, by Frances Ridley Havergal, the prayer of our heart becomes:

*Take my life, and let it be consecrated,
Lord, to thee;
my hands, my lips, my will, my love;
Take myself, and I will be
ever, only, all for thee.*

My prayer this Thanksgiving, is that we may all know this amazing, divine, and sacrificial love of God for us - that we know that God gives God's all for us - and be moved to the level of thankfulness that gives our all to God in response.

God bless you this Thanksgiving and always.

Your Brother in Jesus,

St. Paul's Christmas Market



SATURDAY, NOV. 23
10 am – 3 pm

Talented artisans * Home party vendors * Kid's activities!

HOLIDAY MARKET UNVEILED

Kids Craft Corner & Kids Only Shop make it family-friendly fun

There is nothing like the feel of the holidays, and the St. Paul's Christmas Market on Nov. 23 is a great way to get the whole family in the spirit of the season.

You can get a head start on your holiday shopping with more than 30 vendors.

Give friends and family something handcrafted and locally made, or check out the great gift ideas from select direct sellers.

Beverages and baked goods will be available for purchase to enjoy while checking out the market. And a raffle table will offer the chance to win multiple prizes.

But the little ones may have the most fun.

In the Kids Craft Corner, children can work with volunteers to be guided through simple and fun crafts. There is no charge for this activity.

The Kids Only Shop is a special shopping experience for little ones. They will help create a list of recipients, then be guided into the Kids Only Shop to pick out their gifts and assist in wrapping them with paper or gift bags.

Parents and guardians can stay with the children, or let volunteers guide them so the children emerge with wrapped gifts and the chance to look forward to surprising someone on Christmas morning.

The gifts from which they can choose will be a selection of new items with a value of up to \$5.

These two activities are designed to create a fun experience for kids so parents and guardians have the opportunity to browse the vendors and enjoy at their leisure.

"We hope this will be a fun activity for

everyone," said organizer Steve Colle. "Bringing in vendors creates something different for St. Paul's that is both a fundraiser for the parish and an opportunity to anticipate the Christmas season together.

"I have some very creative people working with me who have helped shape the event into an experience for everyone. I hope St. Paul's is eager to give this a try."

The St. Paul's Christmas Market will be held Saturday, Nov. 23 from 10 a.m. to 3 p.m.

How can you help?

- 1) Attend on Nov. 23 and invite your friends and be sure to buy raffle tickets.
- 2) Volunteer in the Kids Craft Corner or Kids Only Shop.
- 3) Donate new items worth up to \$5 for the Kids Only Shop along with Christmas gift bags. Watch for signup sheets or speak to Julie Wilson or Annette Pingot.
- 4) Volunteer to help with refreshments. Speak to Loret MacDonald or Doreen Peters.
- 5) Volunteer for setup or cleanup, or staffing raffle table. Watch for signup sheets or speak to Kathleen Robinson or Steve Colle.

ROSTER FOR SUNDAY SERVICES

DATE	OFFICIATING	ASSISTING	PREACHING	CHILDREN'S TALK
Oct. 6	Cyril	Fergus	Fergus	
Oct. 13	Fergus	Bob & Cyril	Bob	Joanne Wrigley
Oct. 20	Cyril	Fergus	Cyril	Doreen Peters
Oct. 27	Fergus	Cyril	Fergus	Sunday School
Nov. 3	Archbishop Greg	Fergus & Cyril	Archbishop Greg	Archbishop Greg

SAVE THE DATE

UPCOMING SERVICES



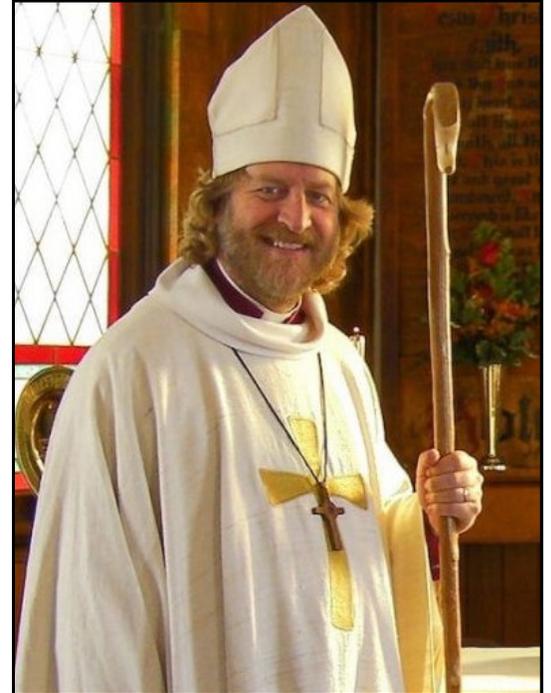
- Sunday, Oct. 13: Thanksgiving services
- Sunday, Oct. 20: St. Luke's service with Healing Focus
- Sunday, Oct. 20: Celtic 7 p.m. evening service
- Sunday, Nov. 3 All Saints service & Confirmation with Bishop
- Sunday, Nov. 10: Remembrance Day service
- Sunday, Nov. 10: Celtic 7 p.m. evening service
- Sunday, Nov. 24: Reign of Christ Guest Speaker
- Sunday, December 1: Advent 1

UPCOMING EVENTS

- | | |
|--------------------------------|--|
| Alpha | Wednesdays at 6:30 p.m. til Oct. 30 |
| Fall Cleanup Day | Saturday, Oct. 12 starting at 9 a.m. |
| Men's Breakfast | Saturday, Oct. 17 at 8:30 a.m. |
| Ladies' Luncheon | Saturday, Oct. 17 at 11:30 a.m. |
| Flu Shots | Sunday, Oct. 27
after 10 a.m. service |
| Alpha Day Away | Saturday, Nov. 9, 9 a.m. - 6:30 p.m. |
| Remembrance Day Service | Monday, Nov. 11 at 7 p.m. |
| St. Paul's Christmas Market | Saturday, Nov. 23 10 a.m. - 3 p.m. |
| Taking Charge: Growing Up | Sunday, Nov. 24
Digitally Workshops after the 10 a.m. service |
| Secret Friends Christmas Party | Tuesday, Dec. 3 at 6 pm |
| St. Paul's Christmas Dinner | Saturday, Dec. 15 |

BIBLE STUDIES

Monday Bible Study: 7:00 pm
Wednesday : 9:30 am Holy Eucharist
Wednesday Bible Study: 10:30 a.m. Study of the readings for upcoming Sunday
 The weekly Bible Studies are a great opportunity to meet fellow parishioners and to learn more about the Bible. No experience is necessary we are all learning together. Participate as much as you want no pressure. Come and see what it is all about.



Bishop Greg coming to St. Paul's Nov. 3

The Most Reverend Gregory Kerr-Wilson, Archbishop of the Anglican Diocese of Calgary and Metropolitan of the Ecclesiastical Province of Rupert's Land, will be presiding at both Sunday morning services at St. Paul's on Nov. 3.

He will be performing the sacrament of confirmation with the laying on of hands at the 10 a.m. service. This ceremony allows those who have prepared for confirmation to formally confirm they will take on the vows made on their behalf at their baptism.

