

St Paul's Circular

September 2022

Volume 17 Issue 3 Celebration

Celebration -- The act of celebrating. A party or other festive event for celebrating something

At this time we celebrate Rev. Cannon Len Fraser's time with us as we also celebrate the arrival of our new dean Rev. Dr. Kyle Norman

Let us not forget to celebrate with thanksgiving every day and every thing that God gives us.

Lizzy's Bit

There are so many reasons for celebration. Of course the big events both sacred and profane come to mind - Christmas, Thanksgiving, Canada day. Every family has a multitude of reasons to celebrate. There are births and birthday, weddings and anniversaries; graduations from kindergarten through to the post graduate doctorate; the new job, retirement. These are the happy celebrations shared with family and friends, accompanied by food, food and more food, music, presents and balloons, streamers and confetti.

There are also solemn celebrations of remembrance marking the anniversaries of the end of a war, or past tragedies. Funerals, whether for public figures or family members, or dear friends are solemn celebrations of the life that has ended.

However there are way more reasons to celebrate than events large and small, public and private. We celebrate the big accomplishments of our lives, but we should remember to celebrate our small successes as well - the new skill acquired, the fear conquered, each small step in a long road to recovery from major illness, the closet tidied, the task completed.

Celebrations in my family were usually low key affairs, sometimes with other family members, but mostly just the three of us. Except for Christmas which included the tree, garlands around the house and a wreath on the door, celebrations were usually marked only by special food -- turkey and all the trimming for Christmas, hot dogs for Canada Day, black forest cake for birthdays.



New Dean



The Rev. Dr. Kyle Norman was appointed Rector of St. Paul's Cathedral, Kamloops and Dean of Territory of the People in June of 2022.

Ordained nearly 20 years, Kyle, he has been Rector of Holy Cross in Calgary since 2009 and has a vast experience in pastoral ministry and leadership. He completed his Doctor of Ministry: Spiritual Formation in 2019. This emphasis on spiritual formation of the Christian community has given him a unique insight into how communities of faith grow and flourish. He will be taking up his duties as full time Rector and Dean 1 October 2022.

Kyle is married to Alicia and they have one son, Solomon.



Newshound reports there are a number of farewells this fall.

Margaret Mitchell retired from the Territory of the People office, Claire Tosoff left the Cathedral office,

Rev. Len Fraser retired as interim dean, Gail Ovington retired as musical director and Gordon and Mary Dove are moving near the end of October to be with their son in Langley.

Margaret Mitchell retired as Territory Office Coordinator 1 September, 2022. She began as Coordinator in the fall of 2017; a 4 month temporary position. After being with us for 4 ½ years she briefly retired on 31 May, 2021 but came back to the position as the Territory went through personnel changes.

Effective 1 September 2022 Claire Tosoff became Executive Assistant to the Bishop of the Territory of the People. Claire joins the Territory staff team after almost 9 years as the Office Coordinator at St. Paul's, bringing with her both knowledge of the Territory of the People and office experience.

Gail Ovington retired as musical director.

Farewell from Gordon and Mary Dove who are moving:

So long, Farewell _____

When we arrived back in Kamloops from Brandon twelve years ago, St Paul's welcomed us with open arms and we were so grateful. We have been blessed to be part of this community of faith. We thank you for trusting us with those ministries we felt drawn to and for your support through this time. We have enjoyed getting to know so many of you as fellow travellers on our journey.

We will be on the move again at the end of October to Langley to live with our son Geoff and his family as they have an in law suite being prepared for us. It will be good to be close to family at this point in our lives, even though we will miss much of Kamloops.

Know that St Paul's community will be in our thoughts and prayers as you journey forward with God's guidance.

Blessings,

Gordon and Mary Dove



Newshound also reports some returns

The Thrift Shop reopened 16 September after a two and a half year COVID break.

Friday Family Food and Fun Night also returned 16 September.



New Comer Corner

Welcome to Zack Anderson and daughter Haddie Anderson!

Zack is Merritt born and raised; his family has deep roots in the ranching community. Fourteen years ago Zack and his wife Michelle made the move to Kamloops, so as to make the commute to Highland Valley Copper less of a trial.

A “cradle Anglican” Zack fell away from church involvement until a few years ago. Readings from C.S. Lewis and Thomas Merton, as well as conversations with his grandfather, sent Zack in search of a community that fit with his spiritual values. We're so glad he chose us!

In recent months Zack has decided upon a new career as a realtor for the Kamloops region. That embracing of new beginnings is exemplified in one of Zack's favourite quotes:

“A man must have just enough faith in himself to have adventures, and just enough doubt in himself to enjoy them.” G. K. Chesterton

And speaking of new beginnings – Haddie's just started grade one and will no doubt have stories and adventures to share.



