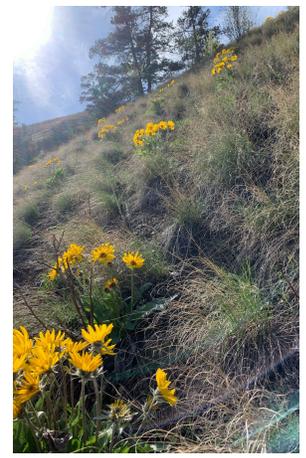


The Circular

March 2026 Volume 21 Issue 1 SPRING

Growing, Connecting,
Serving, Praying



From the Dean's Desk

Repentance: an act of love not fear

The theme for this Circular is “repentance”, which can sometimes conjure associations of dour prayer or rites of self-flagellation. Is this what we mean when we talk of repentance? Does repentance rely on believing ourselves to be, in the words of American Puritan Jonathan Edwards, a sinner in the hands of an angry God? Hardly! In fact, repentance simply means to “turn around.” In repentance, we recognize the habits and attitudes that are detrimental to our life with God, turning away from such things so that we might turn into a renewed life with God.

Repentance is rooted in God’s promise of life and is an act of love towards our merciful Saviour. The primary reason for repentance, therefore, is devotional rather than punitive. We do not repent out of fear of divine retribution. Instead, we turn to the source of forgiveness and reconciliation; we turn to where true life is found.

This is why the liturgical prayer of repentance, otherwise known as the confession, begins the way it does. Rather than

Parish Staff

Dean & Rector

- The Very Reverend Dr. Kyle Norman

Lay Pastoral Assistant

- Idowu Aina

Rector's Wardens

- Joan Lukow
- Shirley Boxrud

People's Warden

- Doro Obogare

Financial Team

- Connie Watt
- Jon Buckle

Parish Giving Manager

- Trish Waldie

Music Director

- Pat Rustand

Sunday School

- Melissa Green

In this issue:

- ❖ Vestry reports
- ❖ Congregation submissions
- ❖ Prayers and Poetry
- ❖ Happenings since the last Circular
- ❖ Ministry opportunities
- ❖ On goings at St. Paul's
- ❖ Current Parish Council
- ❖ Photo Gallery
- ❖ Thank you notes

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articulating God's anger toward the sinful, the prayer articulates the availability of God's love and mercy; the appeal to love is the basis of repentance and confession.

Dear friends in Christ, God is steadfast in love, and infinite in mercy. He welcomes sinners and invites them to his table. Let us therefore confess our sins, confident in God's forgiveness.

The act of repentance and confession is a moment of loving worship. Seeking to lead a new life, we turn toward the loving mercy of God. Repentance is an opportunity to experience God's loving nature. In fact, in his seminal work *Life Together*, Dietrich Bonhoeffer links the act of repentance to the rite of baptism, claiming that it recovers one's baptismal life. In repentance, one experiences the very healing and new life originally met in baptismal waters. Bonhoeffer writes, "What happened to us in baptism is given to us anew in confession. We are delivered out of darkness into the kingdom of Jesus Christ. That is joyful news. Confession is the renewal of the joy of baptism."

Repentance is an act of joy. It leads us into a sense of spiritual freedom. It is unfortunate that the devotional nature of repentance is so often forgotten in modern understandings. When we see repentance as an act of sin-management, the transformative power of the act becomes lost, and we find ourselves in a spirituality of fear. But this is not God's intention for us. God who is lavish in love towards us has created a way for us all to experience the depth of God's mercy and grace. These things are available to every one of us, held out to us in the hands of Jesus.

All we need to do is turn into it.



Something about repentance

By Jim Britton

There is something about repentance. C.S. Lewis wrote a short essay on the “Danger of National Repentance” in response to a social movement in the 1940s calling out Britain’s guilt in starting World War 2. (It was republished in *God in the Dock* or can be found at <https://www.lewissociety.org/articles/> .)

With his customary clarity, Lewis points out the risks and rewards of such a movement, and identifies its first and fatal flaw: it encourages us “to turn from the bitter task of repenting our own sin to the congenial one of bewailing – but, first, of denouncing – the conduct of others.”

I wonder how much this applies to topical issues of today, such as the wars between Russia and Ukraine or Israel and Hamas? Or truth? Reconciliation? Indian Residential Schools?

