



CATHEDRAL CALLING

A Newsletter for St. Paul's Cathedral
The Cathedral Church for Diocese of Qu'Appelle
Regina, Saskatchewan
January 27, 2023 – Issue #38

EVERYONE WELCOME for SUNDAY EUCHARIST at 10:00 a.m.

Wearing of masks recommended

Services are livestreamed at

<https://www.facebook.com/StPaulsAnglicanCathedralRegina>

Clergy Message, It's The Little Things, Rev. Canon Cheryl Toth while visiting teenage grandkids in Ontario. (Photos gladly shared upon request when she returns in February!)



One of the joys of being newly retired is the opportunity to spend more time with grandchildren. For the past few years I have been separated from many of my grandchildren by COVID restrictions and/or distance. Restrictions have eased so I can now attend Rachael's basketball games here in the city and visit out-of-province grandchildren for an extended time. What I have learned through this increased contact with them is that it's the little things that make a difference. For example, I knew that Rachael was playing basketball, learning new skills and gaining confidence. I had even seen a few short videos of her playing. But going to her games the past few months has allowed me to see how she watches the game when she is on the bench, catch the expression on her face when she makes a basket, notice how she responds to pressure and have a few minutes after the game. I am more connected to her.

The same is true for the out-of-province grandkids. It's one thing to know a grandchild likes Paw Patrol. It's another to watch several episodes with them and sing along with the opening song. Baking banana bread with them in the same kitchen is different than doing so in our separate kitchens over Zoom. This isn't to say that the long-distance knowledge and video experiences aren't valuable. They are, but there is something to be learned when you are singing songs or baking a banana loaf in the same space. It's a more intimate shared experience.



Our Church Family

I think there is something for us to learn from this as people of faith emerging from a pandemic. We will continue to gather for worship through livestream as well as in person. We will send emails as well as come together for Town Halls or the AGM, yet we need to acknowledge that we have some relearning to do about the small things that deepen our relationships with one another. Talking to one another over the phone, in the parking lot or at coffee hour helps us reconnect over the small things that are hugely important in building a strong community.

This holds true for our relationship with God as well. All too often we focus on the big things—the holy days and important life events—as times to connect with God. They are important times, but so too are the quiet moments

It's The Little Things Cont'd

of meditation with a cup of coffee in hand, a walk outdoors with a prayer of thanksgiving, a prayerful reflection on the news of the day or an exploration of a part of the Bible we do not know well. The smaller moments teach us much and strengthen us in ways that develop a more intimate relationship with God.

I hope as the cathedral community of St. Paul we continue to grow together in ways big and small over the coming year.

Vestry Message, Jim Melville

Happy 2023 to our St. Paul's family, friends and supporters. 2022 was a challenging time with the loss of many people with close associations with the cathedral, we remember their contributions to our community with thanks and look forward to honouring their legacy by continuing to build and expand St. Paul's presence in Regina and the Diocese of Qu'Appelle.

As noted in the recent letter from Dean Mike and me, the response to our notification in November of our concerning financial situation was humbling. Full financial reports for 2022 will be available prior to the Annual General Meeting however, it appears that we will report a surplus in 2022 of more than \$10,000. We enter 2023 in a healthy financial situation and look forward to new and exciting activities within and beyond the parish.

Our Annual General Meeting (AGM) will be held following the Sunday service on February 26. This is an opportunity for all members to raise issues, ask questions and get to know your lay parish leadership.

At the Diocesan synod held in October, Bishop Helen directed all parishes to present a motion at their AGM on the parish's willingness to hold same gender marriages in their church building. St. Paul's will ask that question, as prepared by the bishop, at our AGM by way of a secret ballot. In preparation of that question, we will be hosting a town hall on February 5, commencing at 11:30, to provide background on the issue and to answer questions that may arise. We encourage you to attend both the town hall and AGM.

Meet the Editor, Angie Friedrich 😊

With *Cathedral Calling* (CC) being a monthly publication, surely you have wondered who is supplying the content. Everyone participates by supplying content but Jim Melville, Susan Gorges and I have been meeting for the last few months to brainstorm and gather news to report. Jim and Susan are the Cathedral subject matter experts – if they don't have the answer, they certainly know who does and waste no time to contact their source. They say I am the editor which makes me smile (as you can see by the emoji) as all that really means is that I know how to cut and paste their work into an e-document.



"Don't worry, Jim's just having an idea."

Some of you may remember my name from the Communications and Welcoming Committee which was formed in February 2020 and dissolved during COVID. When I was approached to lend a hand on CC, I eagerly and enthusiastically jumped at the opportunity. This supplies an outlet for my "cut & paste talent" to a cause that I am very keen to support. The distribution of *Cathedral Calling* is an endeavour that all of us pitch in to make possible, so don't be alarmed if one of us should approach you with questions. After all, getting answers is part of our Cathedral calling.

Did You Know...



