



# the SHAMROCK

## LENT 2009

*I bind unto myself today the power of God to hold and lead,  
His eye to watch, his might to stay, his ear to hearken to my need,  
The wisdom of my God to teach, his hand to guide, his shield to ward,  
The word of God to give me speech, his heavenly host to be my guard*

### Inside this issue:

Calendar	2
Celebrating St. Patrick's Day	2
Around the Parish	3
Cursillo	3
World Day of Prayer	4
Lenten Journey	4
Got a Good Idea?	4
Malawi Outreach	5
Amazing Grace	6
More Chickens and More Eggs	7
Coins for PWRDF	7
Contact Names & Phone #s	8

This is verse four of hymn 436, attributed to St. Patrick. Patrick was a care-free teenager, living on the English coast around the year 400, when he was kidnapped by Irish pirates, sold as a slave and was forced to tend sheep in the cold Irish rain. It was that experience, full of such hardships, that made him turn to Christ. Later he escaped and went back to his parents in England, but the fire of faith was kindled in him. That faith motivated him to return to Ireland to proclaim the gospel.

I am going to speculate that it was in his time of need that he realized that his only strength would be in the "power of God to hold and lead." Ireland became largely Christian because Patrick realized he could only rely on God to guide him, protect him and give him the right words to say.

There's a lesson here for any one of us. Are you feeling stressed out? Then bind the power of God to yourself to lead you. Are you feeling uncertain about what to do next? Then bind the wisdom of God to yourself. Are you feeling frightened? Then bind the shield of God to yourself for protection. Are you facing a big decision? Then take the hand of God to guide you. Perhaps like Patrick, you will find the strength, courage and energy to live out your Christian faith.

*Kathy Bowman, Rector*

## ANNOINTING AND PRAYER FOR HEALING

Anointing with oil blessed by the bishop is an ancient symbol of healing. This is a sacramental way of making known the healing power and presence of God, and helping us to know God's love in all circumstances. On the first Sunday of each month, beginning March 1, we will be offering anointing and prayer to individuals during the 10 a.m. service. If you wish to be anointed simply proceed to the back of the church at the beginning of communion.





# CALENDAR

February 15, 10 a.m.—Intergenerational Service  
February 19, 7:15 p.m.—Prayer group  
February 22—Commissioning of new vestry members

—Vestry planning afternoon

February 24, 6 p.m.—Pancake Supper  
February 25, 7 p.m.—Ash Wednesday service

March 4, 7 p.m.—Lenten study group begins  
March 6, 7:00 p.m.—World Day of Prayer service  
March 10, 7: p.m.—Vestry

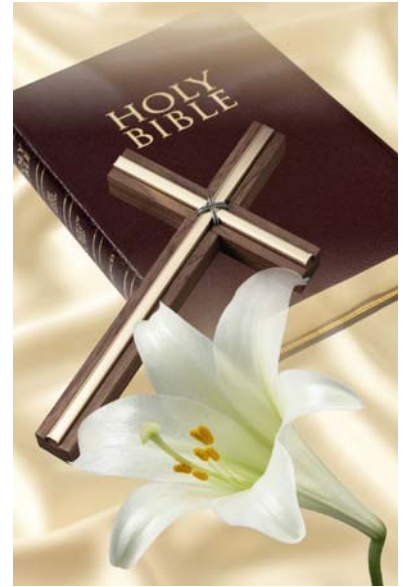
March 15, 10 a.m.—Baptism and Confirmation  
—St. Patrick’s pot luck lunch

March 17, 7:15 p.m.—Prayer Group  
March 22, 4:00 p.m.—Ordination at the Cathedral

April 9, 7:00 p.m.—Maundy Thursday service  
April 10, 10 a.m.— Good Friday service  
April 12, 8:30 and 10 a.m.—Easter  
April 14, 7 p.m.—Vestry

May 12, 7 p.m.—Vestry  
May 15-16—Trash to Treasure Sale

June 7—BBQ and Sunday School Awards Day  
June 9 7 p.m.—Vestry  
June 21—Fun Run/Walk/Bike



# CELEBRATING ST. PATRICK’S DAY

Our Bishop, the Rt. Rev. Jane Alexander, will be visiting us on March 15, for baptism and confirmation. Please pray for Paige Goebel, Nicole Freeman and Chiamaka Morah to be confirmed and for Liam Byrne and Nathan Hillier to be baptized.

