

St Paul's Circular

February, 2017

Lizzy's Bit

I would like to dedicate this my first issue as the second editor of the Circular to Chuck Kalnin in recognition of all the effort and years of hard work he has put into it. He has left me some large shoes to fill. I want to wish him all the best in his life after the Circular. I wish also that he may recover his health.

Chuck has been involved with St Paul's since the 1970s, holding many positions from church committee to warden. He was a delegate to the Diocese of Cariboo Synod and sat on their executive committee. He and his wife Elaine were involved with St Paul's youth, taking them on several adventures. Chuck was lay director of Cursillo for awhile. For a number of years he has offered his back yard to the "Hand in the Dirt Gang" as a community garden. Because of his interest in photography he was instrumental in organizing the beginning of St Paul's photo contest. As a member of the parish life committee Chuck saw a growing need for improved communications to all parishioners of St Paul's. Thus the Circular was born in 2004 with Chuck as its editor. He was not counting on his own creativity to carry it off, but on the talents of the parishioners. He certainly found a wealth of contributors whom he liken to a "river of creativity". However without Chuck to channel it that "river" would have been more like a creek. I can only hope to do as well.

To those of you who have now gone to the parish directory and said oh, **that's** who she is, but **who** is she? Let me introduce myself. –I was born and raised about 35 mile south east of Montreal, of an interesting mix of Connecticut Yankees, United Empire Loyalist, pre-famine Irish immigrants and English. During the upheavals of the FLQ years the family decamped to Edmonton where my father had two brothers. I worked for a number of years at the University of Alberta main library, obtained my

Volume 12, Issue 1 "light"

Masters of Library Science degree and went to Red Deer to be the hospital librarian. I was laid off during the recession of the late 1980s and decided enough already with frigid winters, so once again pulled up stakes and continued the westward migration with my widowed mother, landing in Kamloops December 31, 1991. I joined St Paul's in the spring of 2006 soon after my mother passed away. And, as they say, the rest is history.

I don't intend to make the Circular unrecognizable to you, faithful readers, but Chuck is Chuck and I am me, so change there will be. You will notice a difference in appearance, partly by my choice and partly the differences between Windows 7 and Windows 10.

I have added a staff reporter to seek out short news stories and interesting photographs, so from time to time you will be seeing items from Honey, seen to the right, and whose byline is Newshound.



Light - A form of energy that makes sight possible; Illumination; To ignite; Having little weight.

And God said, "Let there be light", and there was light. God saw that the light was good, and he separated the light from the darkness.

Genesis 1: 3-4

From the desk of the Dean will be back in this space next issue.

From the Desk of the Dean

It's all about light, at least this issue of the Circular is all about light. Appropriately so, for light is the very energy of life. It travels . . . at the speed of light. It is fast becoming the resource of a new lower carbon economy. We are increasingly aware of its re-discovered energy each and every day.

You can't hang onto it! In fact, you only see it when it infuses some other transparent material: the mists which hover over the river water; the reflections which bounce off glistening roads or buildings or cliff sides. Whether Northern Lights by night or rainbows by day, its refracted and reflected kaleidoscope our lives. Gosh, we even have a retired Dean and Bishop named *Light* in our midst, at least for a time.

Certainly, for myself, Kamloops dazzles with solar energy, or so the poster above my office desk reminds me. Likewise, the scriptures abound with images of Light as descriptors of divine presence in our midst. We hear in many places: I am the light of the world, You people come and follow me." And follow we do.

In ancient prayers we hear of the dance between light and darkness. Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

As a photographer, I am specially aware of light and dark tones in making images which delight and inspire myself and hopefully others. Photographic lighting is the illumination of scenes to be photographed. A photograph simply records patterns of light, colour, and shade; lighting is all-important in controlling the image. Great photographs capture both light and dark in appropriate balance and detail. The truth be told, all images require contrast to highlight (pun intended) the trust which is to be found. Light and dark join hands in the viscidness and foundations of life, even life in the Spirit.

