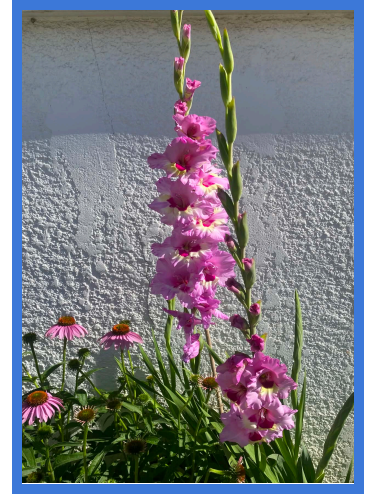


St. Paul's Anglican Cathedral

The Circular

Growing, Connecting,
Serving, Praying



September 2026 Volume 21 Issue 3 Autumn

From the Dean's Desk

Empowered for the Harvest.

I spent the summer of 2002 under the hot Jamaican sun. This was part of an intercultural exchange that I participated in as part of my seminary training. I was placed at St. James Parish Church, Montego Bay, under the guidance of Father Nembhard. One experience stands out.

Father Nembhard was in charge of 6 different parishes; thus, we often went to two or three communities each Sunday. On one particular Sunday, Father Nembhard informed me that I would be preaching at each of the three parishes to be visited that day. As we left church #1 to go to church #2, Father Nembhard informed me that we were running late so my sermon needed to be shorter. He then informed me that church #3 was celebrating their harvest festival and so my sermon had to be on Harvest. One problem....my sermon didn't have anything to do with creation, farming, or harvest!

I remember trying to string together some array of intelligent thoughts about God's love for creation, God's love for us, and our participation in God's kingdom harvest.

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

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“We are part of God’s harvest!”, I remember saying (and repeating over and over and over).

My sermon may have been a dud, but the fact is, we are part of God’s harvest. Jesus says famously in Matthew 9 that “the harvest is plentiful, but the workers are few, ask the Lord of the harvest to send workers into the harvest field.” Jesus makes this declaration in recognition of the many people around him who need the healing touch of God. These words aren’t a judgement on the faithful few, but an invitation for the disciples to join in God’s amazing work.

When Jesus points out the plentiful harvest to the disciples, there are two things he wants them (and us) to recognize. Firstly, opportunities abound. There are opportunities all around us to share the love of Jesus, to invite people to experience Christ’s grace, or to open people to the warm fellowship of this beloved community. What opportunities lie before you?

Secondly, we are empowered for that very work! It does little good to notice the plentiful harvest if we remain on the sidelines. Jesus says to the disciples, “Ask the Lord of the harvest to send out workers into his harvest field” – and then, in the very next verse, Jesus called the twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease. Jesus tells the disciples to pray for workers to do the work, then he sends them to do the work! In fact, this pattern is repeated in each of the gospels where this verse is mentioned. We are invited into the harvest field to be the answer to our own prayer.

So where might Jesus be sending you? Where might Jesus be empowering you for the very opportunity that you see before you?

The Wild Ride shows Watt's Possible

\$59,426.80 raised towards the goal of \$60,000.00

In partnership with the Diocese of Jerusalem, **Alongside Hope** will fund 70 solar panels for St. Luke's Hospital in Nablus, the West Bank.

St. Luke's Hospital serves a population of about 455,000 people, including 57 marginalized villages and four nearby refugee camps. But unreliable and costly power sources make health care a challenge during the best of times, or a crisis during the worst of times.



Anita Bourassa, Joy Gothard, Lynn Snook



Natasha Lyndon, Joy Gothard

Leslie Hall is also one of our Wild Ride participants swimming 1 km a week for 10 weeks! The participants will complete their challenges by the time the campaign ends on October 18, 2026. To view their challenges and the progress of the "Territory of the People Light Seekers" Team go to www.alongsidehope.org/wild-ride/ We are grateful for all your support of prayers, donations and walking or riding along with us.

Submitted by Joy Gothard

Thanksgiving

Thanksgiving starts with thanks for mere survival,
Just to have made in through another year
With everyone still breathing. But we share
So much beyond the outer roads we travel;
Our interweavings on a deeper level,
The modes of life embodied souls can share,
The unguessed blessings of our being here,
Threads of connection no one can unravel.
So I give thanks for our deep coinherence,
Interwoven in the web of God's own grace,
Pulling us through the grave and gate of death.
I thank him for the truth behind appearance,
I thank him for his light in every face,
I thank him for us all, with every breath.

