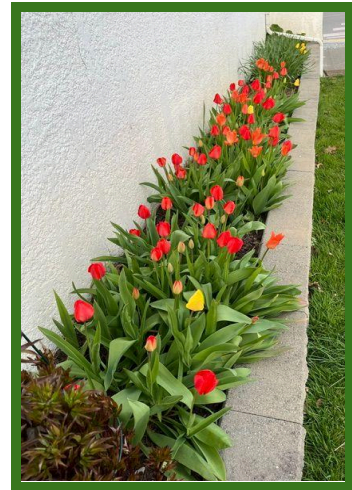


# St. Paul's Anglican Cathedral

# The Circular

Growing, Connecting,  
Serving, Praying



June 2026    Volume 21 Issue 2    Summer

## *From the Dean's Desk*

There is an intriguing story tucked into Genesis 26. Isaac, the promised child of Abraham, has grown up and moved to the land of Gerar. As he began to sow in the land and reap the crops of his labour, "The Lord blessed Isaac", the text reads. But there was a problem. The Philistines had stopped up all the wells that Abraham's servants had previously dug. They placed rocks and earth into the wells to block access to the water.

Isaac, however, would not be deterred. He spends significant time renewing the wells of his father. Isaac digs again the wells and removes the rocks and earth that the Philistines had placed there. He then goes forward to dig more wells: one called Esek, one called Sitnah, one called Rehoboth, and finally, one called Beersheba. Isaac was all about wells.

The theme for this Circular is "Living Water". In scripture, water is often used as a symbol for the presence of God's spirit. *Living Water* expresses the constancy of God's spirit, empowering us, encouraging us, and renewing us. Yet there are times when the things of this world crowd out our awareness of God's lifegiving presence. Fear, worry, incessant busy-ness, constant distractions, they become like rocks that clog a well. These things block us

### 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:

- ❖ Artificial Intelligence and the Bible
- ❖ Happenings since the last Circular
- ❖ Ministry opportunities
- ❖ Ongoing at St. Paul's
- ❖ Current Parish Council
- ❖ Photo Gallery
- ❖ Thank you notes

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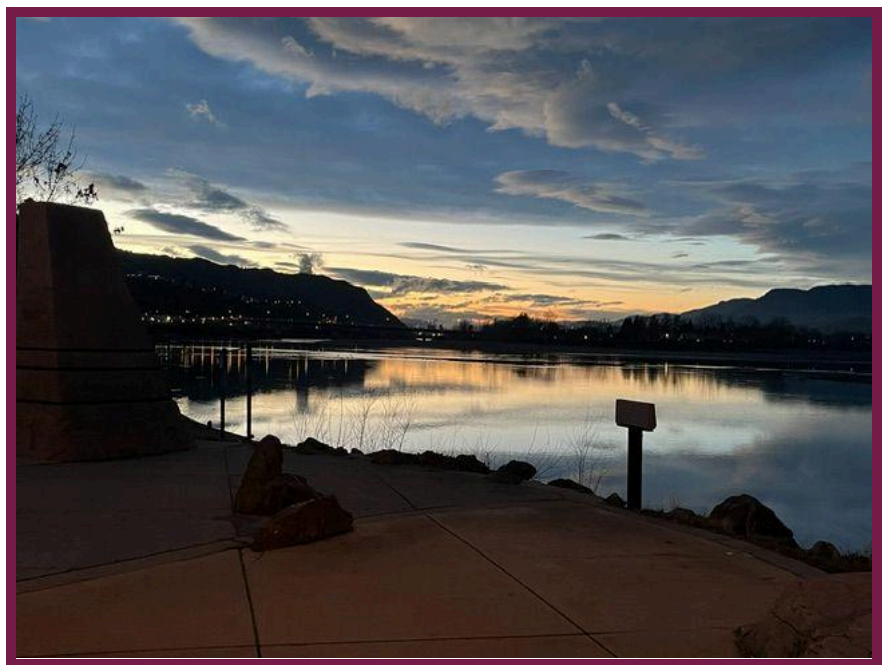
from drinking deeply the water of grace, love, forgiveness, or mercy that God provides.

What might that be in your life? What are the rocks that seem to hinder your full immersion in the living waters of Jesus?

Try not to judge yourself because of these things. We all have rocks in our wells. We all bear the frailty and imperfection of the world. We all have rocks. But these rocks that hinder our experience of Jesus do not need to stay. Like Isaac, we can remove them, and all the things that clog our spiritual lives, and drink again from the well of God's love. We simply need to take the time.

Here is one way to remove the rocks in your spiritual life. Set aside a few minutes every morning for a time of dedicated prayer. You can use the liturgy of Morning Prayer if you choose, or you can be freer. Begin by acknowledging God's presence with you and focus your attention. Try adapting the words of the Grace: "The grace of my Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit, be with me this morning". Breathe deeply. Then, read a portion of scripture. Try making your way through one of the Gospels. Mark is the shortest gospel and a good place to begin. Following your reading, offer to God whatever prayers you might have: for yourself, for your family and for your community. Whatever is on your heart, offer it in prayer. End with the Lord's Prayer.

