

# St Paul's Circular

March 2023

Volume 18 Issue 1 *Renewing*

**Renewing** – resuming (an activity) after an interruption. extending for a further period of validity

## From the desk of the Dean

The theme for this month's Circular is "Renewing", which proves to be a bit awkward to write about. We rarely speak of "renewing" in and of itself. We favour the more passive usage of something "being renewed." A common image would be that of Spring. Spring is "renewed" each year with the budding of flowers. The flower, however, is not merely "being renewed" as it pushes out of the seed; rather it is engaged in a dynamic, energetic and vibrant process of life. "Renewing" is occurring within the flower itself and is expressed through the flower's growth.

So, how does renewing apply to our spiritual lives? Two things are worthy of note. Firstly, renewing demands our participation. If we picture the renewal of our spiritual lives as something we passively observe, like watching the growth of flowers in the springtime, then we will wait for it to happen to us. Renewal becomes an event. Thus, we will find ourselves asking questions such as, "when will our renewal be?" or "why aren't we being renewed like others?" Renewal, in this way, is a passive occurrence that we await or observe. But in the end, it is disconnected from our lives.

The renewing work of the Spirit, however, calls for our participation. We are to respond to the energy of God that is working life and growth within us, and through us. The renewing work of the Spirit calls us all to take a step forward in our faith, and our ministry.

This is what we have been seeing here at the Cathedral. Have you noticed the certain buzz around our congregation? Every week people approach me expressing delight in the liveliness of our worship and the fellowship taking place. What is more, a steady stream of visitors have become new members to our congregation, and new members have stepped forward

in ministry. All this testifies to the fact that people are responding to the work of the Spirit in our midst. It's exciting to watch.

But of course, the Spirit's work of renewing isn't just about the outward signs of growth. If we think this way, we may become too attached to the outward signs, instead of the inward work of life. Because the intriguing thing about renewing life is that it always occurs below the surface. For example, the bursting of the flower bloom begins in depths of the earth, long before we see any physical signs. Similarly, the long process of winter-whites transforming into springtime-greens occurs through incremental increases in temperature. We may be tempted to negate this work whenever we find ourselves blizzard bound in the month of March, yet despite cold-snaps and spring frosts, the activity of renewal is still taking place. New life is at work.

Where do you see the renewing hand of God at work in your life? How is the Holy Spirit inspiring you in your faith? Where is the Spirit calling you forward in ministry or activity? Where might God be calling you to take a step forward into new life? Because, in the end, new life is what this is about. God's renewing work is synonymous with God's gift of life, a gift far too great to pass by.

## Lizzy's Bit

There are so many ways to express "renewing" — restoring, reviving refreshing, rejuvenating, reinvigorating, replenishing, redeveloping, updating.

Spring is when we most think about renewing — warm weather is returning, grass is greening up, flowers are pushing up from their winter sleep and we are feeling reinvigorated and anxious to get out and redevelop a neglected corner of the garden, if we have a garden.

Then perhaps we are looking around the house and thinking maybe we should refresh the paint, or update the decor.

Renewing is not just for spring when we see the world around us with fresh eyes. All year long we

renew subscriptions and memberships, or we take furniture or paintings to be restored. We renew our resolve to be better friends or neighbours, to take better care of ourselves-- maybe even use that gym membership we took out in January. Sometimes we are able to reconnect with old friends and revive an old friendship.

How about our minds, our souls, our spirits and our bodies?

St. Paul tells us in 2 Corinthians 4:14 that we are inwardly being renewed day by day. Psalm 51 speaks of restoration for the heart and spirit. Matthew tells us whoever is weary and comes to Jesus, He will refresh. With a little research we can find many Bible verses that inspire a renewing of mind and heart and spirit, and Google makes it easy.



### Newcomer's Corner

Welcome to Catherina (Vandersman) Miller, who joined the St. Paul's community with her son Rodney Jackson and grand-daughter Lauren Zordell three and a half years ago.