So enjoy these stories, reports and descriptions of our life-in-light together. With huge thanks to Elizabeth Kavanagh our new editor, I am Ken Gray, your Dean and Rector.

by Ken Gray

Beyond Vision: a reflection on Divine Light

With her greying hair in a bun so tight she stuck pencils in it, Miss Wright taught us grade-school art as flight instructors do flying: critically, precisely, strictly--as if our very lives were at stake. We donned our fathers' worn out shirt-smocks, selected folders of illustrations of anything from trains to babies to dogs to boats, and silently set about letting our imaginations take control. Miss Wright went round offering criticism to the precocious and praise to the struggling: "that cloud shape needs extending, Susan"; "if the bird were that big, Mr. Jenkins, it would collapse the tree"; "My, but you do love your bright colours, Billy--they are cheerful, aren't they?"

The greater the criticism, the more one knew one's imagination was taking off, going places, finding its wings, and yes, soaring. And the day came, the day we were set to leave not only her, but the school itself, and I saw in Miss Wright's eyes a light--a force--a chimerical ray--passing on the torch of trusting in something beyond the obvious, and thrilling in seeing within the ordinary something far surpassing it--guideposts to a transcendent reality.

What is always there, ordinary to the point of an almost ugly homeliness, is infused with light divine for those with vision to see. And for me at least, that isn't very often. Perhaps I'm simply not yet ready. Perhaps knowing is too much to handle. Perhaps I'm too delighted by the neon glow of life's midways. Marcel Proust wrote, 'the real voyage of discovery comes not in seeking new landscapes but in having new eyes'.

St. Luke wrote of two men conversing with a stranger on the road whom they invited in: ". . . so he went in to stay with them, and when he was at the table he took bread, blessed and broke it, and gave it to them. And then their eyes were opened, and they recognized him; and he vanished from their sight."

What follows is that singular sentence with the power to leave us breathless: "Then the two told the others what had happened on the road, and how he had been made known to them in the breaking of the bread."

Every week comes that moment when we see with

new eyes that bread is not just bread--that wine is not only wine. Maybe not every week are we imbued with the awe of it all, but then come those times when we are made ready to house the marvel of what it all really means, and the veil is lifted and the light overwhelms our hearts.

It only need happen once--but we thank God every time we are led to see what lies beyond the here and now.

It may come from the fading memory of an elementary teacher, or how we're profusely thanked by someone we thought we were only doing a little something for, or from the weekly words of those willing to offer up themselves to feed us the spiritual food our spirits crave. Regardless of how it comes, that divine light is what gives us new eyes to keep looking for more within what we are led to think is commonplace and already known.

By Lance Weisser

Night Light

It is hard to imagine how there could be spectacular light outdoors at 10:00 in the evening. You often think of it being pitch black at that time. However that was not the case on January 12 at our house in Barnhartvale. At 10:00 pm that night I was carrying out my usual routine of going up to the barn to check on the sheep and to put some more wood in my shop stove. As I headed up the path to the barn I was shocked to see a magical picture. It was -20 degrees and there was a full moon and a perfectly clear night. As I walked up the path the freezing temperatures had turned the top layer snow to ice crystals. The bright moon shining on them made it look like the ground was covered with sparkling diamonds. It was almost like Tinkerbell had covered the snow in pixie dust. It was truly a beautiful sight. Just another example of the beautiful world God has created for us. We only need to take time to enjoy it.

By Bud Forbes

Book Review

How the Light Gets In
by Brian Pearson

In this sparkling collection of short stories we glimpse the humour and humanity of a church of the present day. They are stories in the life of a clergyman who is very aware of human error but who realizes that those mistakes we make can allow God to get to our hearts through the cracks in our humanity. He tells some very funny stories of the church of the petting zoo, the funeral for chickens, a one dollar church wedding, the hilarious return of the boy soprano as well as the ill-fated graveside service where the ground at the edge of the grave the priest was standing on gave way.

These very human stories combine a real love of the church with a clear look at its foibles. They will touch your heart as well as your funny bone and will stay with you for some time.

Herbie O'Driscoll says that this book shows humour and compassion using stories within which we can recognize ourselves. It is compelling, he says, and reflects a world that is charming, eccentric and tragic.