Since we also will be marking All Saints Sunday, on Nov. 3, there will be special readings and hymns to mark the occasion.



*Clean up, clean up,
everybody clean up!*

All hands on deck please for

**Fall Clean Up
Saturday, Oct. 12
starting at 9 a.m.**

Tasks available both indoors
or outdoors, any ability or skill set, we have a job for you!!
No experience necessary. Pizza lunch provided.



**FREE FLU
SHOT
CLINIC**

Sunday, Oct. 27

*Chaparral Pharmacy will be coming to St Paul's to do a free
flu shot clinic after the 10 am service, starting at 11:45 am.*

Aug 2019 YTD Comparative Income Statement		2019 Actual	2019 Budget Yr To Date	Percentage Over/Under Budget Yr To Date	2018 Actual	Year-to-year \$ Increase/Decrease	Year-to-year % Increase/Decrease
Income							
	General	\$131,411	\$147,966	-11.2%	\$147,497	-\$16,086	-10.9%
	Open	\$1,808	\$2,615	-30.9%	\$1,918	-\$110	-5.7%
	Special	\$0	\$7,519	-100.0%	\$5,250	-\$5,250	-100.0%
Offering Total		\$133,219	\$158,101	-15.7%	\$154,665	-\$21,446	-13.9%
	Other income	\$5,776	\$5,296	9.1%	\$6,812	-\$1,035	-15.2%
	Fund transfer (Youth events)	\$333	\$333	0.0%	\$333	\$0	0.0%
	Fund Transfers	\$233	\$233	0.0%	\$667	-\$433	-65.0%
	Fundraising events	\$1,608	\$2,333	-31.1%	\$1,095	\$513	0
Total income		\$141,171	\$166,297	-15.1%	\$163,572	-\$22,402	-13.7%
Expense							
	Utilities/insurance	\$10,017	\$10,914	-8.2%	\$11,733	-\$1,716	-14.6%
	General Maintenance	\$7,827	\$9,371	-16.5%	\$9,229	-\$1,402	-15.2%
	Administration	\$18,357	\$22,217	-17.4%	\$21,240	-\$2,883	-13.6%
	Ministerial	\$78,292	\$76,777	2.0%	\$76,847	\$1,445	1.9%
	Apportionment	\$22,072	\$22,075	0.0%	\$23,995	-\$1,923	-8.0%
	Communications	\$727	\$1,024	-29.0%	\$303	\$424	139.9%
	Worship	\$5,158	\$5,271	-2.2%	\$5,444	-\$287	-5.3%
	Christian Education	\$1,288	\$3,666	-64.9%	\$8,189	-\$6,901	-84.3%
	Hospitality, Fellowship	\$1,037	\$1,578	-34.3%	\$1,302	-\$265	-20.4%
	Outreach	\$15,890	\$15,890	0.0%	\$15,553	\$337	2.2%
	Pastoral Care	\$242	\$400	-39.5%	\$0	\$242	#DIV/0!
	Other	\$0	\$317	-100.0%	\$369	-\$369	-100.0%
Total Expense		\$160,907	\$169,501	-5.1%	\$174,202	-\$13,296	-7.6%
Net Operating Income		<u>-\$19,736</u>	<u>-\$3,204</u>		<u>-\$10,630</u>	<u>-\$9,106</u>	
Other Income	Interest Revenue	\$633			\$529		
	Planned Giving/bequests	\$0			\$0		
Other Expenses	Transfer to Project Fund	\$245			\$210		
	Transfer to Directed Fund	\$0			\$0		
Net Profit		<u>-\$19,348</u>			<u>-\$10,311</u>	<u>-\$9,037</u>	
Pass-through/designated fund donations	PWRDF	\$970					
	CAWST	\$325					
	Capital Improvement	\$60					
	Expansion fund	\$0					
	Youth-general funds	\$205					
	Chattel-Worship Items	\$0					
	Chattel-AV/Technology	\$0					
	Inreach-assistance for parishioners	\$400					
	Cancer Bags - Donated Funds	\$0					
	Sunday School	\$5					
Total pass-through/designated fund donations		<u>\$1,965</u>					



Wonderful and a bit wacky

More than 130 lbs. of onions, beets and carrots have been harvested from the St. Paul's Mid-Sun Community Garden Plots and donated to the Calgary Food Bank. Among that bounty were a significant number of "hugging carrots." You could say that means the seeds were planted too close together, or you could say the carrots flourished beyond our wildest dreams and became a visual expression of the love behind the gardens by turning themselves into hugs. Either way, thank you to Kerry Peters for this ministry and for the wonderful and little bit wacky carrots.

- photos by Kathleen Robinson



Can we do it? Yes we can!

In October, we traditionally focus on stewardship as we come to the end of the church year and it's time to renew our pledges of time, talent, treasure and creation to our church.

These pledges are important and I am asking you to think carefully and prayerfully on what you can do.

A steward is someone who is entrusted with the management and maintenance of things he does not own but has responsibility for.

It started in the Garden of Eden when we were asked to till and keep it. The basis is fairly simple and reasonable, we are asked to give back to God's church from the abundance of blessings we have received from God.

Our giving of time is really good with continued participation in and organizing the many ministries we have. Please be involved and participate where you can.

We have all sorts of talents in our parish family and they are well used.

In terms of creation, we are looking at a number of things including environment. Our commitment to gardens and growing veggies for the Food Bank is a small



but important part of that.

The main stewardship focus is always the money and this year it is no different.

Anglican churches are always short of money-type treasure and stewardship

reps on Parish Council try to put interesting twists on things to improve the bottom line and it's not easy.

Plainly speaking, St Paul's is our church and we as stewards are entrusted and responsible for its well being and upkeep, so it's our job to do that. We are asked to do the stewardship part ourselves and not fundraise for funds, simply because we are the stewards and it's our church.

Throughout the month of October there will be stewardship notes in the bulletins, there will be a few relevant videos and at the end of October, after my trip to Britain, you can look forward to hearing my appeals in person.

On the kids' TV show Bob the Builder, the question was always posed to Bob about a difficult job was, Can We Do It??

And the answer from the team was YES WE CAN!!

-- Kerry Peters, Stewardship



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.

Baby items donated

The Calgary Pregnancy Centre was recently the recipient of a number of knitted items for babies from St. Paul's.

The delivery included knitted blankets, quilts, jackets and caps. Thank you to Doreen Peters for taking the initiative to have this happen.



Calgary Food Bank box

There is box by St. Paul's main entrance to collect donations of non-perishable items for the Calgary Food Bank.

Please contribute whenever you are able. When there are five Sundays in a month, that Sunday is **Food for Others Sunday**. On that day, everyone is encouraged to make an extra effort to bring a donation for the Food Bank.



Shoebox season arriving soon

We have been blessed at St. Paul's for many years with the wonderful leadership of Pat Cardwell for Operation Christmas.

Pat has decided to pass the baton, but before she does, we wanted to offer three heartfelt cheers for her efforts.

Doreen Peters has kindly volunteered to lead this Outreach ministry for 2019. Christmas may be a while away, but the collection date for Operation Christmas Child boxes is Nov. 17. So it is time for a refresher on how this works.