Catherina was born in Holland, emigrating to Canada with her family by way of Halifax, Vancouver, then Williams Lake, finally settling in Kamloops in 1957, where Catherina completed her schooling and continued to live until 1997.

Raised in the Roman Catholic tradition, Catherina didn't attend church much as she raised her children Rodney and Catrina as a single parent, all the while working at a variety of jobs: in offices, fast food, a body armour company, and as a home support worker. During this time Catherina moved throughout the Interior – these were very busy years indeed! It was in Salmon Arm about twelve years ago that Catherina attended St. George's Anglican church with friends, and the community resonated with her.

Catherina retired and returned to Kamloops several years ago, after her second marriage ended. With the easing of COVID restrictions, Catherina has become a very active member of the St. Paul's community. Check her out in the kitchen organizing coffee hour, working as a member of the Alter Guild, participating in Soul Friends, and enjoying Friday Food and Food along with Lauren.

### REJUVENATING OUR COMMUNITY THROUGH INVITATION AND WELCOMING

*submitted by David Lidster*

**Hospitable** is one of the words St. Paul's uses to describe himself. How well do we do in this area regarding hospitality to new comers, to the members within our congregation and within the community at large?

While hospitality is an exemplary virtue, it is not about getting more people in the pews. Hospitality — the love of neighbour, the love of stranger, the love of an enemy is a defining characteristic of Christianity. How are we as individuals and how are we as a church community doing in this regard? How might we deepen friendships and share our faith with others within our church community and within our wider community? How can we cultivate a hospitable heart and how can our church foster a culture of caring and welcoming?

People do not often come to church or a belief in God because of some compelling power of a theological statement, but most often through a person they encounter in their daily life who radiates a sense of peace and lives a life that models Christ-like behaviour. For us in the Church, the questions are: how we can assist God in inviting and receiving people into the life of Christ's Body, the Church? How can we continue to invite and receive them over the various stages of their lives and their lives in Christ?

The following is an outline that helps put into place the challenging process of inviting and welcoming.

### BEAR

**B: Be a friend.** Being a friend is more than just being friendly. It is about genuine caring and sharing. Being a good listener as well as knowing what questions to ask (How are you? How are you really?) are traits of a good friend. In the words of the Cursillo Movement, "Be a friend and then help bring that friend to Christ." It is more important to help a person get to know Jesus than it is to get them to cross the threshold of the Church entrance. Keep in mind that people most often want to "see a sermon" rather than "hear a sermon." You radiating loving kindness and being a "salt of holiness" are great observable sermons.

**E: Engage---**this means to participate or become

involved with your friend in activities. One of these activities is to “share your faith.” Within conversations with your friend you can create and make use of opportunities to share your faith, your beliefs, and your convictions. Often, this type of self-disclosure can lead to your friend sharing their story, their beliefs and convictions.

We are called to be a Church of **encounter** where we meet individuals where they are, not where we may want them to be. It requires that we encounter people exactly how they are and without an agenda. In the words of Pope Francis, “we must create a culture of encounter, a culture of friendship, a culture in which we find brothers and sisters, in which we can also speak with those who think differently, as well as others who hold other beliefs.... They all have something in common with us: they are images of God; they are all children of God.”

A: Ask---invite your friend to a church activity. In many cases, one needs to step outside their comfort zone to offer an invitation. Support from a “buddy” or group would be helpful. In addition, the more engaged and active you are in church activities, the greater the chance you will “ask.” Numerous reasons are given for why parishioners do not ask someone to attend a church function. However, underlying the many reasons was “fear/worry/apprehension.” Overcoming the culture of fear will be an ongoing challenge, but it can be done by “refurbishing” your mind with Bible verses, support and encouragement of a buddy or small group, and prayer. Bible verses repeated over and over such as “If God is for us, who can be against us,” helps fill the mind with God thoughts and these push out worrisome thoughts. The actual words to use and the actual act of asking are not that difficult: “Would you like to attend this (fill in the blank) activity at my church?” It is your thinking about how the person will respond or what they might think about you, that causes much of the worry. Inviting is your responsibility, the answer and the outcome are up to God and the person being invited.

