

# St Paul's Circular

March 2020

Volume 15 issue 1 "Renewal"

**Renewal** -- An instance of resuming an activity or state after an interruption; the action of extending the period of validity; the replacing or repairing of something that is worn out, run-down, or broke.

## From the desk of the Dean

I am told (but do not personally remember) that the three Rs were *reading*, *writing* and (a)*rithmetic*. The three Rs I hear today are *Reduce*, *Reuse*, and *Recycle*. Emerging from the environmental movement, these practices help us steward well the *stuff* of our lives, and in particular help us value the things which help us express creativity in the community of our common life together. The Facebook page ZeroWaste Kamloops connects increasing numbers of folks who reduce, reuse and recycle all sorts of materials which many of us simply throw away.

Something in me wonders if we should add *renewal* to this word cluster.

In the words of Psalm 139 we are each "fearfully and wonderfully made" (v. 14) by an amazingly creative God. That said, and since 1559, Anglicans have prayed in the morning office that, at times, there is "no health in us!" So, it seems that for at least some of us, at one time or another, renewal or refreshment is necessary. Hence the Lenten practice of self-examination, amendment of life, and discovery of love around and within us.

There may be no better renewal story than Nikodemus' nocturnal visit with Jesus (John 3). He was a devout spiritual leader who needed to be "born from above," one who possibly went through the motions of religious faith still needing something or someone different. Jesus continues that "no one can

enter the kingdom of God without being born of water and Spirit." He (or John, it's hard to tell at this point) says "the wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." In other words, spiritual renewal is unique, sometimes ambiguous, tender though sometimes tough, but always available to those who seek to enter more fully into the heart and person of God.

May this be our Lenten (and Easter) experience as we walk Christ's healing path together.

Grace and compassion to all, Ken+

## Lizzy's Bit

The word renew can be used in so many ways. It certainly conjures images of spring with small fresh green leaves, crocus, robins and longer, warmer days and Easter. Spring is a time of physical renewal and regeneration in the world and Easter is a time of spiritual renewal.

Lent, that solemn time of contemplation that precedes Easter, straddles winter and spring. Like late winter and early spring when nature is stirring beneath the snow Lent is a time of quiet and unseen renewal of spirit.

But Easter and spring are not the only times of rejuvenation. Each new day is a renewal of life and promise and hope. We can be renewed in mind, body and spirit. St. Paul reminds us in Ephesians 4 to renew our minds. Jesus tells us we are renewed in spirit when we are born again.

Our renewal can come from a vacation; a quiet time on our own patio; a spectacular sun rise. From time to time we encounter that special person who has the ability to renew and refresh our spirits as they pass

through our lives. We can be renewed through forgiveness or gratitude.

There are other less spectacular forms of renewal that are so much a part of everyday life we tend to overlook them. We renew subscriptions, memberships, vehicle registration and insurance, home insurance, vows and friendships.



### **Renewal**

*by Nancy Mutrie*

Resume after an interruption....return to a previous state....breathe new life into....carry on.... These are the thesaurus and dictionary versions of renewal that I relate to. However, my heart seems to feel and implement other responses.

Some renewal comes bursting with enthusiasm and delight and focus. My attempts at renewal in the present tense are rather hit and miss, with an immense desire to “take up again”, “revitalize”, “return to” and “restart”. But my soul and heart are sometimes immobilized by the inability to take a step forward, to “resume after an interruption”. A five and half year personal and emotional interruption due to a family illness is now morphing into daily life. I fight this every day with a massive desire to “return to a previous state”. Yet every attempt at returning to that state splits and splinters into shattered pieces so that I question why I ever assume this is something I feel deeply about returning to. So maybe that is the key to renewal. It isn’t to return to the previous state, it’s to build on a new revitalized, reimagined, and reformed vision. Something new and different and vibrant which you are inexperienced at and unaccustomed to that bursts with new life and pleasure. That which “renews” everything that lies dormant. My limited understanding is what I believe the disciples encountered after Christ was “renewed”, “arose”. They were inexperienced and unaccustomed to this “new” “reborn” person. They must have had to step forward with a different understanding of renewal. Not the previous understanding of what was but of what could be, can be and will be. So frightening, unsettling and “new”.