Operation Christmas Child counts on thousands of volunteers to collect and process millions of shoebox gifts every year. These volunteers take on many roles, all with one wonderful purpose: to bring the Gospel to children in need around the world.

St. Paul's participates in two ways.

1) We distribute official shoeboxes and labels to anyone who would like to participate as an individual or family. These will be available as of Oct. 20. Packed boxes should be returned to St. Paul's by Nov. 17.

2) We also participate as a community by pooling our donations and bringing them to church on Nov. 17. After the children's talk,

the kids get the fun of packing as many shoeboxes as needed.

The kids also create special messages to tuck inside each box.

All the boxes are blessed at the end of the service on Nov. 17, then delivered to a Samaritan's Purse distribution centre for processing and shipping around the world.

How you can help:

Visit samaritanspurse.ca to check out a list of suggested gifts. Here are some ideas to get you started:

TOYS: toy cars, yo-yos, jump ropes, balls, toys that light up and make noise (with extra batteries)

SCHOOL SUPPLIES: pens, pencils and sharpeners, markers, notebooks, paper, solar calculators, colouring and picture books

NON-LIQUID HYGIENE ITEMS: toothbrushes, bar soap, combs, washcloths

ACCESSORIES: T-shirts, socks, hats, sunglasses, hair clips, jewelry, watches, flashlights

Please do not include any kind of food or candy, medications or vitamins, used or breakable items or toy weapons.



The giving continues

Three more Outreach donations have been approved by Parish Council.

You may recall an appeal in last month's Living Waters for donations to help offset the expense of dental work for our NeST-supported Syrian refugee family.

Like many mothers, Kholoud prioritized the needs of her children over herself, but her dental issues became urgent.

While the sponsorship agreement has officially ended, it was decided to try to help offset some of these expenses.

A donation of \$500 for dental expenses was approved at the September Parish Council meeting.

Two other donations were also approved — \$500 for the Calgary Food Bank and \$1,000 for the Canadian Foodgrains Bank.

The **Calgary Food Bank** is an emergency food distribution hub that collects and distributes food to individuals, families, single parents and homeless people. Families with children make up 47% of its clients.

Multiple programs target different age groups and needs.



Emergency Food Hampers contain one week of food for each person in need.

Weekends and More provides children with food to support them over the weekend. **Food Link** provides food and supplies to 228 Calgary partner agencies so they can focus on food delivery. The **Milk program** provides bulk milk for distribution to pregnant or nursing mothers, and children.

Canadian Foodgrains Bank (CFB) is an international-aid charity that aims to end global hunger. This partnership of 15 church and church-based agencies helped more than 900,000 people in 35 countries in 2017 with 62% of projects in Africa, 28% in Asia, and 9% in the Americas.

Food Assistance provides food for people who are hungry due to emergency crisis situations such as war, droughts or floods. Food rations are purchased as locally as possible. Agriculture and Livelihoods programs teach farmers about sustainable farming practices to increase the amount of food produced. Nutrition programs provides education and offers fortified, nutritious food to malnourished children and pregnant mothers.

— Kathleen Robinson

PWRDF helping in Bahamas with Hurricane Dorian relief

PWRDF has released \$20,000 to Episcopal Relief and Development towards the emergency relief for people affected by Hurricane Dorian in the Bahamas.

"ERD staff have been in touch with the Bishop of Nassau," said Zaida Bastos, PWRDF's Director of Development Partnership Program. "They have also made contact with some people in charge of the health infrastructure that was destroyed. Several U.S. Episcopal Dioceses and churches are organizing to respond to the emergency.... We are now beginning to understand the devastating impact of the hurricane."

ERD will be able to provide more details as all the needs are assessed and teams identify the best way to provide support. ERD is coor-

dinating its response with the Anglican Alliance, of which PWRDF is also a member.

"The role of the Anglican Alliance is more of a connector and not implementer," says Bastos. "Many of the churches in Bahamas were destroyed and priests and their families are equally affected by the immediate basic needs of food, shelter, clean water and health care." Bastos noted the Anglican Alliance is a key contact for both PWRDF and ERD.

How you can help

Please keep the people affected by this disaster in your prayers. Donations can be made online

at pwrdf.org/give-today, then click on Emergency Response. Or mail your donation to PWRDF, 80 Hayden Street, 3rd floor, Toronto, M4Y 3G2, or through your church envelopes.



Alpha House donations

The Calgary Alpha House Society gratefully accepts donations of clothing and backpacks to help provide a safe and caring environment for individuals whose lives are affected by alcohol and other drug dependencies. Top needs include backpacks, footwear for men and women including runners, winter boots and steel-toed boots, as well as jeans, hoodies, T-shirts, long-sleeve shirts, athletic pants and shorts, pyjama pants, belts, jackets, gently used towels and sleeping bags. There is a marked area on the coat rack near the south entrance for donations.



Calgary Humane Society Bin

You may have noticed the big blue bin in our parking lot.

This bin is a fundraising effort by the Calgary Humane Society (CHS) and St. Paul's. The animal welfare organization connects the lives of animals and people while providing essential animal services to the community. CHS shelters about 5,000 homeless animals each year. You can help by putting gently used clothing and footwear of any kind in the bin.

Every 40 seconds, someone loses their life to suicide

On Oct. 10, you can join in “40 seconds of action” to raise awareness of the scale of suicide around the world and the role that each of us can play to help prevent it.

World Mental Health Day, on Oct. 10, is a day for us to united in our efforts to improve the mental health of people around the world.

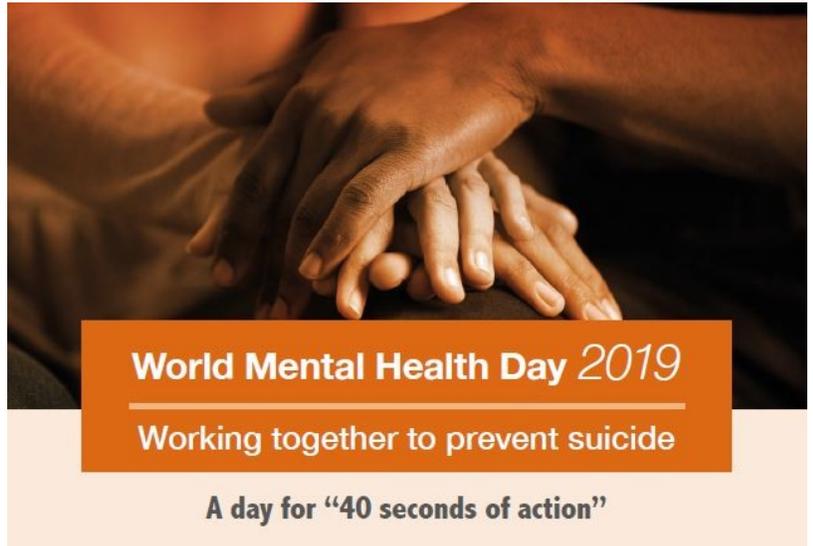
The theme selected for this year’s Day is suicide prevention.

Everyone is encouraged to prepare to take “40 seconds of action” on October 10 to:

- improve awareness of the significance of suicide as a global public health problem;
- improve knowledge of what can be done to prevent suicide;
- reduce the stigma associated with suicide; and let people who are struggling know that they are not alone.

