

# St Paul's Circular

January 2025

## FROM THE DESK OF THE DEAN

Peace on Earth. It sounds so grand, doesn't it? The simple phrase of "World Peace" pushes us outside the bounds of our local lives. Automatically, we think about the call for the ceasing of conflict, and ending of dis-harmony, and the quieting of global unrest. I doubt that any of us would deny that these are good and holy desires. But still, the call for "peace on earth" can feel so expansive that it may feel completely beyond us. World Peace seems beyond the prayers we pray in our tiny corner of the globe.

Yet the call to work for peace is part of our gospel mandate. Being peace-bearers in the world is who we are to be. After all, the declaration of peace on the earth is implicit in the message announced by Angels, shepherds, and Magi. "Glory to God in the highest, and on earth, peace to all on whom God's favour rests," we read in Luke's gospel. In fact, we rehearse this prayer ever Sunday. "Glory to God in the highest, and peace to his people on earth." Peace is part and parcel with the Christian life we lead. It is part of our witness, our walk, and our worship.

If peace is part of what Jesus brings us as the Prince of Peace, and peace is part of what we incarnate in our lives, perhaps peace on the earth is not a grand and epic prayer, pushing us to think of issues and societal ills far greater than ourselves. Perhaps the message of peace is quite small. What if peace on earth isn't something that solely pertains to "out there" but is meant to direct our witness "in here"?

What if peace on earth is a small message, rather than a big one? Think of it this way: The world we inhabit is relatively small. If you are like me, I don't live life as a globe-trotter. I don't jet-set around the world. My world involves my home, my church, and

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the coffee shop I like to visit. There is the mall I visit to buy my trinkets, and the grocery store where I buy my food. Largely speaking, most days I spend my life moving around within a 20-kilometer radius.

What does peace on earth look like here? How does Christ's peace influence how I live in this space? Don't get me wrong, thinking about global ills, and our response to those things, is important, necessary, and good. But peace on earth is also about how we treat the check-out clerk at the grocery store, how we respond to the driver who cuts us off on Columbia, or how we regard the workers of the giant hole beside the cathedral. The peace we receive from Jesus, and the peace we preach about, must inform our engagement in these small and tiny corners of our world.

So, how can you incarnate peace in your world this week? What might be a small and practical way that you can add to the earth's peace? Answer these questions and perhaps the call for peace on earth won't seem so daunting.

## LIZZY'S BIT

Peace on Earth — something in short supply at the moment — has been elusive throughout human history. We, as individuals, may not be able to do anything on the world stage about the lust for power, the greed for land and resources, and the bred in-the-bone xenophobia in the seats of power, that lead to international conflict. We in Kamloops may not be able to bring peace to Ukraine and Gaza. But keeping in mind the song by Jill Jackson and Sy Miller "*Let there be peace on Earth and let it begin with me*," we can choose to be peacemakers in our own communities. At this time of year we focus on the message of peace on earth and good will to all, but soon the busyness and messiness of life drown out that message.

Being frail human beings, for many of us taking a deep breath, counting to ten, turning the other cheek (when we really want to shake the stuffing out of someone who has in some way trespassed on our lives) can be hard, but it is doable. We don't have to respond in kind to road rage and other other forms of anger we see around us. We can walk away from situations in which tempers flare. It may take a while for others to see it, but the serenity that comes to us from being peacemakers is contagious—they want what we have.

Spreading peace is more than biting our tongues when we want to swear at someone. Peace is being patient with the new cashier struggling to find price codes. It is smiling at someone. It is cleaning up after ourselves. It is picking up our dog's poop. It is respecting the opinions of others even when we think they are wrong. Sometimes being a peacemaker means to *not* do something.

No doubt everyone can think of a dozen or more ways in which to spread peace wherever we go.

We cannot have peace on earth until we learn to speak with one voice. That voice must be the voice of reason, the voice of compassion, the voice of love. It is the voice of divinity within us.

*Neale Donald Walsch*



## NEWSHOUND

The Cookie Challenge raised over \$1000 for the Big Bear Child and Youth Advocacy Centre.



The Winner of the Cookie Challenge was the Logan Lake Secondary School cooking class represented by Nathaniel Swires.

St. Paul's thrift shop divided \$1000 in donations among: A Way Home Kamloops; Christmas Amalgamated; Out of the Cold; and the Y Women's Shelter.

The Saint Francis award this year went to St. Paul's thrift shop.



Every year at this time, an important phrase marks the season: peace on earth and goodwill towards men. It's so common we sometimes forget what it really means – that we strive for world without war, a society where we respect and help our neighbours, a place where we protect and uplift our most in need. This isn't a phrase we should live by for one day or one month. It's a set of values that must bond and motivate us every day.

*Dennis Kucinich*

If we are to have peace on earth, our loyalties must become ecumenical rather than sectional. Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective.