Brian Pearson is an Anglican priest who received his theological training at Trinity University in Toronto and was ordained priest in 1981. He has served parishes around Toronto, Hamilton, Vancouver Island and Calgary. As well as being a theologian, he is a writer and musician, often combining all three in his ministry. He is married and has three children. He has also written an excellent book called *Passiontide*, which is a story of a city clergyman from Ontario who took on a parish way up the west coast of Vancouver Island.

submitted by Mary Dove

God knows the mess we're in when he calls us. His light shines greater through "cracked pots" than it does through those who have it altogether.

Joyce Meyer

Food -- from pitch fork to table fork

In response to PWRDF's Fred Says campaign a group at St Laurence Church in Calgary looked into issues surrounding food. The following are a number of their findings -

Today's food is 40 percent less nutritious than in previous generations due to the quality of the soil.

Thick skinned fruit like cantaloups, watermelon avocados, bananas are better protected from pesticides and herbicides than thin skinned fruit like berries and apples.

Eat vegetables rather than meat. One in three will get diabetes or heart disease from our present diet.

Don't eat too much. Never feel stuffed after a meal.

Thousands of pounds of food are thrown out every day by grocery stores and restaurants

Cows and pigs are herbivores and should eat plants not ground up meat and grain. The methane gas they pass, due to indigestion contributes to air pollution.

Antibiotics and growth hormones in meat are creating superbugs resistant to conventional treatments

People and cities are beginning to grow their own food in yards, vacant lots, large containers and greenhouses.

Organic food has increased in supply and demand by 20 percent a year in recent years.

Processed foods are highly subsidized and full of chemicals. It is cheap and convenient, but not healthy.

Fresh produce is not subsidized.

\$10 worth of locally grown or organic food in your grocery cart every week would help the economy and encourage the food industry to clean up the soil

Cargill and Monsanto sell seeds, genetically modified (GMO) seeds, fertilizers, pesticides,

herbicides, hormones and antibiotics to farmer worldwide, controlling a large part of the big food industry.

Corn is almost 100 percent GMO and is found in much of our prepared food.

3.1 million metric tons of glyphosate (Round-up) is sprayed on crops worldwide. Weeds are becoming resistant to it. Allergies to peanuts, wheat, dairy are attributed to glyphosate which is changing the bacteria in our systems

It takes three years for the land to get "clean" after years of chemical use. A "cover crop" for this period grabs carbon from the air and helps fight climate change.

Monoculture farms are not as sustainable as polyculture farms that grow a diversity of animals and crops.

It is a myth that we are feeding the world's poor with large farms, and the food we are exporting is contaminated. Small tracts of land are producing more than can be consumed locally and it is sustainably produced

PWRDF supports local farmers as they grow their own food in impoverished countries.

For more information -
Stuffed and Starved, by Raj Patal : Harper, 2007
The Omnivore's Dilemma by Michael Pollan : Penguin, 2007

Submitted by Joy Gothard from PWRDF.org

You have to find what sparks a light
in you so that you in your own way
can illuminate the world

Oprah

God is light; in him there is not
darkness at all

1John 1:5 NIV

If you spend yourselves in behalf of
the hungry and satisfy the needs of the
oppressed, then your light will rise in
the darkness and your night will
become like the noonday.

Isaiah 58:10 NIV

Saint Paul's Thrift Shop

St Paul's thrift shop is an independent entity that grew out of St Paul's Women's Auxiliary in March 1978 when Jean Fougler and Lois Clark conceived the idea of turning the semi-annual rummage sale into a weekly event. Although the shop is considered a ministry of St Paul's it runs independently. There is no formal structure and only one officer - the treasurer, who submits a report to the annual Vestry meeting.

The shop is open only on Fridays from 9:30 AM to 1:30 PM, September to June, except for statutory holidays and between Christmas and New Year's. Our customers have remarked upon how clean both the shop and our merchandise is. We work hard to maintain that reputation.