We live in a very different media ecosystem from what Lewis experienced. Instead of a handful of respected newspapers, bastions of sober deliberation, we can be exposed to a hundred shrieking harpies stoked by algorithms, juiced to induce rage and reaction.

I can’t say I’m unaffected, even though I don’t use social media, and try to limit my “feed” (what an ugly and revealing word!) to fewer than ten reputable sources. Alas, this is still too much rage-bait, so I’ve dropped all of them for Lent.

Part of my grudge against contemporary media is how blatantly manipulative it is, and how shameless when proven wrong.

In Britain, during Covid, a respected radio announcer said that the new British vaccine was “100% safe and effective.” Time proved otherwise, but not before real harms were done, up to and including premature deaths from blood clots. At the time, to challenge this narrative (or any other Covid protocol) was to risk the wrath of government, medical, and media authorities. When the vaccine was discontinued, in part because of adverse health effects, reports were perfunctory, regrets and apologies almost nonexistent.

Coverage of Canada’s Freedom Convoy was similar. Government invoked the Emergency Measures Act, causing immediate and unwarranted hardship (frozen bank accounts) without due process. Mainstream media were largely supportive. It has taken years, but the courts have now vindicated the minority view that invoking this Act was legally unjustified and a serious breach of civil rights.

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A local example of evolving media narratives relates to Kamloops Indian Residential School. Initially, in May 2021, media reported the “discovery of the remains of 215 children.” The news spread like wildfire. Bit by bit, however, assertions changed. “Remains” became “unmarked graves,” and then “potential burials”, and eventually “geophysical anomalies” or “targets of interest.” The most recent press release from Tk’emlups te Secwepemc (17 February 2026), states that further surface investigations (possibly) ruled out some areas, leaving others the focus of future work. All the work done since 2021 (such as ground-penetrating radar, LiDAR, and researching school records) has avoided disturbing the site. Someday, I hope definitive tests will be done. As an ex-geologist, I have some experience with geophysical surveys. They are terrific for generating targets. But without testing (usually by digging or drilling) you are left with unresolved possibilities.

Taken together, manipulation, misinformation, and mendacity give me lots of fire for my ire. Did I mention that anger is a besetting sin I've had my whole life? (Don't worry, I have others.) In Medieval moral theology, anger (Latin: *ira*) is one of the seven deadly sins. It is damning if not dealt with.

So, what to do? In a pastoral letter from our Bishop, we have been counselled against Indian Residential School denialism, and encouraged to inform ourselves about this complex, contentious, and painful issue. I will take up our Bishop's challenge. I propose to use the time freed from following the news to explore the history of St George's School in Lytton using reports from the National Truth and Reconciliation Commission, and related literature. I will inform myself of facts; seek the truth (while recognizing that “truth” is a slippery fish); treat “narratives” circumspectly; reject collective guilt and guilt by association; eschew anger; embrace compassion. (Wish me luck!)

Yes, there is something about repentance.



ST. FRANCIS: A SPIRITUAL ROLE MODEL

By David Lidster

As one of the most popular saints, revered within and beyond Christianity, Francis is cherished and remembered for his simplicity, embrace of poverty, and love for all of God's creation. As a result, he is a model of Christian discipleship and a wisdom figure worthy of our emulation.

There are numerous stories about Francis encountering a leper along the road. They imply that Francis was moved by the sight of the unfortunate and unnamed man and, compelled by the sudden overwhelming conviction of his inherent fraternity with the man, and with the realization that God was calling him to love the marginalized, he kissed the leper. This was a gesture of humility, mercy, and identification with Christ, who suffers in the poor and outcast. It was reported that before his kissing the leper, Francis had felt fear and disgust of lepers and was self-centered.

After the encounter, Francis reportedly felt **joy and peace**. A popular version of this narrative suggests that Francis turned to leave and when he looked back to see the man, the leper had miraculously disappeared. This has been interpreted to suggest that the man Francis embraced was actually Christ himself, disguised as a leper. From then on, Francis' life was completely changed.

The story of Francis kissing the leper is a vivid example of repentance lived out as radical love and conversion. It illustrates **metanoia** (repentance) in action---turning one's life toward God through concrete action. Metanoia is a Greek word that means a profound change of mind and heart---a deep inner transformation that leads to change in direction.