Put simply, this is an opportunity to show you care. Everyone can take part in whichever way makes most sense.

Your activity may be private, for example, initiating a conversation with someone you are worried about or sharing a message of hope with someone who is struggling;



or it may be public, for example posting a video message for local or national authorities about action you would like them to take on this issue.

Share your messages, photos, illustrations and videos that are not of a private nature on Twitter or Instagram using the hashtag #40seconds. Include #WorldMentalHealthDay in your posts too.

Volunteers needed: Operation Christmas Child Calgary Processing Centre



Want to help put the finishing touches on shoebox gifts for children around the world?

You can play a vital role in reaching boys and girls across the globe with the true meaning of Christmas — the birth of our Lord and Saviour, Jesus Christ.

The processing centre opens as of Nov. 18 and St. Paul’s is looking to see if there is interest in working a shift.

If you are interested, please contact Laura Anne in the parish office.



TEENS

Navigating relationships, communication and boundaries

This workshop talks about healthy relationships and sexual decision-making in the context of the digital world.

Topics discussed:

- Healthy relationships and communication
- Boundaries and consent
- Social media and sexting

Take charge: GROWING UP DIGITAL

**St. Paul's Anglican
Church**

Sunday, Nov. 24

Lunch @11:45 am

Presentation

from 12:15 - 1:15 p.m.

RSVP to 403 256-1428

or office@stpaulscalgary.ca

PARENTS

Equipping you to raise your kids in the digital age

This workshop provides insight, resources, and tangible tips for raising kids in the digital age.

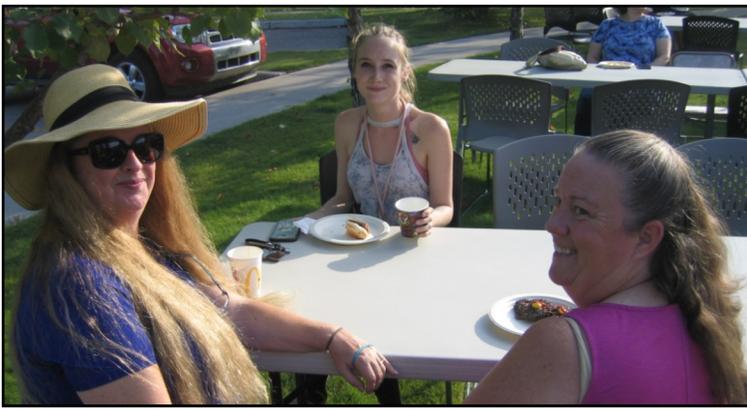
Topics discussed:

- Building healthy, trusting relationships with your kids
- Pornography and Internet safety
- Safe-proofing your home
- Healthy digital boundaries
- How to talk with your kids about all of the above!



Calgary Pregnancy
Care Centre

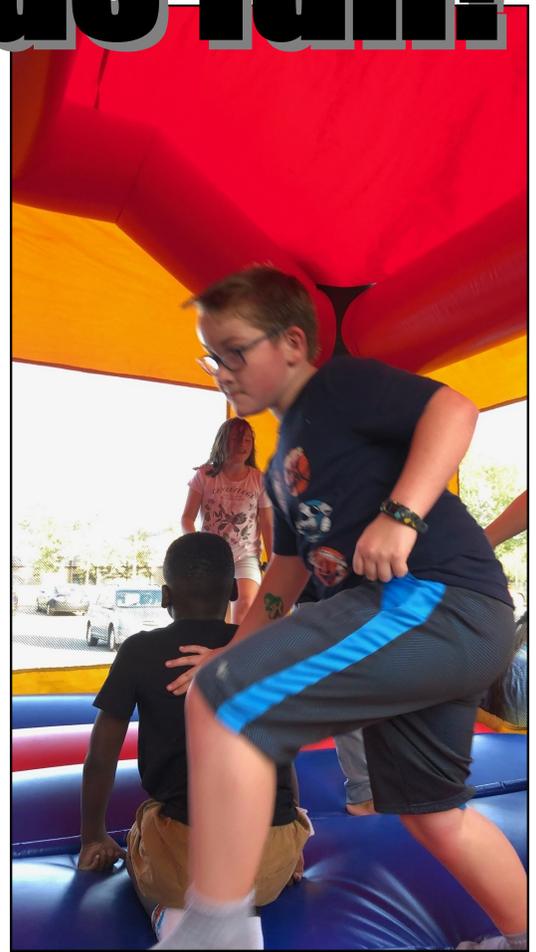
Education | Connection | Support



End of Summer BBQ

Thanks for organizing Muiyil!

That was fun!







Prayers



A PRAYER FOR MORNING

Each morning, Lord, I hold out my life to you,
 an empty vessel for you to fill.
 I give back to you this gift of a new day.
 In your mercy, redeem today's so that what I am
 may reflect your life in me. Amen

- Author Unknown

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;
 and 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)

A Prayer for Our Spiritual Leaders

Lord, you make your messengers winds
 and your ministers flames of fire;
 stir up and strengthen the gifts of grace
 in all stewards of your ministries,
 that they may remove from your kingdom
 all that prevents its growth,
 and may kindle in the hearts of us all
 the fire which you came to send on earth,
 to the glory of your name. AMEN

- after Henry Liddon Psalm 104:4

A Prayer of St. Francis October 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

Last Day of Season of Creation October 4

Creator God, we enjoy the abundant fruits of the earth,
 Yet, we acknowledge that we in the developed world,
 have often wasted the gifts of the earth, taking more than our
 share, leaving our sisters and brothers in other places in poverty
 and need.

Renew our minds and transform us into servants of the earth,
 so that her richness and bounty will sustain, not only us,
 but generations to come after us.
 In gratitude let us pray to the Lord
 We give you thanks, O God.

- Written by Karen Turner for the Diocese of Toronto

World Mental Health Day October 10

Father, we pray for the mentally ill, for all who are of a dis-
 turbed and troubled mind . Be to them light in their darkness,
 their refuge and strength in time of fear. Give special skills and
 tender hearts to all who care for them and show them how best
 to assist in your work of healing, through Jesus Christ our Lord.

AMEN

- Timothy Dudley-Smith

THANKSGIVING October 14

"Give thanks to the Lord for he is good his love endures forever." Ps. 136:1

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 (October 16)

Let us pray for our neighbors 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 our-
 selves 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 October 17

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

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

Jean de Brebeuf, Isaac Jogues & Companions, Martyrs Oct. 19

Prayer after Communion from "For All the Saints"

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

James of Jerusalem October 23

Collect from " For All the Saints

Let your people, O God, continually cherish the memory of James, who was a pillar in your Church 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 for ever. AMEN

St. Simon & St. Jude, Apostles October 28

Collect from "For All the Saints"

Almighty God, 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 for ever. AMEN

A Prayer for Evening

May the song of your Spirit soothe me,
your gentle arms cradle me,
your tenderness ease my tiredness
and your welcome enfold my weariness,
this night and all my nights. Amen

- Author unknown

ST. LUKE OCT. 18 Prayers and Scriptures for Healing

"I will restore health to you, and your wounds I will heal," says the Lord.