Volunteers come in Wednesday afternoons, and Thursday mornings to sort, price and display items and ready the shop for Friday mornings. Thousands of hours are put in behind the scenes, at the shop and at home, sorting, pricing and displaying donations, laundering and mending garments that do not meet our standards for sale, washing kitchen items and china, polishing silver, and online searching rare or unusual items for appropriate prices. Recent volunteers are Grace and Norm Atkinson, Ella Becket, Anne Goodall, Shirley Henderson, Elizabeth Kavanagh, Mercedes Liburd, Shirley Lowe, Elaine Neen, Elaine Parks, Sheila Pierson, Trisha Steenson, Shirley Wellbourn, Betty Wilson, and Lance Weisser.

St Paul wrote that people have varied gifts and so it is with the shop; some volunteers are good at display, others can spot a garment stain at 30 paces. Some of our people enjoy the working with the customers others prefer to remain in the background.

The moneys raised, go to the Cathedral in the form of rent and donations for various purchases, the Y Women's Emergency Shelter, Kamloops Youth Safe House, and Christmas Amalgamated. Donations are made to Out of Cold and the homeless in kind as needed.

Thrift shop Financial statement

Balance Jan. 1, 2016	\$3613.32
Deposits	\$9782.50
Interest/Service fees	32.44
St. Paul's rent	\$4000.00
St. Paul's Youth Ministry	\$2000.00
St. Paul's Youth Trust Fund	\$1000.00
St. Paul's Sound system	\$2000.00
Y Women's Shelter	\$1333.97
Christmas Amalgamated	\$500.00
Dean's Installation	\$100.00
Thrift Shop supplies	\$230.12
Balance Dec 31, 2016	\$2199.79

St Paul's Thrift Shop

We are now heading into spring when we will be featuring spring and summer clothing.

The following items are always useful -

CLOTHING - SHOES- LINENS-CHINA- KITCHENWARE - POTTERY- KNICK- KNACKS - PUZZLES - GAMES - TOYS - GREETING CARDS - MUSIC - BOOKS - MAGAZINES - VIDEOS - YARN - FABRIC - CRAFTS

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.

At this time of year we are especially looking for light weight garments, but we are happy to take winter wear that is still warm and cozy.

Thrift shop is open Fridays 9:30a.m. to 1:30 p.m.

Better to light a candle, than to curse the darkness

Chinese proverb

Looking back

Rare Birds

A group of interested participants from the cathedral community visited the RareBirds Housing Co-operative on October 1, 2016. I, a founding member of this intentional community who have lived together in their shared home for about three years, was glad to conduct a tour of the house located on the west end of the down town core of Kamloops.

The purpose of the visit was to hear about the environmental design features of the house. We have won awards and recognition for the design and sustainable energy systems we have incorporated. The 700 watt solar array provides power to the house and into the electrical grid. The house also features a solar hot water system and heat recovery ventilation. The windows are oriented to maximize heating with solar capture in the winter. As well, the community included a root cellar/cold room into the design of our innovation house.

*submitted by The
Rev. Dan Hines*



Christmas tea

The Christmas Tea held on Saturday December 10, 2016 was again successful. The tables looked festive with Christmassy centrepieces. The Hall was filled with happy people enjoying dainty sandwiches and delicious sweets and tea served in fancy cups. There was a successful bake sale, including many kinds of cookies sold by the dozen, organized by the Altar Guild. The Thrift Shop was also open and reported good sales.

submitted by Rae Long

Christmas Potluck

To all appearances the Christmas spirit was a lively presence on December 18 as St. Paul families moved into the parish hall for a pot luck lunch and carol sing after the 10:00 Sunday service.

Following a great lunch with much animated conversation and laughter, on I am sure full tummies, the crowd moved onto the next phase of the afternoon-- the sing along. We were blessed to have some fine musicians in our midst and folks were lured into singing. It really was such fun, even though the piano was not at its best so I was told.

Earlier during the lunch an elf had appeared. He seemed well behaved, and enjoyed the festivities with some toe tapping. However towards the end of the singing the little elf was unable to contain himself any longer and actually began to dance. Oh this was grand - a dancing elf, but what happened next was even more exciting... Bishop Barbara took the hand of the elf, not to settle him down, but to encourage him and join in the frolicking that was taking place. Soon others joined in and a conga line of sorts formed, becoming longer and longer.

