

St Paul's Circular

September 2023

Volume 18 Issue 3 Rest

Rest -- Noun: refreshing ease or inactivity after exertion or labour

Verb: relieve weariness by cessation of exertion or labour

From the desk of the Dean

The other day my wife introduced me to a new word, Nomophobia. Nomophobia is the fear of being away from one's mobile phone. It describes a sense of internal restlessness felt when you find yourself without the comfort of online communication. This isn't just about our schedules, or the call to constant availability/connectivity. We may tell ourselves that we need to be always within arm's reach of our phone, and that this helps us navigate the contours of our busy lives. But the truth is, this doesn't explain the visceral need to pull our phone out the moment we sit down upon the couch.

Nomophobia speaks to something much deeper; a force of distraction that keeps us away from our true self and our true life. After all, expertly navigating the connections of life may make us feel more efficient with our time, but it still leaves us perpetually busy and distracted. A filled vessel is still a filled vessel no matter how we arrange the things that fill it.

What can be done about this? How might we go about re-calibrating our spiritual centre? One discipline that cuts against the grain of modern life is the discipline of rest-taking. Rest-taking demands that we put down all the complexity, connectivity, and inherent busyness that fills up our modern lives so that we might engage with the 'life that truly is life' (1st Timothy 6:19).

There are many ways to rest. Rest-taking is not dependent on mountain chalets and weekends of solitude. One can take 'mini' rests as you go through our daily tasks. Ask yourself, what might it look like to

end your day by sitting in silence for 5 minutes? What if you refused to answer any email after dinner? You can even schedule your time of rest. For example, when your schedule contains a block of time unoccupied, this can be seen as an opportunity to sit in a nearby park and, as Jesus encourages us, "observe the lilies of the field" (Matthew 6:28).

Rests lead us into a time of re-creation. By turning off the noise of the world around us we give ourselves the opportunity to re-hear God's messages of love and grace. It is important, then, to have no expectations about our times of rest. Demands regarding *how it should be done*, and *what we should get out of it*, are unhelpful; they do nothing but diminish our attentiveness to the voice of the Spirit and the presence of Jesus.

Taking a Rest is formative for our spiritual lives as it forces us to physically create the internal space needed to receive God's presence and voice. Rest calls us to spend our time doing less, even though the world continually bombards us with messages demanding that we do more; Rest call us to stop, even though the world tells us we must always be on the go; Rest call us to listen to God's voice instead of the multiplicity of noises that too easily fill up our lives.

May we all put aside whatever keeps us tethered to the busyness of life, so that we rest deep in the presence of Jesus, and be filled with the love and grace of the Spirit.

Lizzy's Bit

God worked for six days and rested the seventh. He commanded us to do the same "six days shalt thou labour and do all they work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant nor thy maidservant, nor thy cattle nor thy

stranger that is within they gates.” (KJV) Exodus 20: 9 -10 The three world religions based on God's word concur and have built in a day of rest, albeit a different day for each of them. In today's world that prescribed day may not work for everyone, but it is important to pick a regular day out of seven for rest. Our bodies will demand it, even if our minds don't. However where and how do we find physical, mental, sensory, emotional and spiritual rest in the hustle, bustle, rush, rush, hurry, hurry clatter, bang thumptus uninterrupted of the world we live in?

Aside from a good night's sleep what is rest? Needless to say it is different things for different people. Golf is restful for some folks. I consider walking 18 holes to be a workout and striving to hit the green in one on a par 3 to be a mental challenge. It would be a sensory rest since no one wants to be hearing a jack hammer on the green at the 10th hole. I would see a walk in the woods as a mental, sensory and spiritual rest, but not a physical rest until I sat under a tree for awhile.

Sometimes we just need to go apart from everyone and everything, as Jesus did from time to time. We can pray or we can just do nothing (being totally guilt-free about that), staring at nothing, listening to the sound of silence (turning off the cell phone, leaving the iPad behind) and immersing ourselves in the Peace of God. To me that comes back to that tree in the woods, or sometimes my backyard which I have been told is serene.