- Jeremiah 30:17

O 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

Prayers for Healing of Self and Others

Jesus our Healer, I commend to 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

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 my 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 - unknown source

" 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

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

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

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 has not given us the spirit of fear; but of power and love, and of a sound mind.

2 Timothy 1:7

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

Helpful Information

Office Hours: 9:00 am to 12:00 pm— Monday to Friday

The office is closed on statutory holidays.

Please note: If there is only one person in the church the outside doors will be locked. Please ring the bell at the North door (by the apartments) to get access.

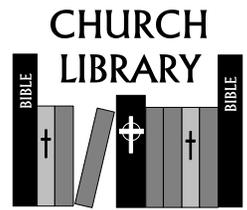
St. Paul's Guest internet is available. Please contact the office for the password.

Shaw Open is available for anyone with a Shaw account.



Welcome to Chinook Free Learners Co-op

The Chinook Free Learners Co-op is renting use of the Parish Hall during the day on Mondays and Fridays. The co-op focuses on fostering independent, self-reliant and creative learners.



The Library is open and there for your use. Please have a look at what is available. When you take a book out please fill out the card in the back of the book and leave it in the file. When you return the book leave it in the marked box.

Useful Web-sites and other Social Media Platforms:

St. Paul's:

www.stpaulscalgary.ca

Facebook Page: <https://www.facebook.com/stpaulscalgary>

Twitter: [@stpaulscalgary](https://twitter.com/stpaulscalgary)

Toddlers to Tweens Group Facebook:

[@Pastor_Fergus](https://www.facebook.com/pages/St-Pauls-Toddlers-to-Tweens/1623953807841025?fref=ts)

Youth Group's Facebook:

www.facebook.com/StPaulsCalgaryYouth

MCES: <http://www.historicstpaulsanglicanchurch.ca>

Pastor's Postings Blog:

<http://pastorfergus.wordpress.com>

Diocese of Calgary:

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

<https://www.facebook.com/calgary.anglican>



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 hair-sprays, etc. Many thanks.



Information you may find helpful:

Large Print Order Of Service: We have large print copies of the service and hymn book available. Please ask the sides people.

Hearing Devices: If you have trouble hearing the service, we have hearing devices that can help. Please ask the sides people for assistance.

Welcome Booklets: If you would like to know more about St. Paul's and our ministries, please help your self to a booklet. You will find them by the name tags.

Business Cards: St. Paul's Business Cards with service times are available. They are designed to carry in your wallet to give to people who ask about St. Paul's. This is a form of Outreach to the community.

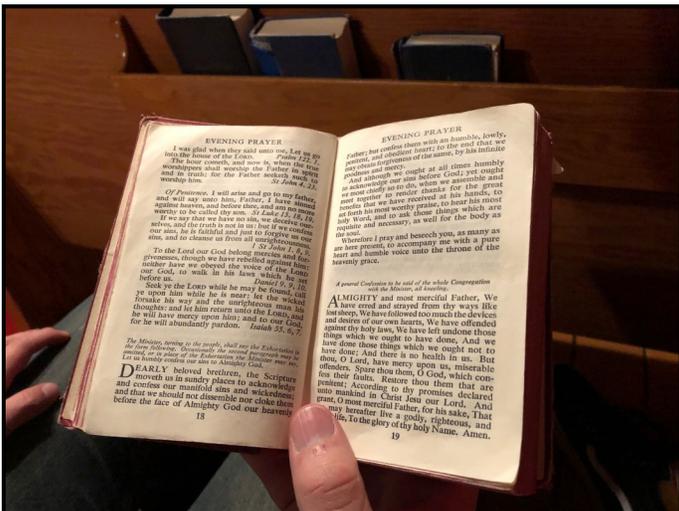
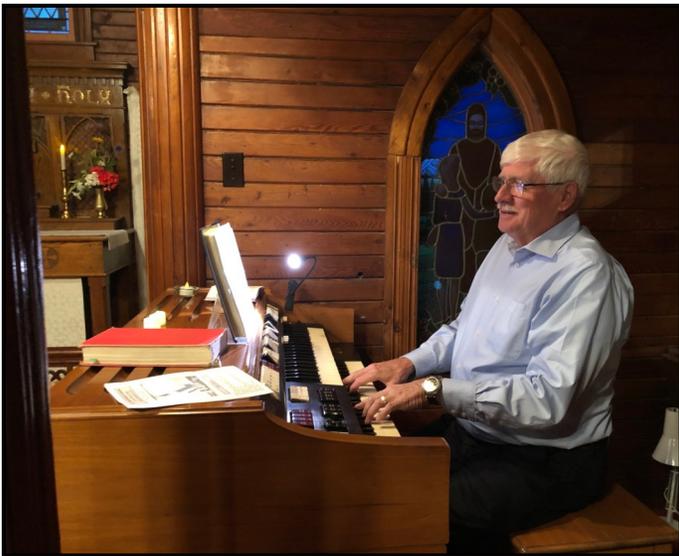
Can Tabs

Those little tabs from your drink cans can do some good. Rick and Robbie Collier seasonally attend St Mark's in Mesa. That parish collects the tabs as a fundraiser, so please feel free to help.



Stalwart souls brave weather

A few stouthearted souls defied the snow to attend an evening service on Sept. 29 to mark the 134th anniversary of Historic St. Paul's church. Prior to the service, Jake Robinson gave a speech on the cultural and historic significance of the chapel. As an Outreach project, Jake is working with members of the Midnapore Church of England Society toward raising the profile of the historic chapel in the community.



Promoting Ministries at St. Paul's

Ministries Sunday Schedule for 2019-2020

Ministries to be featured on the third Sunday:

September –Fellowship and Food Groups, ladies pot luck, men's breakfasts, Alpha Groups, Sunday School

October – Coffee time, Father Lacombe ministry, food bank, greeting card ministry, casserole ministry, Pastoral care

November –Greeters, lesson readers, counters, sacramental assistants, sides persons, servers, communications

December – Secret friends ministry, Christian Education, advertise AMP meeting in January, Promote St. Nicolas tea and Xmas dinner and pageant

January – Choir, hand chimes, screens & sound boards, newcomers, outreach

February – prayers of the people, Sunday prayer teams, PWRDF, hospitality, promote Lenten study and shrove Tuesday dinner

March – Nursery, youth group, shepherding, promote Easter services, Altar guild

April – Stewardship, fall and spring clean up days, grass cutting, library, book nook, maintenance group

May – Bible study, après EFM, yard sale, Quilt and shawl ministry, grief support, chemo care bags

June – Sunday school picnic, Stampede lunch

Quiz Answers

From Page 27

Jesus Instructs His Disciples

- 1) c. large millstone (Luke 17:1-3. Considering all the moral evil in the world, there will always be sin. But Jesus gives a stern warning against leading others into any kind of sin.)
- 2) a. Seven (Luke 17:3-4. If we have a relative or friend who is sinning, we should tell him or her what the problem is, but not in a judgmental way (Matthew 7:1-2, Romans 12:18-19). We should be willing to forgive other's sins as often as necessary.)
- 3) a. our faith (Luke 17:5. In a Biblical sense, faith means not only belief, but also trust, reliance and commitment (James 2:18-19)).
- 4) c. Be uprooted and be planted in the sea (Luke 17:6. Jesus didn't really expect His disciples to waste their time trying to levitate trees, but He was making the point that faith is very powerful. The mustard seed was the tiniest of all seeds, so even a relatively tiny bit of faith would be very powerful.)