Celebration

by Barry Baskin

Each day of quality life is good reason for celebration. Quality live is enhanced by solid relationships. It is so easy to forget to celebrate those little moments in life that bring us joy. Grasp hold of those precious moments. Celebrate in thanksgiving all God's rich blessing in life. I believe it softens the blows of hard times in life. Remember, God is always good, no matter what.

God is my Father, worthy of daily celebration. On the day of my birth my mother had been sixteen for three weeks. My grandparents brought me home from the hospital which I'd like to think was an occasion for celebration. I have spent a great deal of my life seeking the name of my human father, a family secret for some reason. Why it was so important for me to know seems now to be a mystery to me. However I celebrate God's many blessings in my life without reservation.

Celebrate partnerships

by Joy Gothard

PWRDF WILD-RIDE fundraising campaign is in response to the announcement from the United Nations High Commission for Refugees that the number of refugees and displaced persons in the world has surpassed 100 million people, more than any time in human history. Roughly 1% of the world's population is on the move. From unseaworthy boats in the Mediterranean to La Bestia, a train that refugees and migrants ride north through Mexico, the desperate journeys that refugees take often meet a tragic end.

"It's a critical time in the world," says Carolyn Cummins, PWRDF's Director of Fundraising and Supporter Relations. "Climate change, conflict and famine are all contributing factors that force families to leave their homes. In Ukraine alone, millions of people are affected, but PWRDF is also currently supporting refugees and displaced people in Syria, Ethiopia, South Sudan, Iraq, Afghanistan, Kenya and Bangladesh."

Celebrate Donors and Prayers for refugees and displaced people

by Joy Gothard

At the time of this editorial deadline, donors from family, friends and members of St. Paul's Cathedral have surpassed the \$1000 goal that Joy set for a total of over \$2,000 contributions and over \$19,500 of the \$50,000 goal has been achieved. The PWRDF Wild Ride campaign started in June and **donations will be accepted until October 8, 2022**. Follow the link to St. Paul to St. Peter's Wild Ride 2022 to make your donation. <https://www.canadahelps.org/me/n9ayaUX>



Thrift shop

The shop is open again and at this time of the year the ladies are looking for winter clothing, although all the following items are always useful -- CLOTHING -- SHOES -- LINENS -- CHINA -- KITCHENWARE -- KNICK-KNACKS -- PUZZLES -- GAMES -- TOYS -- GREETING CARDS -- MUSIC -- BOOKS -- MAGAZINES.

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.

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

Life is a celebration. Consider everything that makes you happy as a gift from God and say, "Thank you". *Francis Lucille*

Celebration is best done in the company of others who can rejoice with us over God's goodness. *Max Anders*

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 at waldiejamesc@gmail.com 250-374-1484 or 250-819-0393

Lay Assistants - Lay Assistants assist with communion during our worship services. They also do the readings during the 8:00 a.m. service. There is always a need for more participants. If you would be interest contact Grace Lister to assist at 10:00 a.m. or Elizabeth Kavanagh to assist at 8:00 a.m.

Greeters and Servers - Greeters welcome parishioners to the 10:00 am service, distribute the pew bulletin and answer questions. Servers carry the cross and assist the clergy to prepare for communion at the 10:00 am service. Training would be provided by each ministry and you usually work as part of a team and wouldn't be on your own until you are you are comfortable. Please contact the office for more information or to volunteer.

Maintenance - Anyone with plumbing, electrical, or carpentry skills who would like to help out with the maintenance of our lovely cathedral

Peace and Justice - Add your voice to the discussion and action regarding peace and justice issues ad outreach concerns. Monthly meetings are at a time and day to be designated. If you are interested contact Joy Gothard at gotjo@telus.net

P.I.T. Stop - This Kamloops United program provides hot, nutritious meals for those in need. Once a year it is held at ST. Paul's, usually the first Sunday in December. If you can help with preparation, set-up, serving or clean-up, please email Wendy McLean at d_wmclean@shaw.ca or Barry Baskin at miriamb3@telus.net

Soup Ministry - The need for soup has not lessened. Please help us keep the freezer full. *Please no spices or large chunks*. Also please 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.

Thrift Shop - The Thrift Shop could always use people to sort, price and display donations. We need volunteers who realize that we are handling used items which are not always as clean as we would like them to be. We are also looking for people who have sharp eyes for detail and are flexible. If you are interested contact Elizabeth Kavanagh at pegkava60@gamil.com or Elaine Parkes at elaineparkeskamloops@gmail.com

Collection Counters - Count the collection and prepare the monies collected for deposit. If you would like to help contact Jim Waldie at waldiejamesc@gmail.com 250-374-1484 or 250-819-0393

Prayer Shawl - This is a group of knitters and crocheters who gather once a month to create shawls to distribute to those in need of comfort. After the shawls are made they are blessed and given out. If you would like to join contact Marian Digeso at jamdigeso@gmail.com

I want to tell everybody to celebrate every day, to savour the day and be good to yourself, love yourself, and then you can be good to others and be of service to others.