Finally the music ceased and all the dancers collapsed into their chairs, a little unsure of what had just taken place. And the little elf? Having been there just seconds ago had disappeared, the tables and chairs were put away, clean up was underway and all returned to normal. It was a great time for everyone who took part, and about the elf, well who knows he might show up again in 2017.



submitted by Miriam Baskin

Friendship Friday

The Friendship Friday group meets at 10 a.m. on the third Friday of every month. Tea, coffee and simple refreshments are served. There are interesting speakers from the community.

The first event of 2017 on January 20, was attended by 48 people. The guest speakers were Mark and Margaret Hyslop. They spoke of their experiences as medical missionaries in earthquake ravaged Nepal. They showed awesome pictures and told of travelling on precarious roads. Their presentation was followed by a tasty lunch.

submitted by Rae Long



Men's Breakfast

The Men's Breakfast on January 28, 2017 was open to the ladies. Fourteen men and six women attended. Cooks Jim Waldie and Reid Albright prepared bacon, eggs and pancakes. The guest speaker was Bud Smith, chairman of the Board of the BCLC. He spoke informally about the corporation and gaming in B.C.



photos submitted by Ken Gray

PIT Stop

On 4 December St Paul's once again hosted the PIT Stop dinner. One hundred forty four dinners were served.

Some background to PIT Stop

The **People In Transition (PIT Stop)** Program, a grassroots response to the increasing effect of poverty on the marginalized of Kamloops, was started in Kamloops United Church in 1996 or 97. Run by volunteers with donated supplies, its purpose was to provide a hot, served meal to the marginalized or street entrenched community in a caring and safe environment. In 1998 or 99 the program moved to Rafter G Hotel on Seymour Street. Still mostly run with volunteers and with donations it continued to be supported by KUC, the AIDs Society of Kamloops, the Food Bank, the New Life Mission and others. However, this move resulted in costs to use the new facility, (\$500+ per month), as well as the need for more volunteers. In 2000 the program moved to the the Kamloops Food Bank on Lorne Street and the service was reduced to Sunday and Monday evening from 4 pm to 7 pm. The AIDs Society of Kamloops was still funding the rent, (\$300 per month), and providing a staff person to coordinate the operation. It operated occasionally out of KUC when the Food Bank facilities were unavailable.

Impacted by government cuts in 2002 the AIDs Society had to withdraw their funding and coordinator. There was now some question of the ability of the program to continue to function despite the willingness of the Food Bank to waive the rental charge.

When the Food Bank moved to their current North Shore location the coordinators of PIT Stop felt there was still a need for some assistance for marginalized people on the South Shore of Kamloops. Early in 2002 KUC once again took over operation of the program. PIT Stop moved back to the church and the Sunday hot meal program has run from KUC since then.

Some 8000 meals were served in 2016 by at least 19 different groups from service clubs, companies, churches, government offices, schools and TRU as well as family groups and friends.

by Kathy Moore

Out of the Cold

The Out of the Cold Shelter has opened its doors once again. This is the third year that St Paul's Cathedral has operated the Shelter, open on Sunday and Wednesday nights from November 1st to the last week in March. The shelter provides a hot meal and a warm bed for our homeless neighbours. In the morning they receive a hot egg, ham and cheese bun for their breakfast. When they come in they are given a granola bar and a warm pair of socks. There is also a good selection of warm clothing to choose from.

It takes 13 volunteers and three paid shift captains to operate the shelter for one night. We have paid a Program and Volunteer Coordinator to carry out the daily operation. We have 93 volunteers, 23 of which are St. Paul's parishioners.

The shelter is administered by a 7 Member Board of Directors. They are Bud Forbes chair, Gordon Dove treasurer, Diane McKelvey secretary and board members Robert Hall, Mark Hyslop, David Lidster, Rae Long, and Dean Ken Gray. Our Program and Volunteer coordinator is Tara Phillips

At the time of this writing, which is the end of January we have had 927 guests come to the shelter (666 men and 261 women) That means we have served 927 dinners. We have had 612 guests stay the night (459 men and 153 women) That also means we have served 612 breakfasts. So you can see that the shelter providing a very valuable service to our homeless neighbours.