So, those of us heading into a “renewal” of our own lives, assuming the “previous” life is what we need to aim for and desire, may need to reassess this. And look with hope and interest and discovery into the “new” of renewal and follow that with vigor and desire and see where that takes us instead of trying to take the old up again or “resume after the interruption”. Much easier said than done. But possibly food for a different type of thought of what renewal can and could bring for all the different journeys we are each making with “renewal”.



### **Our Journey of Renewal**

*by Grace Williams*

Some of us have just completed a book study together where the theme of love shone through brightly. As I reflected on the many ways St. Paul’s shares that love with Kamloops, I was drawn once again to the sign outside our main entry!

“We extend a special welcome to those who are single, married, divorced or LGBTQ2S+. We welcome indigenous and non-indigenous folks alike as well as visitors from many lands. We welcome both rich and poor. We welcome crying newborns, those who are hard-of-hearing and those of all body types and conditions. We welcome soccer moms, hockey dads, starving artists, tree-huggers, venture fund traders, vegetarians, and junk-food eaters. We welcome those in recovery or still addicted. We offer a special welcome to those who could use a little prayer right now. We welcome those who got lost in traffic or ended up here by mistake. You are welcome here if you’re just browsing. We welcome seekers and doubters, and especially, YOU!” In other words, we welcome you in love.....neighbour!! And that is what we are commanded to do! “Love your neighbour as yourself!!” Matthew 22:39

So who is my neighbour: well any of those listed above, for sure, and as we go about our daily lives probably some others as well: our senior neighbour, our children and grandchildren, etc. The possibilities and opportunities are endless!

For Jim and I, it is the LGBTQ+ community we feel called to love. When we began our journey with our daughter Dylana 4 or so years ago, we felt so overwhelmed! This was a group of individuals we had never before been exposed to and knew very little about. We went through a huge learning curve as we sought to educate ourselves and at times it seemed daunting as well as very lonely. None of our friends or our church could relate to what we were experiencing. We had to totally re-evaluate our Christian faith. We quite honestly felt rudderless as we tried to make sense of the journey we were on while we worshipped with individuals that called our daughter an abomination! But for us both, the love card trumped all! (Did you know that love is mentioned 310 times in the bible!!---a lot more than the few scriptures trotted out with regard to gender!!) And, it was on this journey of renewal that we came to know a kinder God.

Our amazing daughter-in-law, a Vancouver social worker, counselling gender diverse clients, was instrumental in guiding us towards healthy sources of information, one of which was PFLAG(Parents and Friends of Lesbians and Gays) Canada. PFLAG is a national charitable organization, founded by parents like ourselves who wished to help themselves and their family members understand and accept their LGBTQ2S+ children. It is also a peer-to-peer support group that provides a safe space for individuals to share their story and to discuss topics related to sexual orientation, gender identification and gender expression.

It was after the first Kamloops Pride Parade in 2017 that a group of us that all had LGBT+ children connected . We began meeting in our home once a month to support and encourage each other. After about 6 months, we began exploring the possibility of starting a functioning PFLAG chapter in Kamloops once again. And so after many months of discussions with the Ottawa headquarters and filling out of forms, Jim and I became co-facilitators and held our first meeting in June of last year. It has been so rewarding and we have come to know an incredible group of courageous individuals both young and old.

We have received amazing support from the Kamloops School District and Interior Health. Both have included us on panels and in educational opportunities. We were very fortunate to be included in a forum at TRU which included all of the groups working with gender diverse individuals in Kamloops. It is so helpful to know what services are available and where to direct people. And so, while we feel very optimistic for the future, there is still lots of work to be done!

Our meetings are held at Kamloops United Church (who have very generously provided us with space free of charge!!) on the second Thursday of each month from 7 - 9 pm. We usually have a time of sharing and then take a short break. In the latter half of the meeting, we focus on an educational topic (often a video and handout) or have a guest speaker. Some topics covered have been "What it means to be an ally." and "Terminology". And, we have had amazing speakers sharing their own personal journeys or that of their family. Lately, our most numerous requests for support have been from families or school staff of young transitioning children. We have met some amazing young people who have so courageously set out on their journeys of gender transition at 8 and 9 years old! They are truly an inspiration.

Jim and I would like to invite each and everyone of you to attend one of our meetings, either to show your support or to educate yourself!! You will be warmly welcomed.