R: **Relationships**----with Jesus and with fellow parishioners. Being connected with other parishioners and having a personal connection with all or one of the members of the Holy Trinity creates a disposition that is likely to want “others” to experience the same type of connection. So, foster and enhance your relationships in these two domains. If each member knows how to be welcoming, knows that our church expects us to be

welcoming, knows the process of how others are welcomed, then we will all be more inclined to invite others. “*At one with Christ around the table where all are honoured and enabled, and none are scorned turned away.....*” (From “*You are the Body*” in the *More Voices Hymnal*)

Note that smiling is health promoting for the person doing the smiling and while it costs nothing it creates much. It enriches those who receive it and it most often puts others at ease. This is just one way of making someone feel welcome. Another is to introduce yourself and get the newcomer to share their name. Repeating it back helps you remember it. Be aware that body language is a very powerful form of communication. Asking open-ended questions such as “what brought you here today?” helps get conversations going. Closed-ended questions are ones where one word answers the question. eg. “Did you enjoy the service?” Open-ended would be something like, “What did you like about the service?” Helping new members use the bulletin, the song books, and the service books is another method of welcoming newcomers.

Having a “hospitable disposition” that is open to creating and enhancing a relationship is a fundamental way of welcoming. Love matters most in our relationships with other people. When we “love” there is a radiant warmth that permeates the fabric of a relationship. One way to start that radiance is to make eye contact and gesture with your eyes, or your hands or your body. When you do this it transforms those around you and it creates a “culture of caring.” Psychologist and spiritual writer, John Welwood defines love very simply: as a potent blend of openness and warmth, which allows us to make real contact, to be at one with ourselves and others.

In the words of Lutheran Pastor Kelly Fryer, “what really influences people and what really brings about a change, and what really moves people surely and steadily along the path of faith is LOVE, the love of God expressed through the followers of Jesus.”

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

James E. Faust

## Help Wanted

**Thrift Shop:** The thrift shop is looking for 3 or 4 people who are willing to be spares to work on Fridays as needed. You would be filling in for volunteers who are on vacation or need to be away for appointments, or are ill. Very occasionally notice would be short. You would be helping customers and helping at the cash desk. The hours are 9:00am to 1:30pm

**Greeters Needed:** As a greeter, you are often the first person visitors meet when they come to church Sunday mornings. You work in pairs to welcome people, hand out bulletins, guide and answer questions. This is a good way to meet others. Currently, we have 4 teams but would like to have 4 more on the team. Please contact Elaine Parkes or Dean Kyle if you have any questions or wish to join this ministry team.

**Coffee Roster:** About 4 individuals willing to be spares on our St. Paul's coffee roster are needed. Also one more person willing to be rostered about every 6 or 7 weeks in place of an individual who has dropped out. More and more individuals are staying for our coffee hour so it is obviously a vital ministry! To volunteer, contact Grace Williams at [imandgracew@gmail.com](mailto:imandgracew@gmail.com)



Newshound reports

Due to a technical glitch the election of a new bishop for The Territory as been postponed until later in the year.

The **Men's Breakfast** has been moved to the 4<sup>th</sup> Saturday of each Month. As Shrove Tuesday's pancake supper occurred February 21<sup>th</sup> and was being prepared by the men of the parish it was decided that the next men's breakfast would be held on March 25<sup>th</sup> in the parish hall from 7:00am to 10:00am.

Young people's potluck

Did you know that roughly 20 percent of our congregations are below 50 years old? It was for this

reason that Dean Kyle began bringing people in their 20's, 30's and 40's together for a potluck dinner. This past February saw the second gathering of this cohort. A dozen people showed up, some for the second time, some for the first time, to build relationships, share stories, and eat delicious food. Not only have these gatherings developed meaningful friendships within the Cathedral, but some of the people have begun to explore how they can serve the wider community through, music, reading, and other ministries.