Charlotte Rae

Looking Back

Bray and Pray at the Turtle Valley Donkey Refuge 2 August, 2022

reported by Claire Tosoff

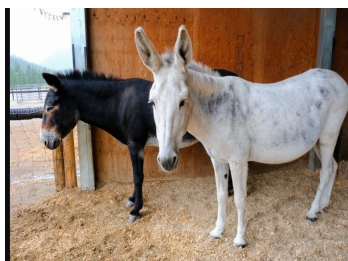


We were warmly welcomed to the Turtle Valley Donkey refuge on Thursday 4 August for a prayer service and a tour of the facility. This was delayed from a pre-COVID Season of Creation Celebration. The shop provided a warm space on a stormy day. We gathered in the shop and listened to Shirley Mainprize tell us about the mission of the farm and some heart-

warming stories about the donkeys in their care. Shirley Mainprize is a fantastic story teller! So much donkey knowledge. The job of the Turtle Valley Donkey refuge – our mission – is to provide a loving, healthy and safe, permanent home for donkeys who are neglected or abused, or, through no fault of their own, cannot be properly cared for in their present circumstance. Donkeys are generally purchased or adopted by well-meaning people who intend to care for their equine pets with love and in a responsible manner. Unfortunately, they often enter this relationship unaware that they will be responsible for the health and safety of their donkey for up to 50 years.



Rob Miller then took us to the barn where we got to meet the herds and even get up close and touch a donkey -- the ever patient Lilly.



The heavens opened up and the rain poured down while we held a service that included the singing of "He Came Riding on a Donkey" by Gordon Light. It was a fitting hymn and was enjoyed by all. A special thank you to Ken Gray for putting the service together.

This was a lovely experience and we recommend checking them out if you are in the area! For more information here is their web site: <https://turtlevalleydonkeyrefuge.com>



photos by Rae Long and Ken Gray

The Cathedral has Pride

reported by Tricia Steenson



On Sunday August 28, 2022 an exuberant, colourful group assembled behind St. the Paul's Cathedral banner to take our place in the 2022 Kamloops Pride Parade. We were enthusiastically cheered on by many supporters lining the route. It was a joyful occasion -- I am looking forward next year to more colour (team boas anyone?) and lots of sparkling participation!

photo by Al Fedorak

Remembering the Queen



On 9 September the cathedral bell was tolled 96 times, one for each year of the late Queen Elizabeth's life.

The bishop came for a memorial service for the late Queen which was held at 7:00pm on 11 September.



photos by Rae Long

PWRDF Wild Ride on 10 September, 2022

reported by Joy Gothard

As St. Paul's PWRDF representative, I registered to cycle from St. Paul's Cathedral to St. Peter's Monte Creek (66km round trip) on September 10, 2020.



I began my day under sunny skies to ride solo. From Holman Road, I rode on Highway#1 to Dallas Park and on to the Wildlife Park. Sue Cane and Lynn Snook joined the ride at the BC Wildlife Park. Then Rev Barbara Liotskos joined the ride from Orchard Drive, Valleyview to Orchard Park and beyond.





We had lots of fun taking photos at milestones along the way. Going through the underpass tunnel. Celebrating achieving the summit hill of Dallas Drive. Meeting a caravan from another Wild Ride! Visiting St. Peter's Monte Creek Cemetery and tidying up some of the graves. Arriving at St. Peter's Monte Creek at noon, we enjoyed reading a bit of history while having our lunch



We knocked on the door of the church and entered -- we had a key. Unfortunately, members of St. Peter's could not join us. I had originally planned to ride out Sunday morning in time for the worship service, but changed the date to celebrate Claire's work at the Cathedral office.

During our time inside the church, we marveled at the beautiful oak interior, inscriptions on the font and below the stained-glass windows. The inscription above the altar says "When two or three are gathered together in my name, there am I in the midst of them". We shared the Immigrant Apostle's



Creed, Litany for Refugees and a prayer for our recently deceased Queen Elizabeth.

What a wonderful day we had together to celebrate the donors and the work of the Primate's World Relief and Development organization in the eight Partnerships to support refugees and displaced people.

My heart overflows with gratitude to all donors and the work of the PWRDF.

There will be more news to come about a WILD RIDE celebration webinar in October 2022.