Following the service we will be celebrating St. Patrick’s Day with a pot luck lunch. Thanks to Florence Glanfield, Phyllis Hamilton and Al Chapman for co-ordinating this event.





## AROUND THE PARISH

We welcome into the parish **Esther Tweneboa and her children Monica and Alex (Chief)**. Also say hello to **Steve and Kim Byrne and their baby Liam**, now joining us. We also welcome **Wayne Madden**, who has moved into the parish from Fort McMurray. We give thanks for **Grace**, part of the Morah clan, who has become part of St. Patrick's while she is on an extended visit from Nigeria. It's great to have you all as part of our community.

We welcome two new parishioners, born the same day but not twins. Say "hello" to **Nathan Hillier and Tobechukwu Morah**, born October 10, 2008. Best wishes and congratulations go to parents **Sherri-Lee and Jonathan and Ruby and Oge** as well as older siblings **Matthew, Nonso and Buchi**.

We're happy to see **Garry Douglas** back at the organ after a leave due to illness. Thanks go to **Joan Tuckey, Andrea Montgomery-Di Marco and Bridget Kinloch** who did extra duty over the past three months.

We said good-bye to **Carol Purcell and her mother Hilda Boyce** who have moved back to their home in Montreal. They have been part of our congregation for over 3 years. We wish them well as they re-establish themselves in their old setting.

## BAPTISMAL EWER

At our next baptism we will dedicate a beautiful new baptismal ewer, given by Phyllis Hamilton in memory of her husband Bill. This ceramic jug replaces the clear plastic jug.

## CURSILLO

The Cursillo movement is one method of church renewal. It helps kits members understand their individual calling to be Christian leaders. The word "Cursillo" is a Spanish word meaning "short course". It is a short course in Christian living. I found that attending Cursillo better focused my attention on my Christian walk.



The next weekends are:

Men - April 23 - 26, 2009

Women - April 30 - May 3, 2009

Forms to attend are available at St. Patrick's or on the Diocesan website.

If you are interested and would like more information, please speak to the Rev. Kathy or the Rev. Carl.

Current Cursillistas at St. Patrick are:

Jim & Catherine Haiste

Sylvia Scarfe

Neal & Sharon Troniak

Pam Vigilance

Gordon & Kathy Storheim

Al & Marsha Chapman

Andrea & Vince DiMarco

Florence Glanfield and Andy Rathbone

Alma Phipps

I expect any of us would be pleased to give you more information.

*Catherine Haiste*





## WORLD DAY OF PRAYER

The World Day of Prayer service is an ecumenical and international annual service. The same service is done around the world, on the same day and in gatherings that cross denominations. This year St. Patrick's will be hosting the service for all churches in Mill Woods. The service itself is written by people of Papua New Guinea. All are welcome to join us in this celebration on Friday, March 6 at 7:00 p.m.



## LENTEN JOURNEY

*"Come and journey, come and journey  
with a Saviour who has come.  
We are all God's sons and daughters;  
in the spirit we are one."*

(from hymn 482)

A Lenten study group will be based on this hymn. There will be Bible study and an opportunity to reflect on our own Christian journeys. The study will take place on Wednesday evenings from March 4 to April 8 from 7:00 to 8:30 p.m. All are welcome.



## ORDINATION

Alexandra Meek Sharman along with Tom Dean and Donna Willer will be ordained priests on March 22 at 4 p.m. at All Saints' Cathedral, 10035–103 Street. All are welcome to attend. Alex was a student intern at St. Patrick's in 2007, and is now assistant curate at St. Timothy's Church.

## NEW PICTURES

Check out the two new framed prints in the Sunday School room. One features Jesus holding a small child. The other is of the infant Jesus being presented to Simeon in the temple. They are given in memory of George Wood and Colin Murray by Rosalyn Murray.

## GOT A GOOD IDEA?

We welcome all ideas and suggestions. Perhaps you see a need but don't quite know how it should be addressed. Talk to one of the wardens or the rector, or write out your idea and put it into the suggestion can, now in the narthex.



## SIGNS OF THE TIMES

Have you noticed the spiffy new signs out front? The signs were given some time ago in memory of Ralph Leitch and Bud Walker. They now have been refurbished in memory of Bill Hamilton. They are much more visible to those driving by. Thanks go to Phyllis Hamilton and to Al Chapman for overseeing the project.