If you require more information about the shelter you can contact Bud Forbes at 250 573-3430 or Tara Phillips at 250 574 4241

by Bud Forbes



The Thrift shop welcomed Lance Weisser this Fall

Anglicanism 101

Classes are offered each month at two different times, one on a Monday night and one on Thursday afternoon. These two lively groups focus on our wonderful Anglican heritage, tradition and current experience and practice. People engage at a deep level with the material presented, scholars and novices each getting something out of the sessions. Each one stands on its own so there is no need to have attended previous sessions.

In session 1 we talked about Anglican worship, about what we like and what draws us together for worship. Though a wonderful and humorous t-tool called "The Mystery Worshipper" we looked at our own worship and that of Toronto Church. Two members have since "reviewed" our own worship.

In session 2 we considered our current practice of "Open Table" where everyone is invited to share in Holy Eucharist. We looked at why this was happening now and why this inclusive practice has been abnormal in the past. We considered arguments favouring and rejecting the practice. We endorsed our current inclusive practice.

In Session 3 we learned about how an evangelical scholar from the United States is attracted to and in fact in love with Anglican ritual. We considered our reformation history and the place of evangelical thought and practice alongside our Catholic heritage.

In subsequent months we will look at the Charismatic renewal, we will focus on preaching and we will look at our social Gospel heritage.

A smile is the light in your window that tells others there is a caring sharing person inside.

Dennis Waitley

Come forth into the light of things. Let nature be your teacher.

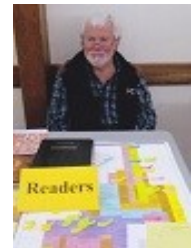
William Wordsworth

There are two ways of shedding light - to be the candle or the mirror that reflects it.

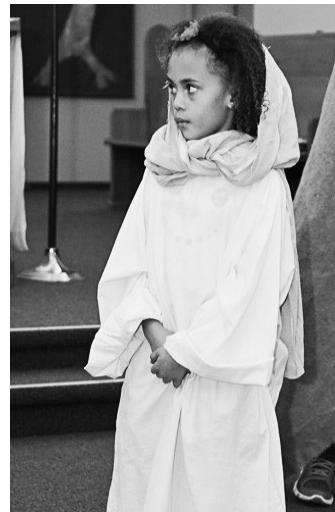
Edith Wharton

Ministry Fayre

A Ministry Fayre was held October 18, 2016 in the Parish Hall after the 10:00 service. The hall was lined with booths displaying the various ministries preformed at St. Paul's. A light lunch was service. A good crowd turned out to enjoy the luncheon and browse the booths, learning what we do and who does it.



Christmas at St. Paul's in Pictures



photos by Ken Gray

Looking Ahead

APCI Resource Centre Cart

We have come through another winter and it was certainly a chilly one. Now I think we are ready for some lighter reading as the days lengthen and warm. There is a new selection of Lenten themed books on the APCI Resource Centre Cart. The cart, available to all parishioners, is located in the Hall on Sunday mornings and outside the Sacristy the rest of the week.

To borrow an item sign your name and phone number and the date you are borrowing the item on the pink card in the front of the book. Place the card in the brown envelop on the cart. To return an item remove the card from the envelop, place it back in the front of the book and return the book to the cart.

If there is any title you would like to see in the collection contact me, Elizabeth Kavanagh at 250-828-1211 or Mary or Gordon Dove at 778-471-4451. We will be happy to see if it is possible to obtain it.

Happy reading

**Additional Reading
on light**

Secrets in the Dark by Frederick Buechner

Holding Beauty in my Soul's Arms by
Keven G Thew Forrester

Bright Evening Star by Madeleine L'Engle

The Fire of God by John Michael Talbot

We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.

Evelyn Dunbar

Turn your face to the sun and the shadows fall behind you.

Maori proverb

February Faith Lectures

This year's faith lectures, presented by Martin Brokenleg Ed. D. OSBCn., cover the similarities faced by many indigenous communities and refugees from war torn parts of the world, and the Canadian Anglican Benedictine community.

Fr. Martin Brokenleg was most recently the director of Native Ministries and a professor of First Nations theology at the Vancouver School of Theology. He holds a Doctorate of Psychology (Ed. D) and a Doctor of Divinity(DD) for church advocacy from Albertson University. For 30 years he was a professor of American studies at Augustana College of Sioux Falls, South Dakota. He has extensive experience as an alcohol counsellor. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe practising the culture of his Lakota people.