The Last Beatitude

A blessed are the ones we overlook;
The faithful servers on the coffee rota,
The ones who hold no candle, no book
But keep the books and tally up the quota,
The gentle souls who come to 'do the flowers',
The quiet ones who organize the fete,
Church sitters who give up their weekday hours,
Doorkeepers who may open heaven's gate.
God knows the depths that often go unspoken
Amongst the shy, the quiet, and the kind,
Or the slow healing of a heart long broken,
Placing each flower so for a years' mind
Invisible on earth, without a voice,
In heaven their angels glory and rejoice.

From: Malcome Guite Sounding the Seasons: One Hundred and Ten Sonnets for the Christian Year. Canterbury Press; 2024

Summer Happenings



**Happy Baptism of Amanda and
Aldora, July 12th**

Celebrating Jim Waldie's 80th birthday

He is a true servant at St. Paul's

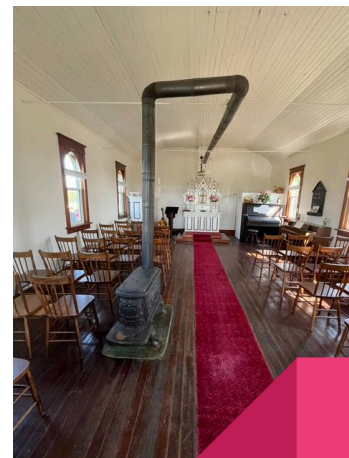


What is in your Junk Drawer?

St Paul's Lutheran Church, Silvergrove, a small country church in central Saskatchewan, visited by Gina Troskot this past summer. The church was built in 1917 and has since been shuttered. Every year, in mid August, an anniversary service is held, people from near and far attend. The message shared by the visiting Minister: What is in your 'junk drawer and how can one clean it up to make room for Jesus'? A lot of chuckling by the congregation echoed throughout the church because so much of the message rang true using the metaphor of a junk drawer. This church has a rich and interesting history.

Visit the web site if you'd like :

<https://heritageguide.ca/st-pauls-lutheran-church-silvergrove-leask-rm-464-saskatchewan>



Friendship Friday, Sept 18

Guest speaker Roger Parkes shared adventures, sights, and his magnet collection from his and Elaine's trip to the former Yugoslavia. Roger's custom is to collect fridge magnets at each stop as keepsakes. They are easy to pack and carry home! About 30 people enjoyed his presentation and photographs, and left wondering where in the world Wells Gray Tours might take them next. Thank you Roger for sharing!

Also, a huge thank you to the folks who helped organize the event, and prepared and served the refreshments.



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 Alongside Hope. 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. 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 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 – 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

- A Sunday school teacher asked the children, as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright child replied, "Because people are sleeping."
- Six year old Angie and her four-year-old brother Joel were sitting together in church. Joel giggled, sang, and talked out loud. Finally, his big sister had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those folks standing by the door? They're hushers."
- The firefly ran into a fan and was delighted.
- When a kitten crawls into a photocopier it comes out a copycat.
- Think of it – you can walk a mile and yet only move two feet.

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.	Canned soup available (pull tab tops) –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.	Canned soup available (pull tab tops) –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 On The Park.
Thursday 11 a.m.	Canned soup available (pull tab tops) –Cathedral Office
Friday 9:30 to 1:30	Thrift Shop open from September to June –Lower Parish Hall
Friday 10 a.m.	Friendship Friday: meets when speakers are available. Watch for announcements –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

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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: December 18** (Submissions deadline Dec. 14) **Theme: Celebrating Jesus**

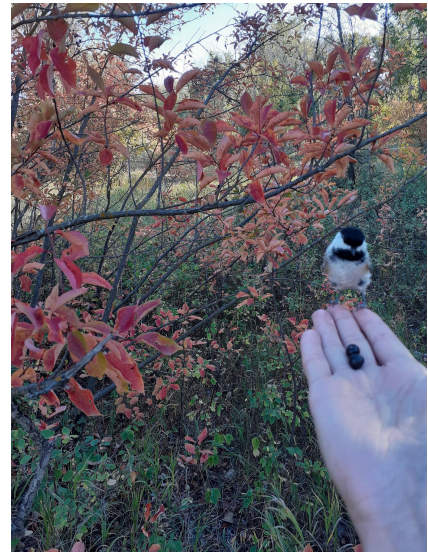
## 📷 Photo Gallery 📷

### WILD BLUEBERRIES

A bountiful harvest indeed!



**NOTE:** AFRICAN SERVICE IS SUNDAY,  
OCTOBER 4, 10:00 AM  
THANKSGIVING SUNDAY IS OCTOBER 11  
THRIFT SHOP OPEN FRIDAYS 9:30 TO 1:30



*Thank you to all the  
contributors of articles,  
reports and photographs.*