



All are WELCOME at St. Paul's Cathedral

Services are livestreamed at:

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

THE TRUE MEANING OF ADVENT (AND WHY IT STILL MATTERS)

The true meaning of Advent goes beyond festive decorations and countdowns to Christmas. It's a sacred season of anticipation, reflection, and preparation rooted in Christian tradition. In a fast-paced world, Advent invites us to pause, reconnect with our spiritual roots, and find deeper purpose.



“Advent is not just about waiting for Christmas; it's about waiting for Christ with purpose and faith.”

Why Does the True Meaning of Advent Still Matter?

In today's hustle-driven culture, the true meaning of Advent offers a countercultural invitation to mindfulness and spiritual growth. Here's why it remains relevant:

1. A Season of Intentional Waiting

Advent teaches us to embrace waiting as an active, meaningful process. Unlike the instant gratification of modern life, Advent encourages patience and trust in God's timing. For example, families lighting the Advent wreath each Sunday create shared moments of reflection, fostering connection and purpose.

2. A Reminder of Hope

Each Advent candle represents a core virtue: hope, peace, joy, and love. In a world facing uncertainty, these values resonate deeply. Most people seek spiritual meaning during the holidays, making Advent's message timeless.

3. A Call to Simplify

Advent counters the commercialization of Christmas. Instead of focusing on material gifts, it emphasizes spiritual preparation. For instance, practicing daily Advent devotions can shift focus from consumerism to gratitude.

The True Meaning of Advent in a Modern World

The true meaning of Advent challenges us to look beyond the chaos of the holiday season. It's a reminder that preparation for Christmas isn't just about decorations or gifts - it's about preparing our hearts. Many people report feeling stressed during the holidays. Advent offers a remedy: a season to realign with what truly matters.

By embracing Advent's call to reflection and hope, we can enter Christmas with renewed purpose. Whether through lighting a candle, reading a scripture, or serving others, the true meaning of Advent transforms the season into something sacred.



The Christmas Offering is collected annually in the *Christmas Offering Envelopes* and is the primary funding source for the *Dean's Discretionary Fund*. For clarification, this fund is NOT a Christmas bonus for the Dean, nor is it used for the Dean's needs, or those of his family.

The Dean's Discretionary Fund enables the Dean to respond confidentially to identified needs of the vulnerable people in our neighbourhood, in our congregation, and in our diocese that arise through the course of the year which include being able to provide groceries for a family in need, and coffee and small meals for hungry and cold folks in our neighbourhood.

As the Cathedral of the Diocese of Qu'Appelle, we are also committed to looking after the clergy of the diocese of Qu'Appelle when needs have arisen with non-insured medication for their children, helping to cover a gap in house payments, or helping with the cost of ongoing professional training.

The Dean thanks you for your generous contributions that make these 'unseen' ministries possible as an outreach of St. Paul's.

CHRISTMAS AROUND THE WORLD



Every family has Christmas traditions that have been passed down through the years. Many of them were brought by our ancestors when they immigrated to Canada. Some were initiated within your immediate family and will be passed down to the future generations. In our family, we could open one



present after Midnight Mass. It was always new pyjamas; we always wore them to bed that night.

On December 13th, St. Paul's will feature our parishioners who are, indeed, 'from away'. We will travel with them back to their native lands: Nicaragua, Philippines, India, Nigeria, Ghana, Ukraine and then back to North America. Like the old-fashioned house parties where the attendees were the entertainment, these parishioners will sing for us and tell us about their traditions as well as how to say "Merry Christmas" in their own language.



The audience of this 'house party' will be an essential part of the entertainment, too. Singing carols between while our ground crew prepares for the next country will keep the show rolling along.



Youngsters who may not be interested in the telling of Stuart McLean's, *Dave Cooks the Turkey*, will be entertained while making homemade

Christmas decorations called farolitos, or luminaries. These will come in handy when the show closes with *Silent Night*.