Sunday February 26, 2017 at 7 p.m.

For Those Supporting Refugees: Lessons from North American Indigenous Experience

Fr Brokenleg shares his experience with indigenous communities struggling with inter-generational transfer of trauma. He argues the same social, psychological and spiritual dynamics will appear in the lives of refugees from such places as Syria. This will present challenges to Canadian faith communities trying to support these newcomers to Canada.

Monday February 27, 2017, 10 a.m.

Ancient Benedictine Spirituality: The Case for a Dispersed Canadian Community.

Fr. Brokenleg explores how traditional Benedictine disciplines and practices support a vibrant Canadian church. He will provide stimulus for discussion assisted by a lay and an ordained responder of how such practices can enrich our common life together here in our territory.

World Day of Prayer

"Am I being unfair to You?"

World Day of Prayer 2017 written by the World Day of Prayer Committee of the Philippines will be held Friday March 3. There will be two services. The first at Holy Family Catholic Church, 2792 Sunset Drive in Valleyview at 1 p.m. The second at Our Lady of Perpetual Help 235 Poplar Street at 7 p.m.

The Philippines is a country on the front lines of climate change, foreign mining and resource development, regional insurgency and social upheaval due to migration. How will we respond to their question "Am I being unfair to you?"

Lenten Lectures 2017,

The theme is *Space*

- March 2 **Forgiving space** Ken Gray
- March 9 **Wild space** Diane McKelvey
- March 16 **Hard space** Margaret Mitchell
- March 23 **Artistic space** Tricia Sellmer
- March 30 **Prayer space** Sr. Brenda Jenner SSJD
- April 6 **Communal space** Bruce Comrie

Shrove Tuesday February 28

pancake supper, 5 p.m. in the parish hall
by suggested donation of \$5.00

Ash Wednesday March 1

Imposition of Ashes
10:00 a.m. in the Chapel
7:00 p.m. in the Cathedral

Palm Sunday April 9

Blessing of palm crosses & Holy Communion
8:00 a.m. in the Chapel
Blessing of palm crosses & Eucharist
10:00 a.m. in the Cathedral

Holy Week

Monday April 10 to Wednesday April 12

Reading of Matthew's Passion Narrative
5:00 p.m. in the Chapel

Maundy Thursday April 13

Prayers and devotions, anointing and foot-washing
10:00 a.m. and 6:00 p.m.

Good Friday April 14

Reconciling Love
10:00 a.m. in the Cathedral

Easter Sunday April 16

Sunrise Eucharist, 5:00 a.m. on the beach
Holy Communion 8:00 a.m. in the Chapel
Holy Eucharist 10:00 in the Cathedral

Opportunities for Ministry

Frozen Soup: Can you make and freeze soup to be distributed to our neighbours. They often have dietary issues and prefer simple fare. So, **please**, no spices or large chunks. Please mark containers with the type of soup and date made and bring it to the Cathedral Office. Spare plastic bags for our neighbours to carry it away in would also be helpful.

Greeters: Help make parishioners and guests feel welcome at worship services by seeing to their needs and making them feel comfortable, assist during services and tidy-up afterwards. Please talk to Jim Freathy.

Hands in the Dirt Gang: Again this summer we will be growing vegetables to give away. Any one who wishes to join us is welcome. Watch for further details