I can find rest in chasing down elusive clues to the life of a 3x great grandparent; not everyone's cup of tea. Or putting in my garden, which would cause others to shudder.

There are many other ways to find rest and relaxation for the mind, the emotions and the spirit – reading, puzzles, crafts, painting, music. Now some of you are perking up and saying Wait a minute! What about.....?

In our pursuit of rest for our bodies and minds let us not forget to rest also in God – to give Him all our cares and discomforts, spending time in prayer and reflecting on His word. This is where we let go and let God. This is where we give God our messes and let Him deal with them.

My soul finds rest in God (NIV Psalm 62:1)



Newshound

The Wild Ride keeps building!

The 2023 PWRDF Wild Ride began on **World Refugee Day**, June 20, and will run until **Thanksgiving Day, October 9**.



St. Paul's Way-Seekers is one of 19 teams and 75 participants who have contributed \$1150 of the more than \$37,746.00 towards PWRDF goal of \$50,000. Funds will support our partners who work with refugees or Internally Displaced Persons (IDPs) in

countries such as Tanzania, South Sudan, Jordan, Ukraine and more. This year's Wild Ride is dedicated to the Rev. Canon Greg Smith. Greg was a beloved PWRDF volunteer: a dedicated diocesan representative in the Diocese of Huron for 20 years, a Mapping the Ground We Stand On facilitator, and a team captain since 2014 in both the Ride for Refuge and the Wild Ride. Greg passed away suddenly on May 6, 2023.



St. Paul's Way-Seekers have come out for four walks and one cycling route to search for answers on the scavenger hunt. We've enjoyed great conversations and learned more about PWRDF partners and our local faith communities, non profit and social services. There will be a Wild Ride Wind-up and Reveal of the scavenger hunt answers during a light lunch after worship on Sunday, October 15 at St. Paul's Cathedral. Donations to St. Paul's Way-Seekers Wild Ride may be made [online](#) or by sending a cheque to PWRDF, 80 Hayden St, Toronto, ON M4Y 3G2.

Looking Back

Morning Prayer and Parish Picnic.



On Sunday July 21 in order to avoid residual toxic fumes from refinishing the upper hall floors services in the chapel and the cathedral were cancelled and moved to Prince Charles Park for Morning Prayer. The service was followed by the parish picnic.



Photos by Rae Long

Men's Breakfast and Cleaning Bee



Saturday September 9 at 8:00 am an enthusiastic group of parishioners gathered to share breakfast, prepared by the men of the parish, before starting on a deep cleaning of the cathedral.



Photos by Rae Long

Sunday back pack Sunday



Sunday schoolers were invited to bring their backpacks to church on Sunday September 10 to have them blessed by Rev. Kyle

Election of the new bishop



Saturday September 16 delegates to the Electoral Assembly for the Territory of the People gathered at St Paul's to elect a new bishop. St Paul's delegates to the Assembly were Joan Lukow and Margaret Mitchell. Clara Plamondon, the only candidate, was confirmed on the first ballot with the unanimous concurrence of the Provincial House of Bishops. The date for Bishop-elect Clara's consecration service will be announced in the future.

There was a reception the evening before. Jim Britain, assisted by Rae Long, organized the refreshments. As always the amazing bakers of St. Paul's came through with an array of goodies.

Ron's farewell



Coffee hour following the 10:00 service Sunday September 17 was a farewell celebration for Ron Sugiyama, thanking him for all his years of dedicated, above and beyond, service to St. Paul's and to wish him well in his new life at the coast. He was presented with a wooden cross, two prayer shawls, one for him, one for Lorrinda, and a cheque.

Thank you Ron for all you have given over the years.



photos by Rae Long

Sandra Sugden' Farewell



The afternoon of Tuesday September 19 at 2:00pm there was a tea for us to say good-bye to another parishioner. Sandra Sudgen is leaving for Edmonton to be closer to her family who are all in Alberta. Sixty people gathered to wish her well.