An early source tells of a time when Francis went into a church and knelt before the crucifix in the sanctuary. As he prayed, he heard Christ speak to him from the cross, saying: "Francis, go and repair my house, which, as you see, is falling completely to ruin." At first, Francis understood this to be Christ exhorting him to physically repair the dilapidated rural chapel, but later it would be reinterpreted to be a sign of Francis' reforming influence on the Catholic Church. Either way, from then on, Francis' life was completely changed.

While these stories may have some degree to total degree of accuracy, they place too much emphasis on a large and dramatic event as being life-changing (something akin

to St. Paul's experience on the road to Damascus) and overlook what Francis himself attests in his own writings, his conversion experience was an experience of **ongoing metanoia or life change**.

Modern spiritual directors teach us that Christian conversion is lifelong, dynamic, and ongoing. Francis was an ordinary Christian, who slowly and at times reluctantly, opened himself up to Christ's invitation to take the baptismal call more seriously.

St. Francis of Assisi was not that different from us. Rather than imagine him as some sort of medieval superhero, we would do well to remember his full humanity and the lifelong journey of Christian conversion he experienced, including the inevitable stumbles and mistakes he made along the way. In this way, Francis is truly someone worth celebrating, because he models for us a way to embrace an authentic journey of faith.



PRAYER OF ST FRANCIS

Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master,
grant that I may not so much seek
to be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.

Amen.

An Ash Wednesday Reflection

We all remember Ash Wednesday because of the ashes. They commemorate the 'repentance in sackcloth and ashes' which is a sign of mourning and penance throughout the Old Testament. We go up in turn to the altar and have ashes rubbed into our foreheads as the priest says some variant of 'Remember, man, that thou art dust, and unto dust thou shalt return.' This mark stays on us through the rest of the day, like a Hindu caste mark, unless prudence or fear make us wipe it off.

Being reminded that we are dust does not mean being told we are worthless. What we are being told is that our value comes not from ourselves, but through us, from God. If people were light-bulbs, we would find it easy to understand this. A light-bulb does not produce light. It cannot. What a light-bulb can do (and a working light-bulb does do) is take the energy given to it from outside, and shine brightly by accepting and transforming what it has received.

If we understand the true source of value, we avoid the perils of both pride and depression. If we shine brightly in this world, that does not come from within ourselves. It is because we deal faithfully with whatever power we have been given us – greater power or lesser power – as in the parable of the talents, the two good servants take what their master has given them and do something with it.

Excerpted from Universalis.com for Ash Wednesday 2026
(<https://universalis.com/20260218/today.htm>)

St. Paul's Cathedral 2025 Year-end Financial Update

Feb 11, 2026

St Paul's ended the **2025 year** with a surplus of \$2,666.

Income in 2025 was made up of offerings of \$244,405, rental income of \$53,680 and other income of \$29,221, with total income being \$351,306. It should be noted that we budgeted for and utilized \$24,000. of retained earnings from the previous year's surplus to augment income and allow the hiring last March of our Lay Clergy Associate and Facility rental positions

Expenses in 2025 totalled \$348,640. Of this, Staff salaries and benefits totalled \$192,123.

The **2026 Budget** is as follows:

Income \$365,448. This is made up of Offerings 246,300, Surplus/savings 37,248, Rentals 53,800 and Other 28,100.

Expenses \$368,102. This is made up of Staff 207,312, Premises 45,890, Office 11,500, Programs 11,600, Christian Sharing 67,000 and Reserves 10,800.

Projected year end position: Deficit of (-2,654)

For any questions with respect to St Paul's Finances please contact
Jon Buckle (250) 571-0675 or Connie Watt (250) 319-5386
Submission from Jon Buckle

Friday Family Food and Fun Report 2025

The goals of Friday Family Food and Fun when it began in 2019 were to

- foster connections both between families and the church and be responsive to the community in an age of decreased social and community connectedness
- demonstrate our hospitality to a sector of the community we traditionally had not actively engaged with.
- provide an opportunity for members of St. Paul's to demonstrate their joy in connecting with children and young families and illustrate our Christian roots and values in action.

Over the past six years, we have met families of all sorts and enjoyed sharing a meal with them, playing games, singing songs and doing crafts. In 2025 dinners were held January to April and October to December. Between 6 and 10 families attended these dinners each month. This included up to 38 adults (including volunteers) and up to 23 children and youth. Some families are connected to the Cathedral while others learn about the dinner through word of mouth and social media advertising. There are several families from the broader community that come on a semi regular basis.