What is an afternoon of entertainment without the food? The doors open at 2:00 p.m. with Christmas cookies and hot chocolate while waiting for the show to begin at 3:00 p.m. After the show, some of the performers will provide samples of their favourite Christmas dish that they cherish as a memory of home.

Entry is by donation, so no one must feel that they can't afford a ticket. All that is required is a donation of whatever size, and your full participation in ***Christmas Around the World***.

WARDEN'S REPORT: FINALIZING 2025 & LOOKING AHEAD TO 2026

During the last couple of months, Donna, our Treasurer, has worked very hard preparing the operating budget for 2026. Following an initial review by Vestry in November, the draft is ready for presentation to and approval by the Vestry in December. At the cathedral's Annual General Meeting on the 22nd of February attendees will have an opportunity review and receive clarification on points contained in the budget.

As everyone knows, there are 7 stained-glass windows away in Winnipeg being restored by Matthew at Prairie Studio Glass. We expect these windows to be ready for installation in late Spring 2026. Then, we will send another group of windows to Winnipeg to continue our round of restoration for our beautiful windows here at St. Paul's.

You may be wondering about the status of our fencing – a project discussed at a Town Hall meeting in 2025 and subsequently conditionally approved by Vestry pending a number of financial clarifications. An application for financial assistance from a federal government program was submitted in the spring. We have not heard back from the federal government about the grant we applied for. This money was meant to help us pay for the fencing and landscaping. Now it is too late for us to begin this work in 2025, it is a project we now hope to undertake and complete in 2026.

The Bishop has reminded every parish in the Diocese about the protocols in the "Safe Church" document. Vestry, the Treasurer and the Wardens are working on documenting our policies and procedures. While many of these are well established, we will be reviewing these and updating them as necessary. The goal is to have an Administration Policy & Procedure Manual so that everyone knows how things work here at St. Paul's.

As usual it has been a busy fall at St. Paul's. We thank the members of Vestry for their dedication and thoughtful debate while making important and difficult decisions concerning the health and growth of the Cathedral.

ST. PAUL'S SEWING DAYS

EVERYONE WELCOME



St. Paul's has now hosted two successful Sewing Days. The next St. Paul's Sewing Days will take place on January 16 & 17, 2026 from 9:00 a.m. to 5:00 p.m. each day. Pre-cut quilt and pillowcase kits available.

The participation fee is \$25/person, lunch included. Register at: office@stpaulsregina.ca. Include your name, email address and phone number with your registration. E-transfer payment to above email or pay in person to St. Paul's office.

UPCOMING EVENTS

December 6	Christmas Requiem Eucharist, Columbarium 10:00 a.m.
December 8	Qu'Appelle Auxiliary's TART TEA at Qu'Appelle House 2:00 p.m. Donations of baking and jewellery gladly accepted.
December 13	<i>Christmas Around the World</i> , St. Paul's Cathedral Doors open at 2:30 p.m. Performance at 3:00 p.m.
December 24	Christmas Visitations to the Columbarium 2:00 to 4:00 p.m.
Christmas Eve	5:00 p.m. – The Eve of Christmas – Holy Eucharist 9:00 p.m. – The Eve of Christmas – Choral Eucharist
Christmas Day	10:00 a.m. - Holy Eucharist
December 28	10:00 a.m. First Sunday after Christmas - Holy Eucharist
January 4	10:00 a.m. Epiphany of the Lord - Holy Eucharist
January 11	10:00 a.m. Baptism of the Lord - Choral Eucharist
January 25	10:00 a.m. St. Paul's Day - Choral Eucharist



HELPING OUT FOR CHRISTMAS



**Go to - <https://ywcaregina.com/hopefortheholidays/>
for more information.**



There is a bin set up in the Cloister, if anyone would like to add any nonperishable food donations, they will go to the Regina Food Bank for Christmas Hampers on behalf of St. Paul's Cathedral.



Join us for FELLOWSHIP following the 10:00 a.m. Sunday service. Come for the coffee and tea but stay for the people.

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>

If you have comments or concerns regarding Cathedral Calling contact:
Angie Friedrich, 306-570-2236, wa3f@sasktel.net