We don't even know how strong we are until we are forced to bring that hidden strength forward. In times of tragedy, of war, of necessity, people do amazing things. The human capacity for survival and renewal is awesome.

*Isabel Allende*

## Renewal Litany

*by Mary Dove*

This is the season of renewal - the joyous awakening of our senses

to the new warmth of the sun's rays

to the delightful greening of the weeping willow tree

to the refreshing smell of newly mown grass

to the welcoming song of the returning robin

to the brilliantly regal purple of that first crocus

As we welcome God's handiwork to the Earth again in Spring.

This is the season of renewal – the keen awakening of our minds

to the great potential of knowledge available to the creative and imaginative possibilities out there

to the discerning ability to search for Truth by disciplining our minds to strive for excellence

by keeping our thoughts focused on the Divine

By heartily enjoying the humour and ideas of others

As we welcome God's great gift of Intelligence again in the Spring.

This is the season of renewal- - the awakening of our spirit

by the preparation of a holy Lent by opening our hearts to the Divine spark within us

by being more loving in all we do and say and are

by looking for the Christ in others, friend and foe

by praying to know God's compassionate grace in our lives

As we welcome God's renewal of Christ's resurrection again in the Spring.

Problems can be experienced as... a chance for renewal rather than stress.

*Marilyn Ferguson*

Julian of Norwich tells us to think of ourselves as infants. When we have soiled ourselves, we do not descend into a pit of shame and blame. No, we run immediately to our mothers who welcome us, change our diapers, and then shower us with hugs and kisses to send us on our way. It is a humiliating image for an adult, but in that humility God's powerful love can be revealed to us."

I love this image of sin... and how God views us, not in a judgemental way, but cleaning us up, loving us, and sending us on our way again.

How refreshing... how guilt relieving! The opportunity for renewal, again and again and again....

*contributed by Margaret Mitchell*



## St Paul's Thrift Shop

We are now heading into spring when we will be featuring spring and summer clothing.

The following items are always useful -

CLOTHING - SHOES- LINENS-CHINA- KITCHENWARE - POTTERY- KNICK-KNACKS - PUZZLES - GAMES - TOYS - GREETING CARDS - MUSIC - BOOKS - MAGAZINES - VIDEOS -

## Clean, gently used items please

Please take time to pop clothing and linens in the washer, and kitchenware in the dish-washer before dropping them off. It would help us such a lot.

At this time of year we are especially looking for light weight garments, but we are happy to take winter wear that is still warm and cozy.

**Thrift shop is open Fridays 9:30a.m. to 1:30 p.m. September through June**

Change and renewal are themes in life, aren't they? We keep growing throughout life. *Susan Minot*





Since Lance Weisser is Rae Long's soup making partner this year Newshound send him to interview Rae about the history of the popular Lenten Lunches.

**Lance: Rae, I know you've been doing the soup lunch following the Lenten Lectures from the very beginning. Do you recall when you first got involved? What did you serve up in those years?**

Rae: The first Lenten Lecture service was arranged by Dean Louise Peters on February 26, 2004. I made a hamburger soup and Nancy Baker made a vegetable soup. We could only guess how many would attend, so we expected maybe forty people to come--and imagine when sixty-five came into the hall for lunch! We quickly put up extra tables, and had egg buns and tuna buns... open faced. There was also carrot cake and cookies. My sister Bridget was on clean up. We were on a roll! Nancy and I made all the soups in 2004. Since then all sorts of soup varieties have been made: Tomato rice, Chicken gumbo, Corn chowder, Beef barley. Mushroom, Sausage, split pea and ham--you name the soup, and we've probably served it (smile).

**L: No doubt you've had others helping you in the kitchen, and do you remember some of their names and when they were with you? Who are some of the ones helping you more recently?**

R: Over the years the soup makers have been Chuck and Elaine Kalnin (since passed), JoLynne Forbes, Reid Albright (also no longer with us), Joy Gothard, Bridget Jensen, Nancy Baker, and most recently, yourself. We have an important set up team for the past 16 years: Roger Parkes, Barry Baskin and Tony do it regularly--and Jim Waldie, Dwight Oatway and Jim Williams are also there for us. We are blessed to have Mercedes look after the coffee and tea and the dessert or sweets table (always a popular feature), and I am grateful for the kitchen helpers: Jim Waldie, Suzy Knox, Grace Williams, Miriam Baskin, and the

dishwashers Elaine Parkes and Linda Long or whoever is in the kitchen.