Ongoing at St Paul's

Sunday	8:00 a.m.	Holy Communion: Book of Common Prayer	Chapel
Sunday	10:00 a.m.	Holy Eucharist: Book of Alternative Services	Cathedral
Sunday	10:00 a.m.	Sunday School: September to June	Lower Parish Hall
Sunday	1:00 p.m.	Prayer Service: during ski season at Sun Peaks	Mid-Mountain Chapel
Sunday	2:00 p.m.	Holy Eucharist: second Sunday of the month	The Renaissance
Sunday	6:00 p.m.	Young Adults	Parish Hall
Sunday	6:00 p.m.	Out of the Cold Shelter: November to March	Lower Parish Hall
Monday	7:00 p.m.	Contemplative Pray: second and fourth Mondays	Cathedral
Tuesday	11:00 a.m.	Frozen soup available	Cathedral Office
Tuesday	1:00 p.m.	Prayer Shawl Ministry: third Tuesday of the month	Chapel
Tuesday	2:00 p.m.	Eucharist: second & fourth Tuesdays of the month	Seniors Village
Tuesday	7:00 p.m.	Cathedral Committee: fourth Tuesday of the month	Cathedral
Wednesday	10:00 a.m.	Holy Communion: Book of Common Prayer	Chapel
Wednesday	11:00 a.m.	Centering Prayer	Cathedral Chancel
Wednesday	11:00 a.m.	Frozen soup available	Cathedral Office
Wednesday	12:00 noon	Lectionary Bible Study	Chapel
Wednesday	6:00 p.m.	Out of the Cold Shelter: November to March	Lower Parish Hall
Thursday	11:00 a.m.	Frozen soup available	Cathedral Office
Thursday	2:00 p.m.	Holy Eucharist: fourth Thursday of the month	Berwick on the Park
Thursday	7:00 p.m.	Choir Practice	Cathedral
Friday	10:00 a.m.	Friendship Friday: third Friday of the month	Parish Hall
Friday	9:30 a.m.	Thrift Shop open: September to June	Lower Parish Hall
Friday	7:00 p.m.	Youth Group: grades 4 to 12	Parish Hall
Saturday	8:00 a.m.	Men's Breakfast: last Saturday of the month	Parish Hall

From the Treasurer's desk

Summary of Revenue and Expense
for twelve months ending December 31, 2016

Revenue	Actual	Budget
Offerings	219,952	222,708
Rental Income	39,790	40,620
Other Income	<u>42,971</u>	<u>34,020</u>
Total revenue	<u>302,713</u>	<u>297,348</u>
Expense		
Salaries & Benefits	149,567	149,890
Premises & Office	32,852	35,067
Programs & Other	42,004	42,780
Christian Sharing	71,701	70,680
Total Expenses	<u>296,124</u>	<u>298,417</u>
Operating Surplus	<u>6,589</u>	<u>-1,069</u>

Point to Ponder

Darkness is necessary in order to fully appreciate light.



Cathedral Committee 2017-18

- Chair, the Dean (and Rector) - Ken Gray
- Rector's Warden - Lee Emery
- Deputy Rector's Warden - Cathy Shether
- People's Warden - Joan Lukow
- Deputy People's Warden - DJ Clarke
- APCI delegates - Margaret Hyslop, Lynn Snook
- Alternate delegates - Rose Roy, Islay Oatway
- APCI youth delegates t.b.a.
- Members at large - Kathy Moore, Elaine Parkes, David Lidster
- Recording Secretary - Tammy Davis

St Paul's Anglican Cathedral

parish founded 1884

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

e-mail: stpaulscathedral@shawbiz.ca

joyful -rooted - responsive - hospitable

Bishop	The Rt. Rev. Barbara Andrews
Rector & Dean	The Very Rev. Ken Gray
Assisting Clergy Member	The Rev. Canon Sandra Sugden
Assisting Clergy Member	The Rev. Canon Tom Sugden
Assisting Clergy Member	The Rev. Dan Hines
Rector's Warden	Lee Emery
Deputy Rector's Warden	Cathy Shether
People's Warden	Joan Lukow
Deputy People's Warden	DJ Clarke
Youth coordinator	Melissa Green
Music directors	Heather & Norris Berg
Office coordinator	Claire Tosoff

St Paul's Cathedral website
www.kamloopsanglican Cathedral.com

follow us on Facebook

Territory of the people website
www.territoryofthepeople.ca

submission deadline for the Next issue:
May, 20

theme for the next issue:
Community

Worship at St Paul's Cathedral

Chapel, Sunday, 8:00 a.m. - Holy Communion Cathedral, Sunday, 10:00 - Holy Eucharist
Chapel, Wednesday, 10:00 a.m.

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 Dean Ken Gray, Miriam Baskin, Mary Dove, and Elizabeth Kavanagh.

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