Hospitals are no longer allowed to let others know that you are in the hospital. There is a word that might help explain this: HIPAA. It refers to the regulations around your privacy – specifically your rights to have your health records kept private. This means that folks at St. Paul's, who would love to come to visit you, have only one way to find out that you and/or your loved ones are in hospital: you need to call or write the church office and let them know.



A group of 4 volunteers have been contacting parishioners, just to say “Hello, we are thinking of you”. So far, they have reached 33 parishioners and will continue to call from the Parish Office phone list; however, many people have changed their phone numbers over the years. The Contact Information sheet Elvira sent out will help all of us, not just the 4 volunteers, to be able to contact you. Please complete and return the form if your contact information has changed so that the Parish Office is up to date. You can also contact the Parish Office if you would like to ensure a phone call from the volunteers.



St. Paul's Choir is looking for additional choir members to enrich the music experience at St. Paul's. You do not need to be a music major or opera singer to join, you just need to love to sing and enjoy the somewhat boisterous fellowship that comes with it. If you are interested, the choir meets on Thursday evenings at 7:00 and 9:30 Sunday morning to warm up for the service.



(A little choir humour!)

Want a Stronger Personal Prayer Life?, Carol Marz

Join us in a new bible study! Lent is not only a time of “giving up” but also can be a time of “taking on” a spiritual practice. We are inviting you to join a small group aimed at helping you find your own path to a stronger personal prayer life, a way to be closer to God.

We will use “Workbook of Living Prayer”. The weekly themes are based on scripture, supporting personal exploration with 2-3 pages of daily reading and reflection- a time to experiment in your own home. At the weekly small group meeting, we have no “right answers” but share what was most meaningful or problematic in the previous weeks readings, supported by a hot beverage.

Mondays starting February 20 @ 7:15 pm in St. Paul's Cathedral Foyer for 7 weeks. *Workbook of Living Prayer* available at first meeting for \$15. Registration begins Sunday in church foyer, or by contacting Carol Marz – carolm@accesscomm.ca.



Coldest Night of the Year

The YWCA is dedicated to supporting the urgent issues facing women and their families, including the desperate situation of homelessness. Imagine a brutally cold night in a Saskatchewan winter with no place to keep your family out of the harsh elements.

On **February 25, 2023**, the YWCA will host the **Coldest Night of the Year (CNOY)**. This is not a weather prediction, but rather a family-friendly walk to raise funds for local charities serving people experiencing hurt, hunger, and homelessness. St. Paul's is a supporting sponsor for the CNOY by providing much needed parking and the warmth of the hall for registration and a meal following the walk. Registration begins at 4:00 with the walk starting at 5:00.



Visit [Coldest Night of the Year 2023 \(Canada\) - Regina \(cnoy.org\)](https://cnoy.org) for more information and please, take a moment to volunteer or donate to this worthy cause, if you are able.



Church Committees

I Never Wanted to be on a Church Committee..., Susan Gorges

I never wanted to be on a church committee – but I LOVE being on Vestry.

I admit my prejudice: I believed that all church committees were dull, sort of “much ado about nothing”. That is a stereotype that you might hold as well. But....

I was convinced by the Warden to join Vestry and I have completely changed my mind about church committees! The Vestry is a great group of dedicated parishioners, sincerely and thoroughly discussing the affairs of St. Paul's and developing plans to address issues. Of immediate concern this past year has been the “Life after COVID” at St. Paul's and trying to determine programming and worship both in person and online. Progress has been made, but there is so much more to do. And.....

We need you and your ideas on Vestry. You will be joining a group of active, creative problem-solving, and determined parishioners who view Vestry as an opportunity to serve. We do meet once per month (there is so much to discuss), but the meetings are incredibly well run by Rev. Cheryl Toth so no time is wasted. Bring your experience, expertise and talents. You can make a difference.

Interested? Warden Jim Melville can fill you in on what is required.

The Cathedral Calendar



- | | |
|------------|---|
| February 4 | Inter-Church Saturday Bag Lunch
First. Baptist Church
Contact Elvira in Parish Office or Jim Melville, 306-520-8658, if you are interested |
| February 5 | Same Gender Marriage Townhall, 11:30 a.m.
An opportunity for you to gather information related to the motion on holding same gender marriages in the Cathedral which will be brought to the Annual General Meeting |

Cathedral Calendar cont'd

- February 20 Workbook of Living Prayer Bible Study, 7:15 pm
See information above
- February 25 Coldest Night of the Year
See information above
- March 4 Seedy Saturday
More information to follow



St. Paul's Cathedral Contact Information

Mailing address: 1861 McIntyre Street
REGINA SK S4P 2R2

Telephone: (306) 522-6439

Email: office@stpaulsregina.ca

Website: www.stpaulsregina.ca

Facebook: <https://www.facebook.com/StPaulsAnglicanCathedralRegina>



One More Did You Know...



© 2012 Dennis Fletcher. More at LeadershipJournal.net/Cartoons

**"Leaving the sanctuary each Sunday
at the beginning of my sermon is not,
'stepping out in faith!'"**