The Gospels

- 1) b. Mark (The gospel message was preserved in oral form for many years before being written down. Bible scholars believe Mark was written around 70 A.D., about 40 years after Jesus was crucified. Matthew, Luke and Acts were written between 80 and 90 A.D. Finally, The Gospel of John appeared in its final form around 95 A.D.)
- 2) d. John (Matthew, Mark and Luke are called the synop-

tic gospels because they are so similar. Bible scholars believe Matthew and Luke incorporated much of the material from Mark into their works. In the synoptics Jesus teaches mainly in parables, but in John He speaks in long discourses instead. In the synoptics Jesus teaches about the kingdom of God, but in John He teaches about Himself and eternal life. The presentation of Jesus in the synoptics is more biographical, while John's presentation is more theological and meditative. Because John is so different from the other three gospels, the Church was slow to accept it. But it was fully accepted as part of the New Testament and shows us another aspect of Jesus to help our understanding.)

3) a. Matthew (The "kingdom of God" and "kingdom of heaven" are used interchangeably in the Bible. It is uncertain why Matthew preferred "kingdom of heaven." The concept refers to God's reign. From Jesus' parables we infer that the kingdom was inaugurated with Jesus' coming, and is now growing within those people who follow the ways of God instead of the ways of the world. It will be fulfilled in a reign of eternal peace, and joy when Jesus comes again.)

4) b. False (The actual authors of all four gospels are unknown. The traditional names Matthew, Mark, Luke and John were not associated with them until about 100 years after they were written.)

5) b. Matthew and Luke

6) c. Jesus feeds 5000 with a few loaves of bread and fishes (Matthew 14:15-21, Mark 6:35-44, Luke 9:12-17, John 6:5-13).

7) a. True. 8) d. Paul 9) b. False

10) c. They wanted to show that Jesus was the Savior and the Son of God.

Chemo Care Bag

If you know of anyone who is beginning Chemotherapy treatment and would benefit from receiving a Chemo Care Bag please contact Robbie Coller.



Grief Support Group

Our Grief Support Group is a chance to be with others who have suffered a loss. It is a chance to speak from the heart or just listen. If you are interested, please contact Laura Anne at the Parish Office.

Prayer Shawl Ministry

This ministry meets the second Tuesday of each month at 1 p.m.

All are welcome to join us! No experience needed! Everything is supplied. For more info. contact Laura Anne at the Parish Office.

Health Care Apostolate Dioceses of Calgary Bereavement Education

Part 1: Oct. 4 & 5 Part 2 Oct. 18 & 19

Join this ministry

If you'd like to be part of our Pastoral Care Team, please contact Fergus or Nicola Peden. Training will be provided.

Compassion Fatigue – The High Cost of Caring



Presented by Rev. Kerri Kroeker

Caring too much can hurt. When caregivers focus on others without practicing healthy care giving they are at risk for developing "Compassion Fatigue". Come and learn how it is possible to practice healthy self-care while continuing to care for others. We will explore the following topics:

- What is Compassion Fatigue?
 - What are the causes?
 - What is healthy care giving?
 - Breaking the Compassion Fatigue cycle
 - Developing authentic, sustainable self-care practices
- Saturday, October 19th 9:00 am – 1:00 pm**
At Symons Valley United Church Calgary, AB
The cost is \$55.00 for CPCA members, \$70.00 for non-members

Registration Deadline October 17, 2019

Deadline for Cancellation October 17, 2019

Refreshments will be provided.

This event is open to everyone.

For more information, to register, or to become a member, visit <https://cpcassoc.ca> or Contact Karen at 403-253-7946 Email events@cpcassoc.ca

We ask that you refrain from wearing scented products

The Christian Pastoral Caregivers Association

is pleased to present

Companioning at End of Life

This course approaches the issue of visiting with residents/patients and family in a caring, compassionate manner that goes beyond simple passing of time. The ministry of presence is a vital part of companioning. However, understanding the dynamics of how to companion in an effective way and understanding the needs of the dying person and their families are key to effective companioning.

This is an interactive seminar with opportunities to practice what you are learning.

The cost is \$100 for CPCA members and \$125 for non-members.



Friday, Oct 20, 6:30 pm – 9:30 pm

Doors open at 6:00 pm

Saturday, Oct 21, 8:30 am – 3:30 pm

at Symons Valley United Church
38 Kincora Rise N.W.

Registration Deadline Sept. 18, 2019

Deadline for Cancellation Sept. 18, 2019

This event is open to everyone.



Word Search Activity

Find *Operation Christmas Child* words in the letters!

- Children
- Comb
- Crayons
- Doll
- Gift
- God
- Good News
- Gospel
- Hope
- Jesus Christ
- Joy
- Label
- Note
- Notebook
- Pencils
- Photo
- Shoebox
- Soccer Ball
- Stuffed Animal
- The Greatest Gift
- Toothbrush
- Washcloth
- Wow Item

T	I	N	H	N	Y	C	C	A	W	T	O	J	L	S	N	J
T	F	O	I	J	E	R	O	R	Y	M	T	X	A	O	O	A
E	P	I	S	N	A	R	P	M	M	V	O	Q	M	C	T	P
E	X	C	G	Y	E	T	D	N	B	B	H	K	I	C	E	Q
G	O	D	O	T	V	D	K	L	R	O	P	Y	N	E	Y	J
X	W	N	J	M	S	Q	O	U	I	S	W	M	A	R	G	X
H	S	O	P	C	D	E	O	L	W	H	T	N	D	B	J	M
G	V	Z	W	L	I	Y	T	E	L	O	C	V	E	A	K	P
L	H	V	F	I	W	J	N	A	O	A	T	N	F	L	O	E
U	E	T	S	O	T	D	U	T	E	F	R	K	F	L	O	N
B	S	B	L	Y	O	E	H	G	I	R	Q	S	U	L	B	C
N	M	L	A	O	O	B	M	G	R	V	G	G	T	R	E	I
C	O	N	G	L	R	J	G	D	O	L	L	E	S	T	T	L
F	J	E	S	U	S	C	H	R	I	S	T	Z	H	X	O	S
H	D	L	S	H	T	O	L	C	H	S	A	W	U	T	N	F
E	D	H	N	S	H	O	E	B	O	X	L	E	P	S	O	G
S	O	O	Z	M	B	U	E	L	S	M	O	K	W	Z	G	X

Celtic Service and Creative Group



We want to invite you to join our monthly group that meets at St. Paul's Church for a half hour Celtic service with music, followed by a snack and time to be social and creative! The Art Class is now full but please feel free to just attend the Celtic service, at no charge of course. No pre-registration is required. The service runs from 7 to 7:30 pm, followed by light refreshments.



Tentative Dates for the Celtic Services and Creative Group:

Once we meet as a group we can change dates as required if there is a consensus. A revised list will be published for the parish.

