

St Paul's Circular

March 2025

Spring -- the season after winter and before summer, in which vegetation begins to appear.

FROM THE DEAN'S DESK

In the *Parable of The Sower*, found in Matthew 13, Jesus puts forward 4 different types of soils: the pathway, the rocky ground, the thorns, and the good soil. Each has the seed sprinkled upon it, yet only two soils *receive* the seed. I find it intriguing that both the rocky soil and the good soil receive the word of the kingdom with joy. The only difference appears to be that the good soil takes the seed deeply into itself, allowing the seed to take root. As Jesus explains, it is because the rocky soil has no roots that life in the Kingdom is abandoned at the first sign of problem or difficulty. Jesus says, "The seed that fell upon the rocky soil is the one who hears the word and at once receives it with joy, but since there is no root, they last only a short time." Jesus is clear: Roots sustain life.

What stops a seed from establishing roots? Arguably, this question is outside the scope of the parable itself. Still, the question intrigued me. Let me say, I am not a gardener. While I enjoy gardens, I am completely unfamiliar with any of the technical specifications that go into developing and sustaining one. Still, I enjoyed researching what may obstruct the establishment of strong roots. As it turns out there are a myriad of answers. Yet topping the list is the problem of over-watering. Over-watering is one the biggest no-no's you can do to a plant.

See, over-watering limits the amount of oxygen available for the roots. Like all living things, plants need oxygen to survive. This oxygen is stored in small, microscopic pockets throughout the soil. The roots extract this oxygen from the soil and use it to promote health and vitality. Over-watering fills these air-pockets with water, effectively cutting off the

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supply of oxygen to the plant. If you over-water a seed, roots will never establish as there is no oxygen to support root-growth.

Just as our physical bodies need to breath in oxygen to survive, our spiritual lives run on the same principle. God's indwelling Spirit animates our spiritual lives. Without the Spirit within we cannot expect our life of faith to be vibrant, healthy, or growing. Breathing in the Spirit allows the reality of God's presence to become the root upon which we grow our spiritual life.

What gets in the way of you breathing in the Holy Spirit? Is there something in your life that dampens the flow of the Spirit? The good news is that the Sower has already planted the word within you, and if you allow him, he will breathe upon that seed and allow it to stretch its roots. We simply need to allow enough spaces in our lives for the Spirit to work.

How do you create space to breath in God's presence? Are there things that crowd out God's presence in your life? If so, what steps can you take to limit such crowding?

LIZZY'S BIT

No matter our favourite season, spring is the season to which we all look forward, unless, of course, we are serious ski addicts. Just the word "spring" conjures up so many images – bunnies, baby chicks, and baby birds of all stripes, daffodils and colourful tulips, and vibrant yellow forsythia, soon to be followed by heady lilacs.

There are also sounds of spring. As Wise Old Owl from Walt Disney's *Bambi* remarked, it is the time of "twitterpated" birds. As anyone with a gas furnace (other than a new high-efficiency one) knows, male flickers find the B-vent much better for drumming to signal the local females what fine fellows they are, far superior to any tree. Astronomy and the calendar tell us when spring begins, but Mother Nature,

having no use for either, decides when spring will happen. Spring does come to different parts of the country at different times. While Vancouver Island is basking in warm days and cherry blossoms, Newfoundlanders are still shovelling snow, and almost everyone east of the Rockies is wishing spring would hurry up and arrive. And the speed at which it arrives varies from region to region. I appreciate that Kamloops' springs arrive weeks before Alberta's springs, but there is one thing I do still miss about an Alberta spring – the very distinctive smell of the heavy clay soil as it thaws. Nothing said "spring" quite like that earthy smell.

Spring, the season of rebirth, renewal, regeneration, brings us each out of our own versions of hibernation. We are refreshed. We are also grateful to be outdoors without the coats, and hats, and scarves, and boots of winter. The days are longer, the sun higher in the sky, bringing increasing warmth. The snow is melting and becoming dirtier, absorbing more of the sun's warmth and melting yet faster. The ground begins to thaw; new growth begins to appear. The rains come, clearing away the grime of winter: the world greets us with its face washed. Trees and shrubs break out of dormancy with new, bright, clean green leaves and clouds of flowers.

Now gardeners are becoming twitchy. They are out poking their fingers into the soil – is it workable yet? Can I plant my cold crops yet? They are in search of the first shoots of rhubarb, the first tips of tulip leaves, the fattening buds on trees and shrubs. Those who just can't wait are out clipping branches of forsythia and flowering quince and cherry to bring in to force. They are rooting under the mulch to see if the roses survived the winter. They ordered their seeds months ago and now they are preparing their seedling trays and heating mats, counting on their fingers how many days until they can plant bedding plant seeds.

Skiers are wistfully waxing and storing their skis for another year, and skaters are putting away their skates. Golfers are counting their golf balls and lusting after new putters. Ball players are getting out their bats, balls, gloves, cleats, and practising their swings. But of all the rituals of spring, what is better than uncovering the patio furniture, and assembling the favourite barbecue receipts!



NEWSHOUND



Rev. Kyle is a now published author! His book "Alive, Loved and Free: Finding Jesus When Faith is Hard" was launched February 1 2025 and is now available on **Amazon**. On February 2 after the

10:00 service the congregation joined in celebrating with Kyle with a beautiful cake made by Rae Long.



