

St Paul's Circular

June 2024

Volume 19 Issue 2 Growth

Growth --The process of developing or increasing in size, amount, degree or importance of something

From the desk of the Dean

Have you ever noticed how the priest stands when conducting a Eucharistic prayer? Next time you are at church, take a moment to notice this. The stance is quite particular. In fact, I had to take specific classes in seminary to learn how to do this! Whole lectures, resource material, and assignments involved this topic. As eager seminarians, we were all instructed that the presider stands at the center of the altar, with his/her arms spread out to the side; Hands should be slightly cupped, and the fingers should be closed. This is what is known as the orans position.

Of course, the description betrays the complexity of this position. Because there is an important question that arises for any seminarian beginning with this position. How far do you spread out your arms? After all, some priests stand with arms spread wide, while others hold their hands very tightly to their body. The answer is simple but profound. When entering the orans position, spread your arms to the place which is most comfortable, and then spread them out just a little farther. It is in that spreading that you know you have struck the right posture.

This instruction has always struck me as a good lesson for our lives of faith. The Spirit's activity in our lives is an activity of stretching. God wishes to move us beyond our comfort zones. It is when we feel stretched beyond our capability or comfort that true growth in faith happens. We rarely grow in our knowledge of the Bible, our prayer life, or our reliance upon Jesus if we keep our faith so tightly controlled that it never challenges us.

Does this mean we are called to give everything away, or go on extensive overseas mission trips? Are we called to get out our soapboxes and megaphones and start street-preaching? Probably not: in stretching us, God moves us to the place where we are most comfortable, and then calls us to step just beyond that. Over time we begin to be comfortable in the new spot, and so God calls us to stretch again, and then again, and then again. This is the key to continuous spiritual growth.

When it comes to our spiritual growth, we sometimes look at what everyone else is doing, or what everyone else *seems to have* as some sort of gauge to measure our own progress. This is a mistake, and only leads to frustration. If you want to grow spiritually, begin with this simple question: Where is God asking you to stretch past where you are comfortable? This stretching doesn't have to be complicated. God stretches us all uniquely, just like every priest's expression of the orans position is unique. But the more you allow God to move you past where you are most comfortable, the more your life of faith will grow in unexpected ways.

Lizzy's Bit

Growth takes place on many levels. We all experience physical growth as we go from infancy to old age. Some of us kicking and screaming as the years mount up. In less obvious ways we grow mentally, emotionally and spiritually, or we hope we do. We grow in knowledge, in wisdom, in faith, in patience, in tolerance (that's a tricky one - knowing when to become more tolerant and when to become more intolerant) as we experience life. It is a messy process as some of us grow more than others and within ourselves we grow more in some areas than others.

Growth comes through experience as we learn from our mistakes. As long as we are learning we are growing in some way.

When we are pushed or stretched to our limits -- physically, mentally, or spiritually -- growth can be painful, but this is when we learn just how strong, resilient, or adaptable we can be. These are the times when we realize that God, who promised never to forsake us, has been right there, holding us up, giving us what we needed to grow in whatever way we needed to grow.

Sometimes growth is rapid – those times when life requires us to grow up fast. Other times it is as painfully slow and exciting as watching paint dry.

Sometimes we want to grow in some way, and work to make it happen, but time goes by and we see no change. Those are the times when growth is like a seed planted in us, sprouting and growing to maturity. We don't see it growing day by day. Then one day we realize we may not be where we want to be but we're not where we used to be.

Although I must have grown in many ways as I have reached the “Golden Years” the most recent has been in patience with word processing. Computer programs, as many of us have learned, have a lot of quirks since they can't *think*. (It will be interesting to see just how intuitive AI turns out to be.) Over the years in which I have put this newsletter together I have grown in the skills needed to work with and around a computer program's idiosyncrasies. I now use far fewer grown up words when the computer does the opposite of what I want it to do.

“Everyone is on a spiritual path; most people just don't know it. The spiritual journey is the unlearning of fear and the acceptance of love.”

Marianne Williamson

“You have to grow from inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.”

Swami Vivekananda

Growing into our Vocation

by The Rt. Rev. Clara Plamondon

At a Parish Breakfast in January, I was asked to speak about my vocation and how I became a bishop. I often say that it began with my baptism, and that my sense of call and vocation has grown and evolved over the years. I have memories of standing outdoors at the age of 10 making promises to God about how I wanted to live my life and imagining myself working in the church. At the time, I didn't understand what that meant, but it stayed with me. I spent a great deal of time wrestling with the idea of being ordained a priest. I avoided it like the plague by trying everything but ordination. I worked in municipal government; I joined an intentional Christian community that ran a retreat centre; spent 4 1/2 years in a Franciscan religious community; was a Lay Reader; and served in full time Lay ministry in an Anglican parish. I took on just about every role I could while trying to avoid ordination. In my naive thinking, I imagined that I was better suited to these various roles rather than being a priest. What I didn't take into consideration was God's desire for my life.