The average monthly cost of Friday Family Food and Fun is about \$85.00 and is supported by the Cathedral and donations from some participants and the Thrift Shop. Thanks to members of the parish who donated craft supplies and some food products that we use.

Thanks to all the volunteers – the clean up crew and craft assistant volunteers and especially the cooks, Marian DiGeso and Nancy Baker, who help to make this ministry successful.

After many years of leading this ministry, I feel it is time for me to step down at the end of April. It has been a rewarding experience and I hope that I can mentor a new leader so that this ministry can continue. Please contact me or Kyle if you are interested.

Respectfully submitted, Cathy Shether

Seeds of renewal in the highlands of Chiapas

By Jose Zarate, Alongside Hope's Canadian Indigenous Communities and Latin America-Caribbean Development Program Coordinator, December 3, 2025



David López Vázquez stands in front of Vinaty Coffee Cooperation, where he acts as General Manager. The coffee company supports 60 producers from around Guaquitepec.

“To care for the land is to care for our own heart because the earth remembers who we are.”
— Tzeltal saying

The hands that tend the earth also forge the future.

In the mist-covered highlands of Chiapas, where the smell of roasting coffee fills the air, a new generation is finding its way. Among them is David López Vázquez, a 23-year-old Tzeltal youth from Guaquitepec in the municipality of Chilón. His story is one of both perseverance and faith. It shows how vision and trust can turn hardship into harvest.

I met Vázquez during my July 2025 visit to Chiapas. It was the same trip where I joined a workshop with Indigenous midwives in Ocosingo. The workshop, organized by XILOTL, created the space for us to meet so I could learn about his work with Vinaty, a young coffee cooperative in his community.

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Alongside Hope supports XILOTL's efforts to strengthen the leadership within the community through Indigenous self-determination. Their work connects ancestral knowledge with support. But it's Vázquez's patience and humility that have turned Vinaty into a sign of what's possible.

As he spoke, I kept thinking of a Traditional Indigenous teaching. Every seed we plant carries memory. It holds the dreams of our ancestors that are waiting to grow again. In Vázquez's journey, those seeds have taken root, thanks to this project.

Like many young people in the region, his path began with uncertainty. After high school, money was tight and he couldn't continue his formal studies. His options were limited to temporary labour or migration. But suddenly life shifted. He married María Guadalupe, his lifelong companion, and together they dreamed of staying on their land and building something of their own.

Holding onto that hope, he joined Sembrando Vida, a national program that encourages youth to care for the earth through sustainable farming. Through this, he began working at Palucheen, a local coffee cooperative. It became more than a job. It became his calling.

In those early months, he learned the full cycle of coffee. Compost, planting, harvest, roasting, milling. He watched everything closely. What began as simple work grew into understanding. Coffee wasn't just a crop. It was a relationship between people and land.

At Palucheen, he met Digno Antonio, one of his instructors and a member of the newly forming Vinaty cooperative. They became close friends, united by their love for the land and their belief in collective progress.

One afternoon in September 2022, Vázquez heard the low rumble of a roasting machine coming from Vinaty's new space. Drawn by the sound and the smell, he walked over and offered his help. That small moment opened a new chapter in his life.

He learned every step of production, from compost to bean roasting to grinding. His attention to detail and his commitment led him to become Production Lead and eventually General Manager. Under his guidance, the cooperative grew in both unity and strength.

By 2024, Vinaty supported 60 producers, had built its own warehouse and collected more than 50,000 kilos of high-quality coffee. But for Vázquez, what matters are the people. Youth finding purpose. The land being cared for. The sense of dignity returning to the community. "Every cup of coffee we roast carries the story of our people and the blessings of our land," he says.

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Beyond coffee, Vázquez has become a moral and social guide in his community. Identified through XILOTL's community mapping, he participates in initiatives that prevent violence and strengthen healthy relationships with members.

His father, a local pastor, taught him early on about service and integrity. Those teachings shape his leadership today. He listens before speaking. He brings people together.

His peers see him as a bridge between generations. A young man who honours the tradition while still opening the way for renewal. Through his example, youth are rediscovering the power of working together and the dignity of staying rooted in their ancestral land.

“I am proud of who I have become,” Vázquez says. “Life does not always give the same opportunities, but if you remain true to what you love, your effort will bear fruit. I found my path in coffee, and through it, I found myself. To anyone reading my story: never stop believing in yourself, never abandon your roots, and never give up on your dreams.”