The Chapel has a new coat of paint. Over the past few weeks Jeff and Connie Henderson and Deb Garey have been painting the chapel, giving it a fresh new look. Great job folks.



Many of you will remember Turtle Valley Donkey Refuge was the first recipient of the St. Francis Award in 2018. The refuge has remained in the hearts of some of us since then. The board was saddened to announce the passing of co-founder and president Shirley Mainprize in March of this year.

Annual Vestry Meeting

The annual general meeting, held Sunday February 2, after the 10:00 service, included a light lunch. The financial statement for 2024 was read and the budget for 2025 as presented.

Wardens and members of the Cathedral Committee were appointed.

Joan Lukow was appointed Rector's Warden.
Shirley Boxrud is assistant Rector's Warden.
Doro Obogare was appointed People's Warden.

Other members of Cathedral Committee this year are Dean Kyle, Bob Shouldice, Connie Watt, DJ Clarke, Deb Garey, Idowu Aina, Jeff Henderson, Jim Britton, Jon Buckle, Lesley Britton, Margaret Mitchell, and Melissa Green.

St Paul's Cathedral Financial Update as of March 15, 2025

by Jon Buckle

St Paul's ended the **2024 year** with a surplus of \$24,035.

Income was made up of: offerings \$252,451; rental income \$59,562; other income \$24,815, for a total income of \$336,829.

A very generous bequest of \$100,000 was also received in 2024 that is not included in the above figures.

Expenses in 2024 totalled \$312,793.

Much appreciation must be given to the congregation for this positive result as we started the year with a projected deficit. The surplus will be used as part of our 2025 programming.

The **2025 Budget** is as follows:

Income: \$356,400; made up of offerings \$250,000; surplus \$24,000; rentals \$55,800; other \$26,600

Expenses: \$353,886; staff \$196,241; premises \$44,345; office \$10,400; programs \$11,100; miscellaneous \$91,800

Balance: \$2,514.

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.

Anne Bradstreet

LOOKING BACK

Ground Hog Tea



Whether the groundhog saw its shadow or not, did not influence the large group of happy people who left their “dens” to attend the February 1 “Groundhog Tea.” They enjoyed getting together and visiting over tea, coffee, sandwiches, and sweets.



Photos by Rae Long

Shrove Tuesday



A larger than expected crowd gathered on March 5 to enjoy the traditional Shrove Tuesday fare of pancakes and sausages, and friendship.

Wrinkle free table cloths courtesy of Jim Waldie.



Photos by Rae Long

Soup and Bun



A good crowd gathered after the 10:00 service on March 16 to enjoy hot soup, a bun, sweets, and community. We enjoyed a visit from Bishop Clara.



Photos by Rae Long

Friendship Friday



February 21

Thirty- three people came to hear Colleen Stainton's presentation on the history of the Red Bridge. Tim Petruk from Castanet spoke about the importance of the link between Kamloops and the Tk'emlups te Secwepemc First Nation.



March 21

Twenty-nine people came to hear Margaret Mitchell's most interesting talk about her trip to Sri Lanka. The people are happy and creative despite the hot climate. Every site she visited had its story.

Photos by Rae Long

Friday Family Food and Fun



January 17

Twenty-four people gathered for supper followed by games. They tossed Frisbee like rings, bowled with snowmen pins, heard a story about snowmen, decorated snowmen, and built marshmallow structures.



February 21

Only a small number came out for Pyjama Night. They tossed ping pong balls, and played a game in which children and youths took turns hiding and searching for balls. This was followed by some quieter games.



Reported by Cathy Shether: Photos by Lorie Weaver



LOOKING AHEAD

May 23-25 Equip

We are pleased to announce that after several years of hiatus, The Territory is resuming its biennial Equip conference! Join us for an interactive time of prayer, learning, and fellowship as we reflect on what we mean by spiritual renewal. Themes will include: transition, discernment, missional engagement, and transformation.

June 20

There will be a Strawberry Tea Friday June 20 from 2 to 4:00 pm.

Parish picnic/BBQ: Date to be announced.

Spring being a tough act to follow, God created June.

Al Bernstein

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.

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 deankylespc@g gmail.com, to assist at 10 a.m. or Elizabeth Kavanagh 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.

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 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 a.m. service. Teams are on a 6 to 7 week rotation. Orientation is provided. Contact Joy Gothard at 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

contact office for more information

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	1:30 p.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 with discussion on the readings	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	2 to 4 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 7:00 p.m.	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	Joan Lukow
Assistant Rector's Warden	Shirley Boxrud
People's Warden	Doro Obogare
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.kamloopsanglicanecathedral.com

Follow us on Facebook

Territory of the people website:
www.territoryofthepeople.ca

Submission deadline for the next issue:

12 September

Theme for the next issue:

Reconciliation

(Let us hear from you)

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, Jim Britton

email address: stpaulscathedralcircular@gmail.com

That is one good thing about this world...there are always sure to be more springs.

L.M. Montgomery, Anne of Avonlea

Spring shows what God can do with a drab and dirty world.

Virgil A. Kraft

Spring is nature's way of saying, 'Let's party!'

Robin Williams