You may not feel a *change* right away. After all, it took Isaac quite some time to remove the rocks and dirt from his father's wells. But eventually, the flow of water was unmistakable, and so were the blessings of God that emerged from it. The same is true in our lives. The more we spend time with the living water of God's love, the more we feel the blessing of God's nearness in our lives.



Herein, the publisher explores what Artificial Intelligence (AI) says about this issue's theme...

The exact number of times the phrase "**living water**" or "**living waters**" appears in the Bible depends on the translation you are using, but in the classic King James Version (KJV) and traditional Hebrew/Greek counts, it appears exactly **8 times** across **8 verses**.

The phrase is perfectly split down the middle: **4 times in the Old Testament** and **4 times in the New Testament**.

Here is where to find those verses how the term is used:

### The Old Testament (4 times)

In the Hebrew Scriptures, "living water" referred literally to fresh, running spring water (as opposed to stagnant well or cistern water), but the prophets used it heavily as a metaphor for God.

- **Song of Solomon 4:15** – *"A fountain of gardens, a well of living waters, and streams from Lebanon."* (Used here to describe the refreshing nature of the bride.)
- **Jeremiah 2:13** – *"For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water."*
- **Jeremiah 17:13** – *"O Lord, the hope of Israel, all that forsake thee shall be ashamed... because they have forsaken the Lord, the fountain of living waters."*
- **Zechariah 14:8** – *"And it shall be in that day, that living waters shall go out from Jerusalem; half of them toward the former sea, and half of them toward the hinder sea..."*

### The New Testament (4 times)

In the New Testament, Jesus explicitly adopts this Old Testament imagery and applies it to Himself and the Holy Spirit. All of these occurrences happen in the writings of the Apostle John.

- **John 4:10** – Jesus speaking to the Samaritan woman at the well: *"If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water."*

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- **John 4:11** – The woman's reply: *"Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?"*
- **John 7:38** – Jesus promises the Holy Spirit to believers: *"He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water."*
- **Revelation 7:17** – Describing eternity in heaven: *"For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of waters..."*

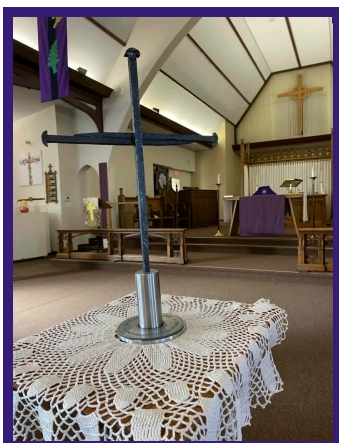
**Note:** If you read modern translations like the English Standard Version or New American Standard Bible, you might see a higher count (around 13-15 times). This is because modern translations choose to translate the literal Hebrew phrase for "living water" (*mayim chayim*) as "**fresh water**" or "**running water**" when it appears in Leviticus and Numbers regarding ancient cleansing rituals (e.g., Leviticus 14:5, Numbers 19:17).

From Google Gemini AI



## Finding Hope in the Abundance of Creation

Jet Takaota, guest speaker representing the Canadian Foodgrains Bank, gave an enlightening talk on May 4th. Joy Gothard, our Diocesan representative of Alongside Hope, introduced the guest speaker.



There are brochures from Canadian Foodgrains Bank in the Narthex and posted on the Peace & Justice bulletin board.

For more information contact Joy Gothard

### Friday Family Food and Fun Wraps Up

Since its inception in 2020, Friday Family Food and Fun has served the community with its ministry of hospitality to families. Once a month, families of all types were welcomed to an evening starting with a home-style dinner, followed by games, crafts, stories and songs. Our primary focus was families with young children – preschool and early elementary – but all ages were welcomed. Although families came from a variety of circumstances, they all gathered together around the dinner and craft tables. Some families only attended once or periodically, but many became regulars.

Friday Family Food and Fun was funded initially by a grant from the Territory of the People and subsequently funded by St. Paul's. It also received donations of funds from St. Paul's Thrift Store and some participants. As well, there were donations of food, and craft supplies from parishioners and the Turtle Valley Donkey Refuge.

Volunteers were fundamental to the success of this ministry. Marian DiGeso and Nancy Baker did our food shopping and provided the food preparation. They also set the tables and served food for all the dinners. A variety of volunteers did the dishes and kitchen clean up. Many parishioners pitched in with story reading and crafts, especially Catherina Vandersman. Lorri Weaver took photos and helped to lead games and filled in when I was away.

*Thank you to all the volunteers!*

In early 2026, a call was put out for a new coordination to take over the organization of the dinners. No volunteers came forward. In April a final wrap-up dinner was held. Thank you to everyone who supported me in developing my vision for this ministry and turning it into a reality. I will be forever grateful for this opportunity.

Cathy Shether

# The Circular

## Friday Family Food and Fun



## Happenings at St. Paul's these last few months

Baptisms...