October 20, 2019

January 12, 2020

April 19, 2020

November 10, 2019

February 16, 2020

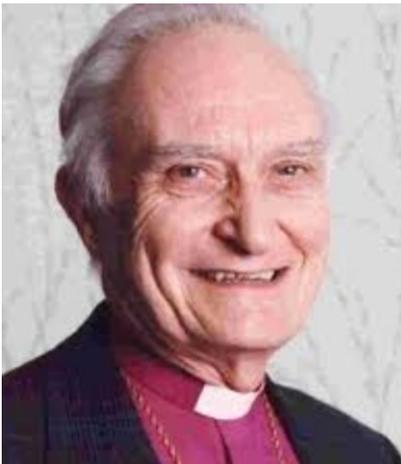
December 8, 2019

March 15, 2020

The following donations would be greatly appreciated for the Celtic Service and Art group. There will be a box labelled Celtic Group in the coat racks for donations. Thank you!

- empty gift cards or cards of similar size;
- clean Styrofoam meat trays;
- magazines with lots of nature photographs;
- decorative papers.

FALL WILL SEE REFLECTING ON STEWARDSHIP AT ST. PAUL'S



This fall at St. Paul's, we'll be reflecting together on Stewardship, the sharing of our time, talents, and treasure. As our Stewardship Coordinator on Parish Council, Kerry Peters, says in his article in this issue of *Living Waters*, he'll be leading us in reflecting on Stewardship once he returns from England at the end of October. In addition, each week there'll be handouts from TENS (The Episcopal Network for Stewardship), with its theme this year of "Shining Our Light." We'll also watch a series of ten short talks on Stewardship presented by Archbishop Douglas Hambidge.





Nature

It's important for all those who profess faith in Christ to nourish their spiritual lives.

This is accomplished by reading the Bible, by praying, by fellowshiping with other believers, and by worshiping the Lord.

But there's another way of learning about God that we often forget -

observing the wonders of nature.

The psalmist often expressed amazement and

wonder as he saw God in the everyday occurrences of nature.

The Lord causes the rain to fall and the grass to grow to provide food for birds and beasts.

The Almighty God takes responsibility for His children's protection, blessing, peace, and provisions by controlling the snow, the frost, the hail, the icy winds, and the warm breezes.

As we nourish our souls on God's Word, let's also observe

His ways in nature.

Whenever possible, we should go outside and see and feel and smell what's there.

Wind and water, light and sod speak so faithfully of God;

May we give to Him our praise for the goodness He displays.

He covers the heavens with clouds,

He prepares rain for the earth,

He makes grass grow upon the hills.

He gives to the beasts their food, and to the young ravens which cry.

Psalm 147: 8,9

Check out:

Facebook Page: Amory Dixon

TaizeYYC

A Monthly Ecumenical Taizé Prayer in Calgary

This monthly Prayer gathering will happen the second Friday of each month at a different location each time.

All are welcome!

Join us on Friday, October 11 for our first Prayer at Holy Cross Anglican Church (2828 - 19th Street NW). On this evening, there will be an optional free "Thanksgiving Dinner" at 5:30 pm (RSVP here if planning to attend). Also optional is an open Song Practice (no experience needed!) at 6:15 pm. Silence begins at 7:00 pm. Taize Prayer is from 7:30 to 8:30 pm.

November's Prayer will be on Friday, November 8 at Hope Lutheran Church (3527 Boulton Rd. NW).



Follow us for the location of future Taize Prayers: Facebook: TaizeYYC; Instagram: taize_calgary; Eventbrite: TaizeYYC.eventbrite.ca

Quilts as fellowship

What are prayer shawls? The purpose of a prayer shawl is to give someone a tangible example of God's love and care. A prayer shawl is made with prayer. The maker of the shawl prays before, during, and after they work on the shawl. Sometimes we know who we are making the shawl for, and sometimes we don't, but we pray for the person who receives it just the same.

Who do we minister to? Those in need of strength while undergoing medical procedures; those in need of comfort after a loss; those in need of peace and patience during an illness and recovery; those in celebration of graduation, a marriage or a birth of a child... There are endless possibilities!

How do I take part in this great ministry? The wonderful thing about our prayer shawl ministry is anyone can join! We meet regularly to share tips, to teach and help the new knitters and quilters enjoy fellowship. What makes each quilt or shawl special is not the

pattern, color, or workmanship, but the fact that prayer is symbolically tied into each one.

The Knots Tied in the Quilts Represent a Prayer The idea behind these prayer quilts is simple. A heavy thread is used to take stitches through the quilt layers, and the ends are left free to be tied with square knot. As each knot is tied, a silent prayer is said for someone in special need, who then receives the finished quilt.

Who should receive them? A Prayer Quilt or shawl is always given free, no money is ever exchanged! There should be no obligation to the receiver in any way. The receiver should be informed of the quilt and be willing to receive the prayers said for them. Out of respect for that person, you should never **surprise** someone with this ministry.

We are meet the second Wednesday of each month. If you are interested in being a part of this ministry please come and join us.

Monthly Helpers Needed for Cleaning

We are looking for volunteers to help with the monthly cleaning duties. These duties which need to be done on a monthly bases. Our Parish cleaner takes care of the weekly duties. Help and instruction will be available and it can all be done when it works best for you.

Here are the duties:

- Wipe down all interior doors
- Dust bases and book ledges of the pews
- Dust keyboard and around sound board
- Dust ceiling vents in the washrooms and the wall vent in the Sanctuary.

Dust shelves, desks and cabinets in chapel, the family room off the sanctuary, Sunday school areas and third office (do not do main office or Fergus' office)

Dusting of blinds on all windows

Clean windows on exterior doors inside and out. As well as windows above the doors.

Clean Windows in Hall, Sanctuary, and Nursery (if time)

We are asking for two volunteers a month and it should take 2 to 2½ hours to complete (does not have to be done all at one time). If all task don't get done then they will go to the top of the list for the next month. Please see the sign up sheet on the Janitor's door between the washrooms. We appreciate all the help in keeping our church home clean.



DIOCESAN EVENTS

The Diocesan webpage (www.calgary.anglican.ca) now has tweets.

Find us on Facebook!

<http://www.facebook.com/calgary.anglican>

Missional Minute "As the Father has sent me, so I send you." John 20:2 Did you know that the Diocese of Calgary has a Vision Statement? *To be a church that is inwardly transformed by Jesus; a church that reflects the virtue and grace of Jesus; a church reaching out to proclaim God's love to a broken world.* As God sent Jesus into the world, God sends us!

The "Companions of the Bishop" Dinner will be held at the Ranchmen's Club in Calgary Oct.7, at 7:00 pm. Dr. Gordon T. Smith, President of Ambrose University, will be Guest Speaker.

St. Luke Calgary: A one-day Healing Conference will be held Saturday, October 19 at St. Luke, Calgary. Archbishop Greg will be the keynote speaker and celebrant.