Photos by Rae Long and Al Fedorak

20's-40's Potluck

Did you know that approximately 20% of our congregation is under the age of 50? In order to build connections, and foster relationships, a group of parishioners within the age range of 20's to 40's gathered for a potluck meal and a time of fellowship on Thursday evening, September 28 at 6.00pm A great time was had by all!

This was the 3rd time this cohort has gathered for such a meal. Plans are in the works to gather again closer to Christmas. If you would like to know more information about these potlucks, please speak to Dean Kyle or email him at deankylespc@gmail.com

Visit to Notch Hills Community Growers

Saturday September 30 a group of parishioners visited Notch Hills Community Growers for a tour of the farm and an outdoor service. There was a walking tour of the farm and a talk on the agricultural philosophy behind it. That was followed by a time to volunteer at the farm, an informal Eucharist and refreshments. The tour wrapped up around 4:00pm



photos by Rae Long

Real rest feels like every cell is thanking you for taking care of *you*. It's calm, not full of checklists and chores. It's simple: not multitasking; not fixing broken things.

Jennifer Williamson

There is virtue in work and there is virtue in rest. Use both and overlook neither

Alan Cohen

When your soul is resting, your emotions are okay, your mind is okay, and your will is at peace with God, not resisting what He's doing.

Joyce Meyer

Don't underestimate the power of resting. It builds you back unlike anything.

Hiral Nagda

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.

(NIV)Hebrews 4:9-10

Looking Ahead

Season of Creation

The Season of Creation is somewhat low key this year.

Tuesday October 3 Rev. Kyle will host a Bible study with a 6 minute video, on Zoom at 3:00 pm. The event is based on a pamphlet from General Synod called a Changing Church. A Searching World, A Faithful God.. Sign up at the Office to receive a link for this event. See also <http://changingchurch.anglican.ca/>

The St Francis Award will be announced on Sunday October 8, Thanksgiving.

Soul Friends

Will meet on the second Thursday of October; Oct. 12th at 9:45am in the Chapter Room. The topics for this gathering are based on Reverend Kyle's sermons on prayer and forgiveness. All are welcome. For more information, please contact David Lidster at davidlidster@shaw.ca.

Friday Family Food and Fun will resume October 20 and will be held the third Friday of every month

Cookie Challenge

This fun new event at St. Paul's is scheduled for November 26. Watch the parish email for details.

Christmas Eve services

This year Christmas Eve lands on a Sunday, which lends itself to some liturgical and practical complications. In order to engage with the full range of Christmas Services, services on Christmas eve will be as follows:

8:00am - Quiet BCP service, (Advent 4) - Chapel
10:00am - CANCELED
4:00pm - Christmas Eve with Sunday School Pageant - Cathedral
7:00pm - Christmas Eve with hymns and candlelight. - Cathedral

Wisdom is knowing when to have rest, when to have activity, and how much of each to have. *Sri Sri Ravi Shankar*

And he said, "My presence will go with you, and I will give you rest." *Exodus 33:14*

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. *Matthew 11:29-30*

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 am. service. There is always a need for more participants. If you would be interested 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 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.

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 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 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 are also looking for people who have sharp eyes for detail and are flexible. If you are interested contact Elizabeth Kavanagh at pegkava60@gmail.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.

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



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
Thursday	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 Anglican Cathedral

parish founded 1884

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Growing, Connecting, Serving, praying

Rector & Dean	The Rev. Dr. Kyle Norman
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	Pat Rustand
Office Coordinator	Anita Bourassa
Treasurer	Dr. David Ritenburg
Envelop Secretary	Trish Waldie

St Paul's Cathedral website
www.kamloopsanglicancathedral.com

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Territory of the people website
www.territoryofthepeople.ca

submission deadline for the Next issue:
February 2, 2024

theme for the next issue:

Journeys

Worship at St Paul's Cathedral

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