Everything that I experienced was an opportunity to grow in my faith. Nothing was a waste. These experiences gave me opportunity to learn and discern. I still remember how I felt when I made temporary vows with the Franciscan community and how I immediately had a sense that this was not the path that I was to take. I will always be grateful to the sisters whose wisdom taught me important lessons about being faithful to God and to myself. They taught me that it was important to do the personal work of self-reflection to help me be honest with myself and to find the courage to say yes to whatever God might be asking of me. When I finally made the decision to leave the sisters to discern a call to ordination, it was the sisters who missioned me and celebrated the possibilities of where this call might lead. It was the voice of wise ones around me that prayed for me and inspired me. They taught me the value of discerning the different voices around me, because sometimes people, in their efforts to be helpful, will tell you what you want to hear rather than offering honest and prayerful feedback.

The good news is that God never gives up on us and will give us time and space to learn and grow. Living into whatever vocation is ours takes a lifetime of growing into that call and recognizing it can and will change over time. The hard work of listening, discerning, and testing requires a spirit of openness and a willingness to carefully receive the wisdom of those around us who can offer insight and perspective. I know that my role as a bishop is only part of the unfolding story of my journey of faith. Just when we think we have arrived or figured out where our call will take us, God shows up, providing new insights and learnings, revealing yet another layer of growth and, dare I say, new paths that we never thought possible.

Growing in Ministry

by Idowu Aina

I gave my life to Jesus Christ in 1995 when I was in grade 7. My call to ministry started from my childhood days. I grew up around committed and dedicated people of God. There had been prophecies about me being a minister of God, but this was very scary for me as I was just a child. Then growing up in my teenage years, I found myself preaching on church platforms and going on evangelistic crusades. It was at this point that the story of Jesus in the temple engaging the Pharisees made sense to me and I could relate to it. Still I wasn't going to budge. In my university days, I was elected as the youth president and pastor of my parish while away for private duty. When I arrived back in the parish, I was handed the mantle of leadership. During these times the Lord performed wonders ranging from deliverance, ministration of the word, counseling, and organizing programs for youth, widows and orphans. A lot of healing of the sick also took place.

At this point I became sure of my calling, but was disappointed by how ministry was being practiced in Nigeria and I was not pleased. "Ministry" was about allegiance to the head priests rather than God. Most church doctrines were in favour of the so-called man of God and politics was the order of the day.

Fast forward to August 2023, when I relocated to Canada, I saw how Ministry and church

administration was being practiced. For the very first time my wife and I were pleased to see ministry practiced in the right way ie. God's leading and direction. I saw an exemplary manner of ministry in Dean Kyle and I was settled in my spirit that this is the right and perfect time to go into full-time ministry. I had a discussion with my wife about it all and she agreed.

Since then, Dean Kyle has been doing a lot to put me in the right direction as regards ministry. I have attended some online courses with Huron Western University in Ontario. I have undertaken courses such as *Presiding over the people of God* led by Bishop Williams and *Anglican controversies* with Reverend Daniel. They were very inspiring.

Growing into a calling

by Nathaniel Swires

What do the Old Testament prophets Balaam, Jacob, and Jonah have in common? They heard the voice of God speaking to them, and they contested it. They heard the call of God, and they fought it. What! Who does that? Who hears the calling of God upon their lives and says, "Uh, no. You have got the wrong guy. Find someone else." I did.

I felt the call of God upon my life at the age of 12. Being the son and grandson of Baptist preachers, I grew up in church. I knew God was calling me to ministry, but as I grew older and witnessed the great disparity between what was taught on Sunday and lived the rest of the week by Christians, I fell into despair. Oh, and I fled.

First, I went to Hungary, and the Lord spoke to me on a bus. Then, I fled to the USA, and was shown wonders of power and grace. I kept going, and God kept pursuing me – across time and continents – I could not escape Him. He hounded me. Through the study of many religions and philosophies I thought to shake my faith. But it only grew stronger. This unrelenting fight continued until I grew tired of kicking against the pricks and surrendered, last winter, to His call.

I do not know where the call to ministry may lead me. For now it is enough that I have embarked upon the journey. I seek only to serve. Perhaps as a deacon? I cannot say. I only know that I am now at peace with God and am following His will by working with Rev. Norman and the people of St. Paul's.