The first 20's, 30's 40's potluck was held in November as a way for people in our parish in this age group to connect. About 14 attended and had such a good time they decided to do it again. It was a time to eat and converse, to get to know new people. A variety of food, Canadian and ethnic, was enjoyed. A second potluck was held February 9

There is no date set for the third potluck dinner, but if you are between the ages of 20 and 40, and would like more information on these potlucks, simply email the Dean at [deankylespc@gmail.com](mailto:deankylespc@gmail.com).

Barbara and Gordon farewell



Gordon Light and Barbara Liotskos moved March 17 to the Vancouver area to be nearer Family. They were sent off March 12 with blessings, prayer shawls and cake. We wish them all the best in their new venture.



Photos by Rae Long

40 Days with Henri

Dean Kyle began a video series on Ash Wednesday, February 22 called "40 Days with Henri" based on Henri Nouwen's book "Bread for the Journey". Each day except Sunday a 7 to 8 minute presentation is delivered to your inbox. To subscribe to the remaining sessions go [revkylennorman.ca](http://revkylennorman.ca)



World Day of Prayer  
submitted by Joy Gothard



This year's service was written by the WDP Committee of Taiwan with the theme "I have about your Faith" from Ephesians 1: 15-19. The Women's Interchurch Council of Canada distributed the many resources for this service. An ecumenical team from 11

church congregations in Kamloops planned the afternoon service held at Southwest Community Church. Elaine Stefura (Hills of Peace) and Judy Hatch (SWCC) coordinated the planning for the afternoon service. Lynn Snook, Grace Williams, Rae Long, & Joy Gothard were on this team and Dean Kyle was able to attend our first planning meeting.

On March 3, we joined with the worldwide communities of Christians in the service of Prayers, Letters of faith, Hymns, Music and a Video



from Taiwan reflected the spirit of the women of Taiwan and the problems that they face so bravely. Pastor Andrea Tisher of Southwest Community Church welcomed the 71 worshipers and gave an inspiring reflection/homily. Members from 9 parishes on the South side of Kamloops took part in readings and leading prayers. Offerings of \$1247.60 will be forwarded to WICC in addition to online donations which will be distributed to grant applicants in Canada and abroad. Kamloops social agencies have benefited from these grants in the past and we know of at least two organizations that are applying for grants this year - Hopewell Pregnancy clinic and the Metis Family & Community Service Program. Refreshments were provided by team members and everyone enjoyed a time of fellowship following the service.



photos by Joy Gothard



## Looking Back

### Vitality

Report from the Vitality team meeting called **YOU, ST. PAUL'S, AND THE FUTURE**, January 21  
submitted by Elaine & Roger Parkes



Cathedral Committee with the guidance of the vitality team, organized a congregation-wide discussion on revitalizing, energizing and renewing our church community. The vitality team of Dean Kyle Norman, Jon Buckle, David Lidster and Jim Williams did an excellent job of leading us through the workshop and encouraging us to share our thoughts. A lovely lunch of soup and buns was prepared by Rae Long and her team. About 50-60 people attended the workshop.

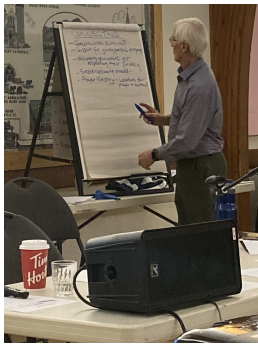
The workshop consisted of presentations by the vitality team, then we broke into 8 smaller discussion groups and then back together to share some of what came up in the smaller group discussions.



Some of the topics for discussion were: —  
How are we growing – not just in numbers and dollars – but in our faith?



How we grow falls under 4 headings: Teaching, Connecting, Serving and Praying. These are the 4 pillars of our church community. If you look at the list of Parish Ministries they all fall under these headings and many fall under more than 1 heading.