**L: Have you made any adjustments to the menu since 2004? Are there other things worth mentioning? What about costs?**

R: Well, in 2015 we made a change in that only plain buns are available, just to make it all more manageable and cost effective, and more recently we're ensuring there is a gluten-free offering, with a lactose-free soup offered. The cost is by donation and every year the same tin is used, along with a note suggesting \$5 to cover expenses. This is never monitored, and is entirely up to the person and their situation. I will say, though, that a large pot of soup now costs approximately \$50 - \$75 to prepare, due to the great increase in the price of produce and meat these days.

**L: Considering your costs, has it been possible for your team to give anything back to the Cathedral?**

R: Well, you know, I have what I call my 'Lenten Lunch Bible' dating back sixteen years, including the names of guest speakers and their topics, plus the type of soup and the sweets made for that particular date. It is certainly tattered but an interesting read... all hand recorded and documented. And would you believe that the lenten lunches have in the past fifteen years managed to give back **\$13,054.75** to the cathedral.. an amazing amount! The cooks have been generous too, always being very thrifty in what they buy and make. We have been blessed to be able to contribute our time and talents in the kitchen in order to serve our lovely cathedral family.

**L: Thank you, Rae, for sharing all this history and the Lenten Lecture lunches story--and for making them happen each Thursday afternoon in our great Season of Lent.**





December 21, 2019 marked the 50th anniversary of the the ordination of the Rt. Rev. Gordon Light here at St. Paul's



Alison McKinnon reported on the Episcopal Election 2020

On Saturday January 25, 2020 people from all parts of the Territory of the People gathered at St. Paul's Cathedral in Kamloops to elect the first Bishop of the Territory. After registration and refreshments, Eucharist was celebrated. Archbishop Melissa Skelton then welcomed those present and Douglas MacAdams, Chancellor of the Provincial Synod explained the process and voting procedures.

Six candidates had allowed their names to stand -- Fleming Blishen, David Burrows, Roger Cooper, Lincoln Mckoen, Louise Peters and Clara Plamondon. Each candidate had a confidant whose role was to phone after the ballot with the voting results before they were announced to the assembly in the Cathedral. There were 16 clergy voters and 46 lay delegates in attendance. A vote of 50% plus one in both houses was required for an election. This meant 9 clergy and 24 lay votes.

The first ballot took quite a long time and at the end of it, Roger Cooper withdrew his name. Lunch was delayed in order to hold a second ballot, which went faster. After this ballot, Fleming Blishen and Louise Peters withdrew.

After lunch in the hall, balloting recommenced. After this 3<sup>rd</sup> ballot, Clara Plamondon withdrew. This left 2 candidates: David Burrows and Lincoln Mckoen. Douglas MacAdams explained that, in the

event of a tied vote in either house, the entire process would have to start from scratch. When Archbishop Melissa entered the Cathedral after the 4<sup>th</sup> ballot, she was smiling, so we knew we had a new Bishop. And we did: Lincoln Mckoen. The day ended about 4pm, with a celebration song.

Thanks to Melissa Green for her outstanding job of organizing, to those who oversaw the voting and kept proceedings in order, to the candidates and to Rae Long, Elaine Parkes and their kitchen crew for the wonderful lunch and always available beverages and snacks.



Margaret Mitchell reported on St. Paul's Cathedral Annual Vestry Meeting

On Sunday February 7, 2020 following the 10:00 am service, 56 members of the parish gathered in the hall for a finger food lunch and the Annual Vestry Meeting.

Bishop Barbara chaired the meeting as Dean Ken Gray was on medical leave. The order of business was as follows:

#### **Appointments:**

*Vestry Clerk* – Margaret Mitchell was appointed as recording secretary for this meeting.

*Scrutineers*: Roger Parkes and Colleen Stainton  
Motions were passed approving the Agenda and the minutes from the Feb 10, 2019 Annual Vestry Meeting

Bishop Barbara Andrews read the list of the non-financial reports included in the agenda package, which had been distributed in the preceding two weeks to allow the congregation to read them; the Bishop commented the reports were full of good information and gave thanks to God for the wonderful work and ministry represented in the reports.