Vázquez's journey reminds us that caring for the land is caring for life. Through his hands, the ancestral wisdom of the Tzeltal people grows again, not as something remembered, but as something lived.

This current story from Alongside Hope fits with the Lenten Learning presentations.

Shared by Joy Gothard, Territory Representative for Alongside Hope.



ACTS!

Did you notice the Children's Corner on the back of your placemat at the Shrove Tuesday Pancake supper? It had the following activity for our Lenten journey:

Build a prayer: it's easy with ACTS!

A is for Adoration. Dear God, I worship you because.....

C is for Confession. I'm sorry God for

T is for Thanksgiving. I give thanks to you God for

S is for Supplication (humbly asking for help).

Hear God help me/my friend/the world

As we draw closer to God in Pray, we become drawn into acts of Christian response within our family, community, and the world.



The Alongside Hope website, www.alongsidehope.org/, has many stories of Anglicans and partners working for change in Canada and around the world. Together, we are improving health, food security and livelihoods where needs are greatest. There are many resources available to everyone. View the webinar then subscribe to Wild Paths of Peace by Martha Jarvis, <https://alongsidehope.org/lent2026/> and receive daily Lent reflections sent to your Inbox or download to receive the whole resource.

Thank you to Jim Waldie for requesting the Placemats and for all the men who prepared the meal and the women who washed the dishes. *Submission from Joy Gothard*

Cathedral exterior and interior updates

By Deb Garey

In 2025, the appearance and safety of St. Paul's Cathedral has undergone major renovations to the exterior and interior of the building.

To the exterior many loads of gravel were trucked in to slope the land away from the foundation, eliminating continual flooding of the Ruth and Mark Rooms and seepage along the west wall. Along 4th Avenue the grass was removed and the area zeroscaped. Eavestroughs were cleared of debris and new gutters were installed to drain further from the foundation.

The two emergency fire exits were reinforced. Metal sheets were installed to deter sleepers and prevent fires. The areas were significantly cleaned and stronger wire fencing was installed and uncomfortable rocks were laid to stop camping under the wooden staircases.

A new window frame was built for the Youth Room, and the exterior boards and railings were painted white.

A large welcoming sign was updated and hung on the 4th Avenue wall by Jon.

To the interior, two safety rails were installed in the Cathedral. The St. George's Cleopas Stained Glass windows were framed and hung in the Cathedral. For the coming warmer days, frames with new screens were fabricated and installed on the windows that open in the cathedral.

Chapel worshippers love the refreshing coat of paint on the lower walls.

The carpets in the Cathedral and Youth Room were shampooed after the Youth Room was emptied of many "I don't know what to do with" items. A cleaning team was organized by Jeff to do a deep clean in the two kitchens and the many meeting rooms. Doro called on the youth to help. Also, other gentlemen and ladies were there assisting in many capacities. Thanks to the many volunteers –Job Well Done!

Many shelves were built in cupboards by Jeff to accommodate the Territories Office, the Sunday School and the Thrift Shop. All floors have been stripped and waxed on the lower level. 15 broken vacuums and 100 cans of dried paint were also taken to the appropriate distribution centres.

Many thanks to Our Lead Jeff Henderson, Jon, Connie and Deb.

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@gmail.com, to assist at 10 a.m., or Elizabeth Kavanagh pegkava60@gmail.com, to assist at 8 a.m.

Greeters - Greeters welcome parishioners to the 10 a.m. service, distribute the pew bulletin, and answer questions. Please contact the office for more information or to volunteer.

Servers - 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 Joan Lukow at jlukow@telus.net.

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 yogurt 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.