Claire's farewell



We bid farewell to Claire Tosoff as Office Coordinator on 11 September after the 10:00 am service with finger food and one of Rae Long's famous cakes, this time as requested by Claire, in chocolate.



photos by Rae Long

Soul Friends

reported by Miriam Baskin

Soul Friends went on a field trip to Shuswap Lake Thursday 22 September from 10:30 am – 3:15 pm. Ten folks gathered at a home in Celista for sharing, exploring and discovering. We created a brave and sacred space by listening respectfully to each other without interruption and receiving what each had to say as a gift, not corrected, questioned or discussed.

We explored Ecclesiastes 1:1-11, Psalm 90 1-6, and Luke 9:7-9. Next on the agenda was exploring an excerpt from a book by Pema Chodron "Living Beautifully with Uncertainty and Change". It was an excellent time for looking deeply into what really matters in our lives.

By the time we explored all that the morning had to offer we had worked up an appetite for lunch. The sun had warmed the outside space and we enjoyed a good time of just being together.

The afternoon brought a different tone to the gathering as we had an open prayer and sharing circle.

Season of Creation

Sunday, 4 September there was a gathering of the Wild church at 1:00pm at McDonald Park.

Thursday 15 September at 12:15 in the parish hall Rev Ken Gray gave a presentation on Photography and the environment. The lecture was accompanied by a light lunch.

Sunday 18 September was Welcome Back Sunday. There was also a Wild Church Service.

Sunday 25 September to Thursday 29 September there as a Pilgrim's Way retreat lead by Rev Ken Gray at Sorrento Centre.

Len's farewell

On 25 September after the 10:00 am service we said thank you Len for his time as Interim Dean with finger food and cake.



Looking Ahead

Season of Creation

Thursday 29 September at 12:15pm in the parish hall there will be a lecture on waste management and a lunch.

Sunday 2 October there will be the presentation of the St. Francis Award and a blessing of the animals.

The schedule for Advent and Christmas is to be announced. Stay tuned.

Ongoing at St Paul's

Sunday	8:00 am	Holy Communion: Book of Common Prayer	Chapel
Sunday	10:00 am	Holy Eucharist: Book of Alternative Services	Cathedral
Sunday	10:00 am	Sunday School: September to June	Lower Parish Hall
Sunday	1:00 pm	Prayer Service: during ski season at Sun Peaks	Mid-Mountain Chapel
Tuesday	11:00 am	Frozen soup available	Cathedral Office
Tuesday	1:00 pm	Prayer Shawl Ministry: third Tuesday of the month	at Marian Digeso's house
Tuesday	7:00 pm	Cathedral Committee: fourth Tuesday of the month	Cathedral
Wednesday	10:00 am.	Holy Communion: Book of Common Prayer and Bible Study	Chapel
Wednesday	11:00 am	Frozen soup available	Cathedral Office
Thursday	11:00 am	Frozen soup available	Cathedral Office
Thursday	2:00 pm	Holy Eucharist: fourth Thursday of the month	Berwick on the Park
Friday	9:30 am-1:30pm	Thrift Shop open September to June	Lower Parish Hall
Friday	5 :00-7:00 p.m.	Friday Family Food & Fun: third Friday of the month	Parish Hall



Financial Statement

August	Actual	Budgeted
Income	19,020	22,119
Expenses	19,401	22,218
Net Income	1,281	999
Year to date		
Income	162,361	173,212
Expenses	173,169	168,185
Net Income	18,008	2,173

Most people tell you there are certain moments you should celebrate in life: for example, the weekend coming, so you should party on a Friday. Or your birthday or New Year's Eve. But what if you're excited about being alive every day? Can't you be in that celebratory state every moment you're not dead? *Andrew W.K.*

St Paul's Anglican Cathedral

parish founded 1884

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e-mail: stpaulscathedral@shawbiz.ca

joyful -rooted - responsive - hospitable

Rector & Dean	The Rev. Dr. Kyle Norman
Honorary Assisting Clergy Member	The Rt. Rev. Gordon Light
Honorary Assisting Clergy Member	The Rev. Sandra Sugden
Honorary Assisting Clergy Member	The Rev. Barbara Liotskos
Honorary Assisting Clergy Member	The Rev. Dan Hines
Honorary Assisting Clergy Member	The Rev. Bob Purdy
Rector's Warden	Jim Waldie
People's Warden	D J Clarke
Youth Coordinator	Melissa Green
Acting Music Director	
Office Coordinator	
Treasurer	Dr. David Ritenburg
Envelop Secretary	Trish Waldie

St Paul's Cathedral website
www.kamloopsanglicanecathedral.com

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Territory of the people website
www.territoryofthepeople.ca

submission deadline for the Next issue:
Dec 9

theme for the next issue:
Callings

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 The Rev. Dr. Kyle Norman, Elizabeth Kavanagh and Tricia Steenson

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