## EMAIL DISCUSSION GROUP

St. Patrick's has an **email discussion group** which you may join by sending a message to [stpatlist@gmail.com](mailto:stpatlist@gmail.com) putting "Subscribe" in the subject line. The list discussion is kept on a private computer—not the public internet.



## FACEBOOK GROUP

You are welcome to join the **Facebook** group called [St. Patrick's Anglican Church](https://www.facebook.com/group.php?gid=2390379658) (<http://www.facebook.com/group.php?gid=2390379658>)



## MALAWI OUTREACH

Since 2003, St. Patrick's has been enriched by a close connection with the Diocese of Northern Malawi.

### *Where is Malawi?*

It is a landlocked country in south-central Africa, and if you look on the bulletin board in the parish hall you will find a map of Malawi as well as a number of pictures and news items.

### *Why are we connected with Malawi?*

A family from our parish, Erasmus and Caroline Morah and their three children, lived in Malawi for several years, and they brought to our attention the great needs of the people there as a consequence of many years of poverty and the AIDS pandemic.

*What does our connection involve?* Every Sunday we pray for the people of Northern Malawi. We receive newsletters from the Anglican Diocese of Northern Malawi. We have twice received a visit from Father Mponda, an Anglican priest in Malawi. And every year until this year we have sent money to the diocese as part of our outreach commitment.

### *Why did we not send any money this year?*

Canadian regulations regarding charitable donations no longer permit us to issue tax receipts for funds sent outside of the country unless they are to approved charities. For that reason, vestry decided to spend our outreach money this year on other projects.

### *Does this mean our connection with Malawi has ended?*

Several people have expressed a desire to continue our connection with Malawi and to make free-will donations to send to the Diocese of Northern Malawi, even though tax receipts cannot be issued for those donations. A group met to discuss the problem and agreed to find ways to raise awareness of Malawi in the parish and to give parishioners an opportunity to make donations. We are hoping to do a Malawi Sunday sometime after Easter.

### *What is a "Malawi Sunday"?*

We hope to incorporate some aspects of African worship into our regular Sunday service and to have a speaker from Malawi to talk to us about the country. If the interest is there, we would include some African food (yum!), and certainly we would provide information about our outreach.



If you have questions or suggestions, please talk to Jean Ashmore, Benson Morah, Mark Vigras, Sarah Bohnet or Kathy Bowman.





## FROM MY BEDROOM WINDOW

The far horizon was rimmed in a pearly smoke blue band,  
So beautiful - I could not turn my newly awakened eyes away.

And as I watched, the blue melted into the palest amber  
then slowly turned into the purest gold!  
Awhile - the gold took on a fiery orange shade.

Suddenly- shafts of brilliant silver shot through the gold  
and lit up the sky!  
Dawn had flown, the night was gone,  
The sun was breaking forth - morning had come.

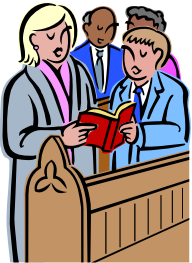


Another day was born.

*Inspired by Psalm 19: The heavens declare the glory of God, and the firmament shows his handiwork.*

## AMAZING GRACE PROJECT

Amazing Grace donations total over \$73,000  
January 29, 2009



Canadian Anglicans have donated a whopping \$73,000 to the Council of the North through the Amazing Grace Project. The project encouraged all to sing "Amazing Grace" on Nov. 23 and send in their filmed rendition to the national office, where they were included in a ten-minute compilation video. Each "Amazing Grace" singer was also encouraged to donate a toonie to support ministry in Canada's northernmost dioceses.

Those toonies added up, and donations continue to pour in every day. "Given the fact that this was never designed primarily as a fundraising project, this is an incredible response," said Vianney (Sam) Carriere, director of communications and information resources—the department that spearheaded the project.

The Council of the North meets in Edmonton in February and, among other things, will discuss how to use these funds. The council is comprised of nine dioceses, the Archdeaconry of Labrador, and the Anglican Parishes of the Central Interior. Many communities within this area are remote, and costs are high, particularly for travel.

Over one third of parishes in the Anglican Church of Canada participated in the Amazing Grace Project, either by sending in a video or money. To thank everyone for singing, General Synod contributed money to distribute a DVD of Amazing Together to all parishes that participated.