*Martin Luther King, Jr.*

## LOOKING BACK

### St. Paul's 100<sup>th</sup> Anniversary on Nicola Street



On November 3, 2024, following a centennial celebratory 10 a.m. service officiated by Bishop Clara and Dean Kyle, a catered luncheon of sandwiches, veggies, pickles, and fruit skewers was served to 120 people. This was followed by celebration cakes, served by the Youth Group, along with tea and coffee.



*Photos by Janice Rutherford*

### P.I.T. Stop



With the coming of the cold weather, St. Paul's has opened the parish hall on Sundays to P.I.T. Stop for them to provide a warm, sit-down meal. The first dinner was served on December 1, 2024. The food was prepared off-site by volunteers from St. Paul's. Another group of volunteers prepared

the church for the arrival of guests and served the meals along with hot beverages. Although the number of guests served was less than anticipated, it was a good opportunity to introduce both the guests and the staff to the new venue. Special thanks to the organizers, Wendy and Valentine.



*Photos by Connie Henderson*

### Soup and Bun



On December 22, 2024 following the 10 a.m. service, a soup and bun luncheon was served. There were 5 types of soup available. It was a wonderful time of fellowship. Thanks to Melissa, Connie and Jeff, and Sarah and all those who helped make it so successful.



*Photos by Rae Long*

## St. Paul's Cathedral Cookie Challenge 2024



The 2024 cookie challenge took place Sunday, December 8, during coffee hour after the 10 a.m. service. Members of the congregation had 33 different cookies to choose from, which, for a small donation they could vote for best cookie, as well as try to guess the cookies baked by Dean Kyle and Bishop Clara. Funds raised went to the Big Bear Child and Youth Advocacy Centre.



*Photos by Rae Long*

## Christmas Singalong



On December 20, 2024 at 7 p.m. there was a Christmas singalong in the Cathedral. Some families who attended Friday Family Food and Fun earlier in the evening chose to join in. Dean Kyle read a story to the children. The children also formed an impromptu choir and performed a few songs. Everyone enjoyed singing the seasonal favourites. After the singalong all participants gathered in the hall to enjoy cupcakes and a piñata for the children.



The person who finds peace inside and lives it, is the one who teaches what true peace is.

*Byron Katie*

The Bible talks about three kinds of peace. There is peace with God. There is the peace of God. And there is peace with each other.

*Rick Warren*

## Friendship Friday

### September 20



Leslie Hall, assisted by Rae Long, gave an interesting talk about the history of St. Paul's to 27 people. There were photos to peruse.



**AFTER.** St. Paul's Church on Nicola St. Fourth Ave. after renovations in 1925. This before the renovations of 1954 and 1958. *After* *1925* *1954* *1958*  
The Bishop of new Westminster was to t



### November 15

Guest speaker, David McKinnon shared with 25 attendees stories and photos of a two week trip in April 2024 to London, England. He arranged his presentation by type of site he and his wife Alison visited.



*Photos Rae Long and Archives*



### December 13

There was no guest speaker for this Friendship Friday. About 25 people gathered to enjoy Christmas treats while sharing Christmas memories. They heard about Christmases in England and Germany, and Christmas on the farm.

Most people think of peace as a state of Nothing Bad Happening, or Nothing Much Happening. Yet if peace is to overtake us and make us the gift of serenity and well-being, it will have to be the state of Something Good Happening.

*E. B. White*

## Friday Family Food and Fun

### October 25



Four families came for the first gathering of the season. Following a delicious dinner of pasta, veggies, and ice cream, the children tried to toss “eye-balls” (ping pong balls) into some bowls. It proved to be very difficult with balls bouncing everywhere. A second game involved biting, without using hands, an apple suspended on a string.



Finally they made Halloween decorations from toilet paper rolls. Thanks to our great kitchen crew: Marian, Nancy, Tammy, and Rae.



### November 15

First there was a game of Squirrel Tag where the “coyotes” chased the “squirrels” and the squirrels could pause safely in a “tree” (under a hula hoop). The youth, then went with Melissa to make catapults, with a contest at the end of the evening to see who could shoot the farthest. The younger children participated in an action song about squirrels, followed by an engaging story, “Those Darn Squirrels!”. They then made pine cone squirrel feeders with peanut butter, birdseed, pumpkin seeds, walnuts, and cranberries. Thanks to our volunteers: Nancy, Marian, Rose, and Rob.



### December 20

A large group gathered for a festive dinner, after which the children played a game, followed by a story about a gingerbread house. They then made small gingerbread houses. Afterwards some families moved to the Cathedral to join the Christmas singalong.



## LOOKING AHEAD

### Friday Family Food and Fun

The next Friday Family Food and Fun will be January 17, 2025. Participants will hear a story, play some games, and make snowman decorations. Registration is required, and is available through Eventbrite. The link can be found on St. Paul's website and Facebook page.