Growth in my life by Barry Baskin

God is my Father. On the day of my birth, my mother had been sixteen for three weeks. Her parents, my grandparents took me home to their farm house. For many years I have lived with the community secret of who my human father was. Why did it need to be a secret from me? I asked everyone I knew, but to no avail. At nineteen I moved from Ontario to British Columbia where I lived with my mother for one year, but became none the wiser regarding my dilemma. Everyone seems to wonder why it continues to be such an important issue for me. I cannot answer that question. It just is! It always will be. I approach eighty yet I still seek this important knowledge, which I will probably never discover. I am not willing to accept that ever. Others seem to think I should put the concern aside, but I am not ready. I think I never will be.

My childhood memories seem fragmented and lacking in ongoing factual information. It seems sometimes I wonder what is factual and what is not. To identify a personal calling growing up seemed mysteriously elusive. Change in my growth was soon to come in meeting the love of my life and marriage at the age of 22. Our first daughter was born in 1965. As a young father I saw growth in a new and amazing way. Two and a half years later our second daughter arrived and at 24 my personhood as a father, not having experienced that role model in my life, was an exercise in an unknown space. My mother-in-law came to live with us less than a year after our marriage. Before our second daughter's birth she was an amazing support to our family.

My growth and happiness has been nurtured by my

wife, my two daughters, our chosen son, and especially a lifetime of church affiliation. As we reach our 59th wedding anniversary, I have come to believe that the unconfirmed unknowns are just part of my growth path.



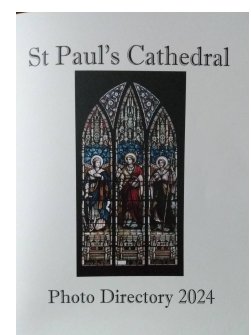
Newshound

Mogbonjubola Ogunbambo PhD, Gbonju who has been our caretaker since October of 2023 is leaving us to go to a job in New Brunswick. We will miss her and we wish her the best of luck.



Peter Lee has left to pursue a law degree at Dalhousie University. Congratulations Peter.

The new St. Paul's Photo Directory is now available from the office. The project team was led by Connie Watt with photography done by Janice Rutherford. Thank you to both of you for a job well done. A donation of \$10.00 will help to defray the cost of printing.



Help Wanted

Videography Ministry We would welcome any parishioner who is interested in learning how to operate the video equipment in *live-streaming* services. If you are interested please email Marcel at marceljbouassa@gmail.com.

Looking Back



Pancake supper

More than 70 people enjoyed pancakes and sausages at the Shrove Tuesday pancake supper in the parish hall on 13 February, 2024.



Lenten Learnings



This year's Lenten Lectures were in the form of panel discussions. Their purpose was to foster greater understanding among faith groups. Rev. Dr. Kyle Norman represented Christianity; Rabbi Marcy Govsky, Judaism; Venerable Gawa Condro, Buddhism; Mr Ahmed Kafafi, Islam; and Rev. Patricia Davies Spiritual Connections. The moderators were David Lidster, Shirley Boxrud, and DJ Clarke.

The topics discussed were:

- Feb 17 Who is God?
- Feb 24 What are your scriptures?
- March 2 What is wrong with the world?
- March 9 What is the solution?
- March 16 How do we pray?

Five sessions were scheduled, but a sixth one was added on (23 March) allow panel members to respond to questions attendees had over course of the sessions.

World Day of Prayer

report by Joy Gothard

Representatives from eight Kamloops churches planned the World Day of Prayer 2024 service held 1 March at 1:00 pm at Summit Baptist Church. The service had been written by Christian women of Palestine four years earlier, but the stories and prayers were even more relevant today. The scriptural theme was **"I Beg You... Bear With One Another in Love"** *Ephesians 4:1-3*.

Readers represented Sacred Heart Cathedral, Kamloops United, SW Community Baptist, and St. Paul's Cathedral (Lynn Snook). The music of Palestine, as well familiar hymns, set the tone for the service. Pastor Andrea Tisher of SW Community Baptist Church led the music with her voice and keyboard.

St. Paul's and St. Peter's Monte Creek were well represented among the 115 attendees. Close to \$2000 was raised! Palestinian resources and craft work were displayed by Rev. Keith Simmonds of Vernon. The service was repeated at OLPH at 7:00 pm.

Holy Family Catholic parish has volunteered to host the World Day of Prayer service in 2025. The host country is Cook Islands, and the theme is "I Made You Wonderful. The WDP planning team and service are a wonderful experience of ecumenical prayer and fellowship.

Parish Breakfast



Saturday, 23 March a good crowd enjoyed a breakfast of scrambled eggs, bacon, toast, and jam prepared by the men of the parish. Breakfast was followed by a presentation by Brendan Shaw of the Kelson Group about the City Gardens project. His presentation was followed by a question and answer session.