The financial Statements for the period January 1 – December 31, 2019 were reviewed by David

Ritenburg. We ended the 2019 fiscal year with a net income of \$8,614.84 which was good news in light of the 2019 approved budget of \$10,000 deficit! The 2020 budget was approved by motion with a net deficit of \$8,182.

The Report of the Nominating Committee was presented by Cathy Shether and the following are the results for 2020:

*Treasurers:* David Ritenburg and Gordon Dove

*Recording Secretary for Cathedral Committee,* to be determined by Cathedral Committee

*Rector's Warden:* Jon Buckle – current term continues

*People's Warden:* Richard Cane – current term continues

*Envelope Secretary:* Trish Waldie

Other Cathedral Committee members:

*Territory Assembly Delegates and Alternates:*

- Alice Laboso – Delegate
- David Ritenburg – Delegate
- Rose Roy – Alternate
- Barry Baskin – Alternate
- Youth Delegates (2) none were nominated or elected at this time

### *Members at Large*

- Kathryn Brisco and Sarah Majors
- Miriam Baskin was affirmed to continue her term as Verger

Verna Albright and Margaret Mitchell were affirmed by motion as Lay Ministers of Word and Sacrament, licensed by the Bishop for 2020, and the list of Lay Administrators for 2020 were also affirmed by motion.

A motion was passed directing the wardens to write a letter of appreciation and continued support to Dean Ken and Kathie Gray.

Expressions of gratitude were offered to the Bishop for giving oversight at the Cathedral during Dean Ken's absence; to all the honorary assistants who have stepped in to preside and preach; and to the many others who work tirelessly to continue the work and ministry in and for St. Paul's, and especially for all the preparations for the Annual Vestry Meeting.

It was a good meeting with everyone engaged in the business of the church, asking pertinent questions when needed.



## Looking Back

### P.I.T. Stop



I must say that it is an absolute honour to be welcomed into your building every December. It certainly is true that our community is so much stronger and better engaged because agencies and resources work so well together.

Thank you so very much for all the hard work, enthusiasm, love, and grace you and everyone from St. Paul's gifted to many today. Our final count is 238 very well fed and happy guests. It was a job very, very, well done. Please pass on my sincere thanks to everyone in your crew who cooked, served, cleaned, smiled and opened their hearts! It is very appreciated. With much love, Rick W, the organizer of the Pit Stop





## Soup Troop Dec 16

What a great soup bee! We managed to make 37 containers of Mac and Cheese, 33 containers of Chili, 18 containers of Shepherds Pie and 23 containers of chunky vegetable ham. (That is 111 meals!) A HUGE thank you to everyone who came out and helped and to the anonymous donor for making it possible to continue this ministry. Thank you to our home soup makers as well. But maybe the biggest thank you goes out to Margaret Mitchell who keeps us all on track and cutting things the appropriate size. Even though this last soup bee was a bit more winging it than she likes, we did a great job.



## Olympic Tea St. Paul's Altar Guild



St. Paul's Altar Guild has for the past few years invited altar guilds from the various churches in Kamloops to a tea which includes some activities, lunch and fellowship. We were pleased to have 37 people sign up representing St. George's, Monte Creek, Hills of Peace –as well as members of St. Paul's Altar Guild for the February 20, 2020 tea.

This year, the theme of our tea was based on the Summer Olympics in Japan, complete with the "Olympic Flame". The official lighting of the flame was handled by Claire, who dressed in a Japanese gown, entered the hall with the torch and lit our Olympic Candle. We decided on 5 teams according to the Olympic Colours with 3 events -- a swimming relay with an ice cube on a teaspoon, a basket ball toss with tennis balls and the package passing contest. We encouraged all the other guests to cheer on their team members. The relays were followed by a soup and bun lunch provided by Rae Long and sweet squares provided by members of the altar

guilds of St. Paul's and St. Peter's. Following lunch we had the package passing event.

There were two lanes laid out across the hall for the time based swimming relay in which each participant had to put on a shower cap and glasses, pick up a teaspoon, put an ice cube on it, then walk across the hall to the wall, touch the wall and return to the start, put the ice cube in a container and remove the glasses and shower cap placing them on the starting table for the next "runner". In the second relay each team member had to toss 3 tennis



balls into a bucket. For the package pass we sat in a circle holding a small gift, passing it to the left or right depending on which word was read during a 5 minute story.