### New Year Tea

Due to this year's very busy Christmas season, the **Christmas tea** has been rescheduled to Saturday January 25, 2025.

### Annual Vestry Meeting

The Annual Vestry Meeting will be held February 9, 2025 following the 10 a.m. service. All parishioners are encouraged to attend. For those preparing reports, the deadline for submission is January 26, 2025.

### Lenten Lectures -TBA



### St. Paul's Thrift Shop

The Thrift Shop has a nice selection of good winter clothing for men, women, and children. Spring fashions will be coming soon.

The donations of following items are always welcomed -

CLOTHING - SHOES - LINENS - CHINA - KITCHENWARE - POTTERY - KNICK-KNACKS - JEWELRY - 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 dishwasher before dropping them off. It would help us such a lot.

Due to space constraints we are unable to accept furniture.

**NB:** Government regulations determine what can be sold in thrift stores. As a result, we are cannot accept: **child car seats, infant bath seats, high chairs, playpens, strollers and carriages, safety gates, bike and hockey helmets, opened cosmetics, corded window treatments, toys with magnets.**

Donations can be left Thursday mornings between 9 and 11 a.m. at the alley door at the back of the hall or, Fridays when the shop is open.

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

## 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 Elaine Parkes [elaineparkeskamloops@gmail.com](mailto:elaineparkeskamloops@gmail.com).

**Lay Assistants** - Lay Assistants assist with communion during our worship services. They also do the readings during the 8 a.m. service. There is always a need for more participants. If you would be interested contact Rev Kyle at [deanklyespc@gmail.com](mailto:deanklyespc@gmail.com), to assist at 10 a.m. or Elizabeth Kavanagh [pegkava60@gmail.com](mailto:pegkava60@gmail.com), to assist at 8 a.m.

**Greeters and Servers** - Greeters welcome parishioners to the 10 a.m. service, distribute the pew bulletin, and answer questions. Servers carry the cross and assist the clergy to prepare for communion at the 10 a.m. 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](mailto:gotjo@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. Contact the office for more information.

**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@gmail.com](mailto:pegkava60@gmail.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.

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

**Shepherd's Ministry** – is caring outreach group which phones designated parishioners to see how they are and if they need help from St. Paul's. If you would like to join this group contact Jo-Mary Hunter 250 374 7228.

**ONGOING AT ST PAUL'S**

Sunday	8 a.m.	Holy Communion: Book of Common Prayer	Chapel
Sunday	10 a.m.	Holy Eucharist: Book of Alternative Services	Cathedral
Sunday	10 a.m.	Sunday School: September to June	Lower Parish Hall
Sunday	1 p.m.	Prayer Service: during ski season at Sun Peaks	Mid-Mountain Chapel
Monday	8 a.m.	Men's Breakfast	Kirsten's Hide-away Cafe
Monday	1 a.m.	Holy Eucharist: third Monday of the month	Ridgepointe Retirement Res.
Tuesday	11 a.m.	Frozen soup available	Cathedral Office
Tuesday	1 p.m.	Prayer Shawl Ministry: third Tuesday of the month	at Marian Digeso's house
Tuesday	7 p.m.	Cathedral Committee: fourth Tuesday of the month	Chapter Room
Wednesday	10 a.m.	Holy Communion: Book of Common Prayer and Bible Study	Chapel
Wednesday	11 a.m.	Frozen soup available	Cathedral Office
Wednesday	7 p.m.	Zoom Bible study – selected weeks TBA	Online
Thursday	9:45 a.m.	Soul Friends: second and fourth Thursday of the month	Chapter Room
Thursday	11 a.m.	Frozen soup available	Cathedral Office
Thursday	1 p.m.	After Lunch Bunch (Bible Study)	Bishop Barbara's House
Thursday	2 p.m.	Holy Eucharist: fourth Thursday of the month	The Shores
Friday	9:30 a.m. to 1:30 p.m.	Thrift Shop open: September to June	Lower Parish Hall
Friday	10 a.m.	Friendship Friday: third Friday of the month	Parish Hall
Friday	5 to 7 p.m.	Friday Family Food & Fun: third Friday of the month	Parish Hall

## *St Paul's Anglican Cathedral*

parish founded 1884

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

email: [stpaulscathedral @shawbiz.ca](mailto:stpaulscathedral@shawbiz.ca)

*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
Acting Rector's Warden	Joan Lukow
People's Warden	D J Clarke
Youth Coordinator	Melissa Green
Music Director	Pat Rustand
Office Coordinator	Anita Bourassa
Financial Team	Connie Watt, Jon Buckle, Margaret Mitchel
Parish Giving Manager	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:

**21 March 2025**

theme for the next issue:

**Spring**

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

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

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

email address: [stpaulscathedralcircular@gmail.com](mailto:stpaulscathedralcircular@gmail.com)