Noa, Easter Sunday

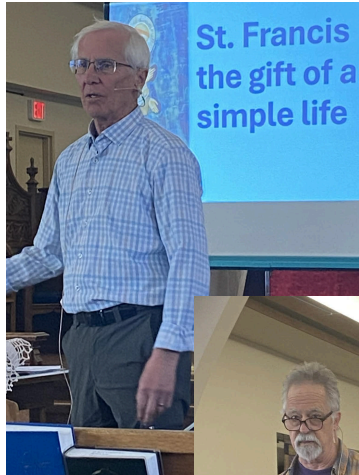


Amelia, May 17

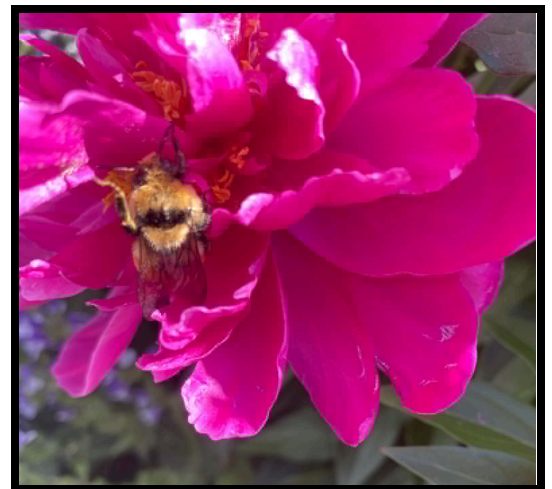


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**Lenten Learnings:** Four weekly sessions studying St. Francis. Speakers included: Rev. Kyle Norman; Donna Greenlay; Ron and Jennifer Ste. Marie; and Jon Buckle. (Followed by treats and fellowship each week.)



## Pentecost Sunday



## 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 [deankylespc@gmail.com](mailto:deankylespc@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** - 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](mailto: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 Alongside Hope. 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. There are empty yogurt containers in the kitchen. Mark the type of soup and the date made. Avoid hot spices or large chunks. Thank you to all our soup makers. Contact the office for more information.

**Thrift Shop** - The Thrift Shop welcomes 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.

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**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. Members 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

**Any of these opportunities are open to all members of the parish.**

### A BIT OF HUMOUR

- ★ What kind of lighting did Noah use on his ark?
- ★ How does Moses make his coffee every morning?
- ★ I've parted and stopped by the power of good, a boundary to cross where His people trod. An ark once touched me, the waters gave way, I've marked new journeys to this very day. What am I?



From The Reader's Digest

Flood lights. Hebrews it. The Jordan River

## ***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 – topics and schedule TBA
- Thursday 9:45 a.m.** Soul Friends: second and fourth Thursday of the month –Chapter Room
- Thursday 10:30** Holy Eucharist: second Thursday of the month –Berwick Retirement Res.
- 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 to 1:30** Thrift Shop open: September to June –Lower Parish Hall
- Friday 10 a.m.** Friendship Friday: will meet when a speaker is found/scheduled, please watch for announcements –Parish Hall

**St. Paul's Anglican Cathedral (founded 1884)**

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**email: [stpaulscathedraloffice@gmail.com](mailto:stpaulscathedraloffice@gmail.com)**

**St Paul's Cathedral website:**

**[www.kamloopsanglicancathedral.com](http://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**

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The St. Paul's Circular is the quarterly 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](mailto:troskotg@gmail.com)**

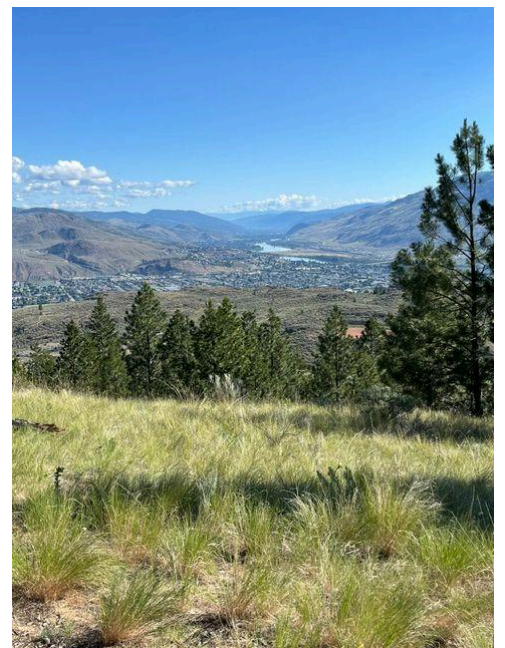
**Next issue: **September 18** (Submissions deadline Sept. 14) **Theme: **Harvest is plentiful******

# The Circular

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## Photo Gallery



## The Circular

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To all the contributors of articles, reports and photographs

Extra special **Thank you** to Cathy Shether for her leadership with Friday Family Food and Fun suppers these past six years.

Very Successful Strawberry Tea June 13, 2026