The Fall Cursillo Weekend for Men will be held Thursday, Oct. 24 to Sunday, Oct. 27. The Weekend for Women will be held from Thursday, Oct. 31 to Sunday, Nov. 3. Please consider sponsoring someone to attend, and pray for both teams and candidates. For more information go to <https://cursillo.ab.ca/>

The Calgary School for Mission & Ministry Announcement: First Course to Students will be happening **June 18 to 20, 2020**. If you are interested in being part of this first weekend, please contact csmm@calgary.anglican.ca for applications and registration steps. Applications for the School will be available online (via the Diocesan Website) on **October 1, 2019**. Apply by December 31, 2019 to be eligible for the June programming. ministry in the church and in the world. A second daytime class has been added. For more information, please contact ctubman@shaw.ca

Give your wounded self a holiday

Navigating Grief and Loss in the Here and Now

November 15- 17, 2019

Experience a weekend retreat of peaceful exploration and tending of the soul through creative expression with Suzanne Clease & Sr. Ger Curran, FCJ.

This retreat is of special interest to anyone who is experiencing a significant transition or loss: relationship, employment, dreams or aspirations. The spirit of the retreat is making space for God through art, nature, meditation, and journaling. (Please note, this is not suitable for any one bereaved in the last 6 months).

What you can expect

- Feel a sense of safety and freedom to explore new ways of seeing life following loss.
- Find new ways to retrieve your life energy that allows you to navigate situations with a sense of peace.
- Take away a greater sense of self-awareness
- Experience your own calm center with the introduction of healing practices.

Allow yourself to dream forward

Gain appreciation and compassion for your personal story while engaging in a variety of processes that express life as it is for you.

Creativity helps to gain insights into fears and pain.

Creative expression serves to uncover strengths and sources of joy.

"Peace is the result of retraining your mind to process life as it is rather than as you think it should be." Wayne W. Dyer

Live-In: \$285.00 Commuter: \$185.00

Pre-registration required. MasterCard and VISA are accepted. Cancellation fees apply. To avoid cancellation due to low enrollment, please register at least 2 weeks prior to workshop starting date. To register by phone, please call (403) 228-4215 or email info@fcjcentre.ca

Bible Quizzes

Jesus Instructs His Disciples

Fill in the blanks:

1) One day Jesus said to his disciples, "There will always be temptations to sin, but how terrible it will be for the person who does the tempting. It would be better to be thrown into the sea with a _____ tied around the neck than to face the punishment in store for harming one of these little ones." (NLT)

- a. ship's anchor
- b. blacksmith's anvil
- c. large millstone
- d. threshing sledge

2) "If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you _____ times in a day, and _____ times comes back to you and says, 'I repent,' forgive him." (NIV)

- a. seven
- b. Twelve
- c. Forty
- d. seven times seventy

3) And the apostles said to the Lord, "Increase _____!" (NAS)

- a. our faith
- b. our understanding
- c. our power
- d. our wisdom

4) And the Lord said, "If you had faith like a mustard seed, you would say to this mulberry tree, '_____'; and it would obey you. (NAS)

- a. Be filled with olives
- b. Be filled with grapes
- c. Be uprooted and be planted in the sea
- d. May no one ever eat fruit from you again

The Gospels

1) The Bible books of Matthew, Mark, Luke and John are known as the gospels, (meaning "good news") of Jesus Christ. Almost everything we know about Jesus' life, ministry, death and resurrection comes from these four books. Which of the four books was the first one written?

- a. Matthew
- b. Mark
- c. Luke
- d. John

2) Which of the four gospels shows a much different picture of Jesus than the other three?

- a. Matthew
- b. Mark
- c. Luke
- d. John

3) The "kingdom of God" was the centerpiece of Jesus' teachings, but one of the gospels substitutes the phrase "kingdom of heaven." Which one?

- a. Matthew
- b. Mark
- c. Luke
- d. John

4) True or False? The Gospel of John was written by John the Baptist.

- a. True
- b. False

5) Which two books tell the story of Jesus' birth?

- a. Matthew and Mark
- b. Matthew and Luke
- c. Mark and Luke
- d. Luke and John

6) Which of these stories about Jesus is in all four gospels?

- a. Jesus turns water into wine at the wedding at Cana.
- b. Jesus walks on water.
- c. Jesus feeds 5000 with a few loaves of bread and fishesd.
- d. Jesus talks with a Samaritan woman at Jacob's well.

7) True or False? All four gospel books tell of Jesus' arrest, trial, crucifixion and resurrection.

- a. True
- b. False

8) Which of these men was not one of Jesus' original 12 apostles?

- a. Bartholomew
- b. Judas
- c. Matthew
- d. Paul

9) True or False? All four gospel books tell Jesus' parables of The Good Samaritan and The Prodigal Son.

- a. True
- b. False

10) What was the gospel writers' main purpose for writing their works?

- a. They wanted to present a complete biography of Jesus.
- b. They were asked to write their accounts for inclusion in the Bible.
- c. They wanted to show that Jesus was the Savior and the Son of God.
- d. The Roman Emperor Constantine wanted an account of Christianity.

Answers on page 20

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 8:30 Holy Eucharist 10 am Holy Baptism & Holy Eucharist	7 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7:30 pm Prayer Group	8 1 pm <i>Young at Heart</i> 7:00 pm Parish Council	9 9:30 am Holy Eucharist 10:30 am Bible Study 1 pm Prayer Shawl Ministry 6:30 pm Alpha	10 6:15 pm TOPS 7:00 pm EFM 7:30 pm Music Group	11 8:30 am to 4 pm <i>Free Learner Co-Op</i>	12 9 am to 3 pm Fall Clean-Up
13 Thanksgiving 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i>	14 Thanksgiving	15 1 pm <i>Young at Heart</i> 7:00 pm Worship Committee	16 9:30 am Holy Eucharist 10:30 am Bible Study 6:30 pm Alpha	17 6:15 pm TOPS 7:30 pm Music Group	18 8:30 am to 4 pm <i>Free Learner Co-Op</i>	19 8:30 am Men's Breakfast 11:30 am Ladies Potluck Lunch
20 8:30 & 10 am Holy Eucharist 5 pm <i>Christian Fellowship</i> 7:00 pm Celtic Service & Creation Group	21 8:30 am to 4 pm <i>Free Learner Co-Op</i> 9 am to 5 pm <i>Missional Team Training</i> 7:00 pm Bible Study 7:30 pm Prayer Group	22 9 am to 5 pm <i>Missional Team Training</i> 1 pm <i>Young at Heart</i>	23 9 am to 5 pm <i>Missional Team Training</i> 9:30 am Holy Eucharist 10:30 am Bible Study 6:30 pm Alpha	24 9 am to 5 pm <i>Missional Team Training</i> 6:15 pm TOPS 7:00 pm EFM 7:30 pm Music Group	25 8:30 am to 4 pm <i>Free Learner Co-Op</i>	26
27 8:30 Holy Eucharist 10 am Holy Eucharist & Triple C 5 pm <i>Christian Fellowship</i>	28 8:30 am to 4 pm <i>Free Learner Co-Op</i> 7:00 pm Bible Study 7:30 pm Prayer Group	29 1 pm <i>Young at Heart</i>	30 9:30 am Holy Eucharist 10:30 am Bible Study 6:30 pm Alpha	31 6:15 pm TOPS 7:30 pm Music Group	November 1 8:30 am to 4 pm <i>Free Learner Co-Op</i>	2