The Olympic Tea lasted for 2-1/2 hours and the only complaint was from the Bishop as there was too much noise for her to concentrate on work in her office upstairs!

*Jim Waldie*

## Friendship Friday

### January 17, 2020

The guest speaker was Tyson Andrykew of the Community Engagement Community with presentation about the proposed Fine Arts Centre. He was very knowledgeable about the Centre, answering questions asked by a good turn out of interested folks.

Following his presentation Gail Ovington gave a demonstration about how the organ works and then she played so amazingly.

Hot soup and a bun and sweets were served in the hall and very much enjoyed on this cold January day.

### February 21, 2020



Amy Baskin from the Canadian Mental Health Association (CMHA) was the guest speaker for the February 21, 2020 meeting.

What an excellent speaker she was and everyone learned from her candid presentation.

The coloured paper represented the Continuum Model, The categories were: Green - Healthy: Yellow - Reacting: Orange - Injured and Red - ill. Each category had its own list of symptoms.

Questions and answers followed



## Lenten Lectures

This year's theme is You'll Never Walk Alone: The Place of Music in Spiritual Life. On February 27 our own Gordon Light spoke convincingly about song being the beginning of things. He gave us memorable examples of the deep tone now discovered emanating from a large black hole, the voice of reverberating song of despair from black slaves which gradually became the gift of spirituality and the melody within our being when we have no words to pray. John Boyd, from St George's came next on March 5 with an understanding of Orthodox liturgical music which he shared. There, much of the liturgy is sung and it is provided from human voice rather than instruments. The examples he played for us were fascinating in their complexity and sound. The third presenter was Bob Wallace from The Common Cup who on March 12 spoke on the inner song as

Holy voice. God's word is often within us, he said, and we may miss it hoping for action, silence or study to bring us closer to the Holy. As we wrestle with the mechanics of music, it can morph into spiritual meaning. Interesting to contemplate.

As always, after the sessions, we are treated to a light lunch of delicious soup and goodies provided by Rae Long and Lance Weiser. The sessions have been very well attended this year by those both from and outside of our parish.



*Mary Dove*



## Looking Ahead

### Lenten Lectures

- March 26 Music in Health Care with Gorden James  
 April 2 Music as part of the Spiritual Journey with Dan Hines & Oliver Swain



### Holy Week

- |                 |          |          |  |
|-----------------|----------|----------|--|
| Palm Sunday     | April 5  | 8:00 am  | Holy Communion   |
|                 |          | 10:00 am | Holy Eucharist and Liturgy of the Palms                  |
| Maundy Thursday | April 9  | 7:00 pm  | Holy Eucharist with Foot Washing, Stripping of the Altar |
| Good Friday     | April 10 | 11:00am  | The Celebration of the Lord's Passion                    |
| Easter Day      | April 12 | 5:30 am  | Sunrise Eucharist (on the Beach off Schubert Drive)      |
|                 |          | 8:00 am  | Holy Communion   |
|                 |          | 10:00 am | Holy Eucharist   |



### The Hands in the Dirt

The gang will be planting, weeding, watering, nurturing and harvesting again this year. Stay tuned.



### Opportunities for Ministry

**Altar Guild** - This group tends the sacred vessels of the church and prepares the altars for worship. New members would be welcome. Contact Jim Waldie, Cell 250-819-0393 [waldiejamesc@gmail.com](mailto:waldiejamesc@gmail.com) or St. Paul's Cathedral 250-372-3912

**Peace and Justice** - Add your voice to the discussion and action regarding peace and justice issues and outreach concerns. Monthly meetings are at a time and day to be designated. If you are interested contact Joy Gothard [gotjo@telus.net](mailto:gotjo@telus.net) or 250 372 5594

**Soup Ministry** - The need for soup has not lessened; help us keep the freezer full. *Please no spices or large chunks*. Also kindly mark as to the type of soup and the date made. There are empty yoghurt containers in the kitchen. Thank you to all our soup makers.