Friendship Friday



22 March

30 people came to hear Nicole and Nellie describe *A Way Home*, a program designed for homeless youth ages 18- 25 with wrap-around services to help these young people navigate homelessness. They mentioned that Catherine's House (named after their founder, and currently being built on Tranquille Road, is scheduled to open this fall) will be in need of furnishings, dishes, and single quilts.



24 May

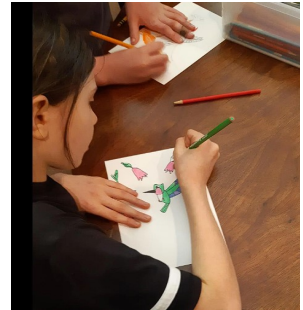
Edna Park, from Cosco Council of Senior Citizens, spoke about safety for seniors to a group 22 people. She also had an informative handout.

Friday Family Food & Fun



16 February

About 30 people gathered for dinner followed by jokes, stories, dances and games all about birds. They also made pine cone bird feeders, and drew or painted bird pictures.



15 March

The group took flight for an imaginary Hawaiian vacation. They made and flew paper airplanes, made paper leis and heard a Hawaiian story.



12 April

Six families gathered for dinner and activities. There was a game of fruit loop tag involving hula hoops. The younger children heard a story and made ribbon windsocks while the older ones made tulip pictures.



Looking Ahead

Wild Ride Launch Webinar

20 June, 10:00 am

The PWRDF Wild Ride returns World Refugee Day, 20 June, and runs to Thanksgiving Day, 14 October! Join us for the launch webinar on June 20 from 10 to 11:30 pm to learn what is in store for 2024. Contact Joy Gothard for more information at gotjo@telus.net

Strawberry Tea

This year's Strawberry Tea will be Friday 21 June from 1:300 – 3:30 pm in the parish hall. Admission is \$8.00.

Annual Church Barbecue/Picnic

The annual picnic will be Sunday 23 June at Prince Charles Park at 11th Avenue and Nicola Street. Some portable barbecues are needed as well as people to help transport tables, etc. If you can help, or for more information please call DJ Clarke at 250-318-1908 or by email at clarkedj36@gmail.com.

Opportunities for Ministry

Altar Guild - This group tends the sacred vessels of the church and prepares the altars for worship. New members are 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 is provided for each ministry. You usually work as part of a team and you are not 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 is welcome. Contact the office.

Peace and Justice - Add your voice to the discussions and actions regarding peace and justice issues and outreach concerns and the **PWRDF**. Monthly meetings are at a time and day to be determined. If you are interested contact Joy Gothard at gotjo@telus.net.

P.I.T. Stop - This Kamloops United Church 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 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 adaptable. 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.

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

Coffee Hosts – Teams of 2-3 prepare and serve tea, coffee and juice for Coffee Hour after the 10:00 am service, Teams are on a 6-7 week rotation. Orientation is provided. Contact Joy Gothard at gotjo@telus.net, for more information or to volunteer.

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
Monday	8:00 am	Men's Breakfast	Kirsten's Hide-away Cafe
Monday	1:30 pm	Holy Eucharist: third Monday of the month	Ridgepointe Retirement Res.
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	Chapter Room
Wednesday	10:00 am	Holy Communion: Book of Common Prayer and Bible Study	Chapel
Wednesday	11:00 am	Frozen soup available	Cathedral Office
Wednesday	7:00 pm	Zoom Bible study	Online
Thursday	9:45 am	Soul Friends: second and fourth Thursday of the month	Chapter Room
Thursday	11:00 am	Frozen soup available	Cathedral Office
Thursday	1:00 pm	After Lunch Bunch (Bible Study)	Barbara's House
Thursday	2:00 pm	Holy Eucharist: fourth Thursday of the month	Berwick on the Park
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
Financial Team	Connie Watt, Jon Buckle
Parish Giving Manager	Trish Waldie

St Paul's Cathedral website
www.kamloopsanglicancathedral.com

Follow us on Facebook

Territory of the People website
www.territoryofthepeople.ca

submission deadline for the next issue:

Friday 13 September

Theme for the next issue:

Remembrance

Personal growth lies within the unknown; courage permits you to explore this space."
from a Yogi Lemon Ginger tea bag

"The only way you're going to reach places you've never gone is if you trust God's direction to do things you've never done."

Germany Kent

"A state of mind that sees God in everything is evidence of growth in grace and a thankful heart."

Charles Finney

The path of spiritual growth is a path of lifelong learning."

M. Scott Peck