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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 – a caring outreach group who phone 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 Roger Parkes 250-299-1863



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 Hideout 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 M. Digeso's house
- Tuesday 4 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 11 a.m.** Holy Eucharist: fourth Thursday of the month –The Shores
- Friday 9:30 a.m.** Thrift Shop open: September to June to 1:30 p.m. –Lower Parish Hall
- Friday 10 a.m.** Friendship Friday: third Friday of the month –Parish Hall
- Friday 5 - 7:00 p.m.** Friday Family Food & Fun: third Friday of the month –Parish Hall

St. Paul's Anglican Cathedral (founded 1884)

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phone 250 372 3912

email: stpaulscathedraloffice@gmail.com

St Paul's Cathedral website:

www.kamloopsanglicancathedral.com

Worship at St. Paul's Cathedral

Sunday, 8 a.m. Holy Communion –Chapel,

Sunday, 10 a.m. Holy Eucharist –Cathedral,

Wednesday, 10 a.m. Holy Communion –Chapel

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 and Jim Britton
Publisher: Gina Troskot –email address: troskotg@gmail.com**

Next issue: June 12 (Submissions deadline June 8) Theme: Living Waters

Gardening for Lent

First plant five rows or peas

Preparedness

Promptness

Perseverance

Politeness

Next to them plant three rows of squash

Squash gossip

Squash criticism

Squash indifference

Then plant five rows of lettuce

Let us be faithfull

Let us be loyal

Let us be unselfish

Let us love on another

Let us be truthful

No garden is complete without turnips

Turn up for Worships

Turn up with a smile

Turn up with a new idea

Turn up with real determination

Then see what a wonderful garden you can grow

Have a meaningful LENT

(author unknown)



📷 Photo Gallery 📷

Carnation Tea

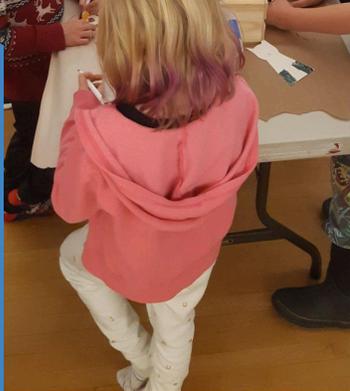


Shrove Tuesday

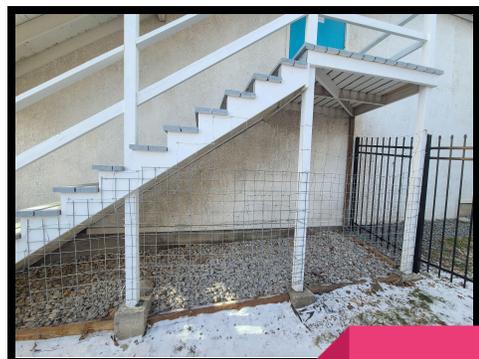
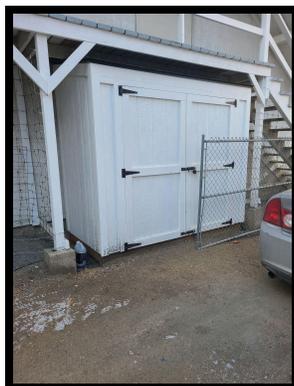


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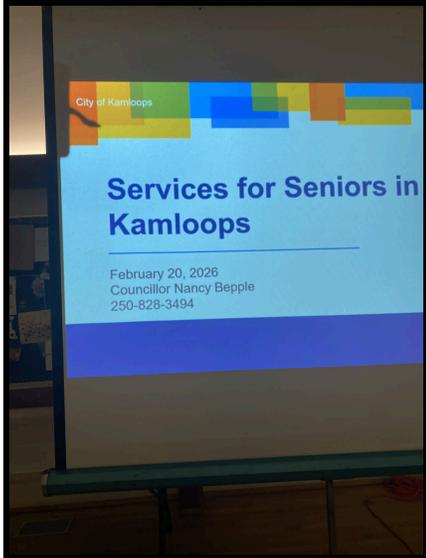
February Food Friday



Building upgrades



Friendship Fridays



Community of the Cross of Nails Liturgy for Receiving the Cross – March 1 2026

CCN Prayer

Bishop:

Eternal God, you have come among us in Christ to reconcile the world to yourself and have entrusted us with the ministry of reconciliation.

Strengthen all who work for the healing of conflict and pain amongst your human family.

Bless all those in the worldwide Community of the Cross of Nails who inspired by this symbol of hope, bear witness to the grace and truth of your crucified and risen Son, our Saviour Jesus Christ.

Amen.



To all the contributors of articles, reports and photographs

A special thank you to Elizabeth Kavanagh who has tirelessly published *The Circular* for over a decade. Thank you for your faithful dedication to the stories of this parish that you have supported and put forward over the years. Your ministry has not gone unnoticed.



With overdue thanks and appreciation,
St Paul's Cathedral

"Live simply so that others may simply live." St Elizabeth Ann Seton