### Ongoing at St Paul's

Sunday	8:00 a.m.	Holy Communion: Book of Common Prayer	Chapel
Sunday	10:00 a.m.	Holy Eucharist: Book of Alternative Services	Cathedral
Sunday	10:00 a.m.	Sunday School: September to June	Lower Parish Hall
Sunday	1:00 p.m.	Prayer Service: during ski season at Sun Peaks	Mid-Mountain Chapel
Monday	7:00 p.m.	Contemplative Prayer: second and fourth Mondays	Cathedral
Tuesday	11:00 a.m.	Frozen soup available	Cathedral Office
Tuesday	1:00 p.m.	Prayer Shawl Ministry: third Tuesday of the month	Chapel
Tuesday	7:00 p.m.	Cathedral Committee: fourth Tuesday of the month	Cathedral
Wednesday	10:00 a.m.	Holy Communion: Book of Common Prayer	Chapel
Wednesday	11:00 a.m.	Frozen soup available	Cathedral Office
Wednesday	12:00 noon	Lectionary Bible Study: September to June	Chapter Room
Thursday	11:00 a.m.	Frozen soup available	Cathedral Office
Thursday	2:00 p.m.	Holy Eucharist: fourth Thursday of the month	Berwick on the Park
Thursday	7:00 p.m.	Choir Practice: September to May	Cathedral
Friday	10:00 a.m.	Friendship Friday: third Friday September to June	Parish Hall
Friday	9:30 a.m.	Thrift Shop open: September to June	Lower Parish Hall
Friday	5 :00-7:00 p.m.	Friday Family Food & Fun	Parish Hall
Friday	7:00 p.m.	Youth Group: grades 4 to 12	Parish Hall

Keeping the Sabbath day holy is much more than just physical rest. It involves spiritual renewal and worship.

*James E. Faust*

Every day is a renewal, every morning the daily miracle. This joy you feel is life.

*Gertrude Stein*

When you take time with God and listen to His voice, He renews your strength and enables you to handle life.

*Joyce Meyer*

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

*Romans 12:2*

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.

*2 Corinthians 4:16*

The gospel is entirely a message about what someone else has done not only for me but also for the renewal of the whole creation.

*Michael Horton*

## St Paul's Anglican Cathedral

parish founded 1884

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*joyful -rooted - responsive - hospitable*

Bishop	The Rt. Rev. Barbara Andrews
Rector & Dean	The Very Rev. Ken Gray
Assisting Clergy Member	The Rt. Rev. Gordon Light
Assisting Clergy Member	The Rev. Barbara Liotskos
Assisting Clergy Member	The Rev. Dan Hines
Assisting Clergy member	The Rev. Bob Purdy
Rector's Warden	Jon Buckle
People's Warden	Richard Cane
Youth Coordinator	Melissa Green
Acting Music Director	Gail Ovington
Office Coordinator	Claire Tosoff
Treasurers	Dr. David Ritenburg/Gordon Dove

St Paul's Cathedral website  
[www.kamloopsanglicancathedral.com](http://www.kamloopsanglicancathedral.com)

follow us on Facebook

Territory of the people website  
[www.territoryofthepeople.ca](http://www.territoryofthepeople.ca)

submission deadline for the Next issue:

**June 12, 2020**

theme for the next issue:

**Family**

## Worship at St Paul's Cathedral

Chapel, Sunday, 8:00 a.m. - Holy Communion      Cathedral, Sunday, 10:00 - Holy Eucharist  
Chapel, Wednesday, 10:00 a.m.

The St. Paul's Circular is the parish newsletter of St. Paul's Anglican Cathedral, Kamloops, B.C. Four issues are published annually: Lent/Easter, Pentecost, Fall, Advent/Christmas. Our aim is to glorify God by sharing stories about the ministries of our parish, both within and beyond our physical boundaries. The editorial board currently includes Dean Ken Gray, Mary Dove, Claire Tosoff and Elizabeth Kavanagh  
email address: [stpaulscathedralcircular@gmail.com](mailto:stpaulscathedralcircular@gmail.com)

## Treasurer's Report

	Actual	Budgeted
Revenues Feb 2020	\$23,493.14	\$26,011.32
Expenses Feb 202	\$23,326.16	\$22,758.84
<b>Net revenues Feb 2020</b>	<b>\$166.98</b>	<b>\$3,252.48</b>
Revenues Jan-Feb 2020	\$64,490.33	\$53,007.64
Expenses Jan-Feb 2020	\$55,486.34	\$53,900.62
<b>Net Income YTD</b>	<b>\$9,003.99</b>	<b>\$892.98</b>