We looked at how is St. Paul's doing in each category and what could we do better and what is missing. One missing action that came up was a phoning committee. In the early stage of the Pandemic lock down, a committee was formed and made phone calls to each parish family to touch base with them, advise them of any upcoming events at St. Paul's and see if there have any needs that St. Paul's can assist them with. The decision was made that this type of contact needed to happen on a regular basis ie, every 4-6 weeks. Another suggestion was doing a Ministry Fair. This was something that we often did in the Fall, with different



ministries setting up displays of what their ministry is about. It was suggested that we could include our renters in the fair as well.



*Photos by Andrea Asencios*



## Annual vestry meeting



The annual Vestry meeting was held February 5<sup>th</sup> immediately following the 10:00 service. There was an amazing array of finger food to be enjoyed during the meeting. A large number of parishioners turned out.

The meeting convened at 11:50, opening with a prayer lead by Rev. Dr. Norman. Margaret Mitchell was appointed Vestry Clerk. The agenda was approved; minutes from the last Vestry meeting were accepted; written reports were accepted; David Ritenberg, treasurer, gave the treasurers report and Jon Buckle reviewed the budget. There was some discussion around the move to produce the online streaming in-house.





Jim Waldie and DJ Clark were reappointed Rector's Warden and People's Warden respectively. Margaret Mitchell, Zac Anderson, Sarah Major, Jim Williams, Rose Roy, Cathy Shether, Connie Watts and Tammie Davis were appointed to Cathedral Committee. Margaret Mitchell and Joan Lukow were appointed Territory of the People delegates. No youth delegates were appointed. The Lay Ministers of Word and Sacrament and the Lay Administrators were all acclaimed, as was Miriam Baskin as verger.



David Ritenberg announced he was stepping down as Treasurer, a new treasurer will be selected in the future.

Trish Waldie was thanked for all her work as envelope secretary.

The meeting was adjourned at 1:30

*Photos by Rae Long*



## Shrove Tuesday



Tuesday February 21<sup>th</sup> 90 people enjoyed a pancakes and sausages supper at 5:00pm in the parish hall



*Photos by Rae Long*

## Friday Family Food and Fun

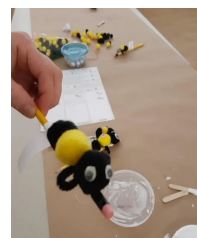
Friday Family Food and Fun, night held the third Friday of the month from 5:00 – 7:00pm, is time for families to enjoy a free family style dinner, some games, and projects.



January 20<sup>th</sup> was a pyjama party, with playing board games and making dream catchers.



February 17<sup>th</sup> celebrated friends with stories and songs. Pompom bees and friendship bracelets were made.



March 17<sup>th</sup> celebrated St. Patrick's day with stories games, music, a rainbow craft, and decorating shamrock cookies

*photographer unknown*



## Friendship Friday



January 20<sup>th</sup> Thirty people attended to hear guest speaker Andrea Asencios Through our Sunday church service online Andy, who was living in Mexico, got to know us and we her as online comments were shared. We awaited her arrival!

Andy lives in an apartment in Kamloops, has purchased a vehicle and has her BC license, is an international student at TRU and works part time in the office at the Mustard Seed. She is currently working on her Thesis. Thanks and Good luck Andy!

We all enjoyed a bowl of hot roasted vegetable soup, a bun, goodies and of course Camaraderie!!

February 17<sup>th</sup> featured guest speaker Marcel Bourassa. Thirty-two people enjoyed raisin bread, cheese and thimble cookies as he shared his experiences of working for and overseeing the operations of the Cemeteries for the City of Kamloops.



March 17<sup>th</sup> Terry-Lynn Stone gave a most interesting talk about "Days for Girls". The sanitary kits are sewn at St. Paul's and are sent to third world countries, where girls and women do not have access to such things. There was a surprise visit by Grace Clapperton who is now 106 years old. Thirty people attended. There was bread, cheese and St. Patrick's Day sugar cookies.

*Photos by Rae Long*



## Lenten Lectures

The Lenten Lecture series returned again this year. A light luncheon of soup, bun and a sweet followed each lecture.