To see the video that St. Patrick's sent in, go to [www.stpatricksanglican.ca](http://www.stpatricksanglican.ca) and click on the link. St. Patrick's also donated \$150 that was collected on Amazing Grace Sunday.





**50  
YEARS**

**IN FAITH JOIN HANDS INSPIRE HOPE**

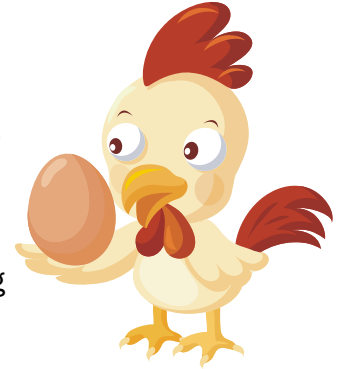
THE PRIMATE'S WORLD RELIEF AND DEVELOPMENT FUND  
Anglican Agency for Relief, Refugees, Development and Justice

**PWRDF**

**KENYA**

***More chickens and more eggs***

Chickens are a strong source of nutrition and income for Kenyan families so when Christian Community Services introduced hybrid chickens that lay more eggs and hybrid roosters that gain more weight, it brought smiles to those families. The Kenbro chicken has taken the country by storm over the past four years. The hybrids lay about 20 eggs per month as compared to 15 by the local birds. Hybrid roosters reach 4.5 kg at maturity compared to 2.5 kg by local birds, and the eggs are being sold for 20 cents per egg. More eggs translate into more income as well as improved nutrition.



Please PRAY for Christian Community Services and organizations like them as they work to improve the livelihoods of community members.

The Primate's World Relief and Development Fund  
The Anglican Church of Canada  
[www.pwrdf.org](http://www.pwrdf.org)

**WANTED: LOOSE COINS FOR PWRDF**

Do you have any loose coins lying around the house? Coins sitting on top of dressers or in closets may be feeling lonely and neglected. Why not contribute them to PWRDF?

All donations go towards emergency relief, refugee assistance, development and justice. PWRDF coin boxes will be distributed at the beginning of Lent. Join with other Christians in an age-old custom and collect coins during Lent to assist others in need.



Make a difference in the world as you donate your coins to PWRDF. Your coins will go on an adventure and they will thank you for the wonderful experience! (For more info about PWRDF or about coin boxes, please talk to Mark Vigrass)





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**Deacon: The Rev. Mark Vigrass 780-436-7555**  
**Honourary Assistant: The Rev. Carl Bergstrom 780-468-6276**

[www.stpatricksanglican.ca](http://www.stpatricksanglican.ca)

**Wardens:**

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 Rector's—Jean Ashmore 780-462-2890  
 Assistant—Jayne Berg 780-463-6455

**Vestry:**

Margaret Burt 780-450-6867  
 Al Chapman 780-461-9237  
 Florence Glanfield 780-758-4398  
 Phyllis Hamilton 780-461-8771  
 Nancy Medaglia 780-462-6898  
 Matthew Mercer-Deadman 780-462-5066  
 Okwy Obuekwe 780-439-8767  
 Sylvia Scarfe 780-465-1557  
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**Envelope Secretary:**

Sharon Troniak 780-463-7285

**Treasurer:**

Joan Tuckey 780-440-3420

**Church Secretary:**

Jeannette Pawliuk 780-462-8125

**Synod Members:**

Gordon Storheim 780-452-6608  
 Margaret Burt 780-450-6867  
 Nancy Medaglia 780-462-6898

**CHURCH PROGRAMS**

**Altar Guild:**

Marsha Chapman 780-461-9237

**Altar Flowers:**

Jeannette Pawliuk 780-462-8125

**Music:**

Garry Douglas 780-634-4244

**Readers and Servers:**

Kathy Bowman 780-463-5452

**Greeters:**

Al Chapman 780-461-9237

**Intercessors:**

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**Long Term Stewardship:**

Sharon Troniak 780-463-7285

**Sunday School:**

Nancy Medaglia 780-462-6898

**Phone Tree:**

Jayne Berg 780-463-6455  
 Ifey Obuekwe 780-439-8767  
 Winona Walker 780-468-4244

**Food Bank:**

Jim Haiste 780-462-4463

**Housekeeping:**

Maria Makowiecki 780-450-4875

**Property:**

Al Chapman 780-461-9237

**Newsletter & Web Site:**

Joan Tuckey 780-440-3420