On February 23<sup>rd</sup> Mark Moody spoke about healing spaces in connection with religion and mental health

March 2<sup>nd</sup> Dean Kyle spoke about religion and spirituality

March 9<sup>th</sup> Rev. Sandra Sudgen addressed religion in times of war and of peace.

March 16<sup>th</sup> D.J. Clark garnered a standing ovation for her presentation on sexuality and religion



## Looking Ahead

### Lenten Lectures

The Lenten Lectures rap up with Arjun Singh talking about Community connections.

### Easter Services

Palm Sunday – April 2 8:00am in the Chapel  
10:00am in the Cathedral

Maunday Thursday -- April 6 7:000m in the Cathedral

Good Friday – April 7 10:00am in the Cathedral

Easter Sunday – April 9 8:00am in the Chapel  
10:00am in the Cathedral

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*

But those who hope in the Lord will renew their strength -- *Isiah 31:41a*

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

When we offer thanks to God or to another human being, gratitude gifts us with renewal, reflection, reconnection -- *Sarah Ban Breathnach*

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

*Gertrude Stein*

## ***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](mailto: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 am. service. There is always a need for more participants. If you would be interest contact Grace Lister to assist at 10:00 am. or Elizabeth Kavanagh to assist at 8:00 am.

**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 and outreach concerns. Monthly meetings are at a time and day to be designated. If you are interested contact Joy Gothard at [gotjo@telus.net](mailto:gotjo@telus.net).

**P.I.T Stop** - This Kamloops United program provides hot, nutritious meals for those in need. Once a year it is sponsored by 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](mailto:d_wmclean@shaw.ca) or Barry Baskin at [miriamb3@telus.net](mailto: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 yogourt 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](mailto:pegkava60@gamil.com) or Elaine Parkes at [elaineparkeskamloops@gmail.com](mailto: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](mailto: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](mailto:jamdigeso@gmail.com).

**Hospital Visitation** - Volunteers to provide visits to Anglican patients in the hospital. If you would like to participate in this contact Reverend Kyle.

The single overriding objective in wellness is creating constant personal renewal where we recognize and act on the truth that each day is a miraculous gift, and our job is to untie the ribbons. That's the Law of Esprit: living life with joy. *Greg Anderson*

### ***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
Monday	1:30 pm	Holy Eucharist: third Monday of the month	Ridgepointe Retirement Res.
Friday	9:30 am-1:30 pm	Thrift Shop open: September to June	Lower Parish Hall
Friday	10:00 am	Friendship Friday: third Friday of the month	Parish Hall
Friday	5 :00-7:00 pm	Friday Family Food & Fun: third Friday of the month	Parish Hall



### ***St Paul's Thrift Shop***

As we head into spring the shop will be featuring spring and summer clothing.

The following items are always useful -

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

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

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

Donations can be left Thursday mornings between 9:00 am. and 11:00 am. at the door in the alley, with the ladies on Fridays when the shop is open, or at the bottom of the stairs to the lower hall when the shop is closed.

**Thrift shop is open Fridays 9:30 am to 1:30 pm September through June**

## ***St Paul's Anglican Cathedral***

parish founded 1884

360 Nicola Street Kamloops, B.C. V2C 2P5      phone 250 372 3912

e-mail: [stpaulscathedral@shawbiz.ca](mailto:stpaulscathedral@shawbiz.ca)

**joyful -rooted - responsive - hospitable**

Rector & Dean	The Rev. Dr. Kyle Norman
Honorary Assisting Clergy Member	The Rev Sandra Sugden
Honorary Assisting Clergy Member	The Rev. Dan Hines
Honorary Assisting Clergy Member	The Rev. Bob Purdy
Honorary Assisting Clergy Member	The Rev. Len Fraser
Rector's Warden	Jim Waldie
People's Warden	D J Clarke
Youth Coordinator	Melissa Green
Music Director	
Office Coordinator	Anita Bourassa
Treasurer	Dr. David Ritenburg
Envelope Secretary	Trish Waldie

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 16**

theme for the next issue:

**God's Fingerprints (God-incident  
in your life)**

## **Worship at St Paul's Cathedral**

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

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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