



## **CATHEDRAL CALLING**

*Newsletter for St. Paul's Cathedral*

*Regina, Saskatchewan*

*October 23, 2026, Issue #75*



**All are welcome**

**All are WELCOME at St. Paul's Cathedral  
or livestream at:**

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

### **WHEN THE WORLD FEELS OVERWHELMING**

Angie Friedrich

"Global events anxiety" is one term for the stress of feeling overwhelmed by world news. The relentless flow of troubling stories can be hard to absorb—and understandably so. Extreme weather makes the climate crisis increasingly visible, political uncertainty continues as longstanding injustices re-emerge and global conflicts escalate, and concern about AI is growing. Even a bad B-movie would struggle to fit so much chaos into one story.

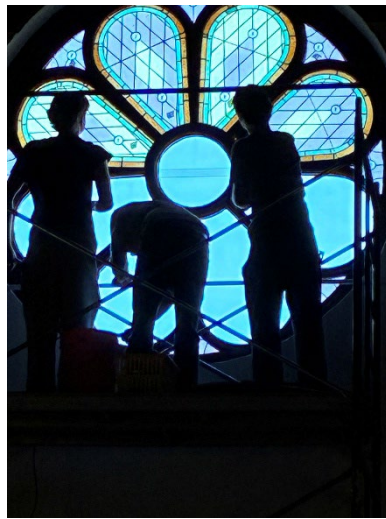
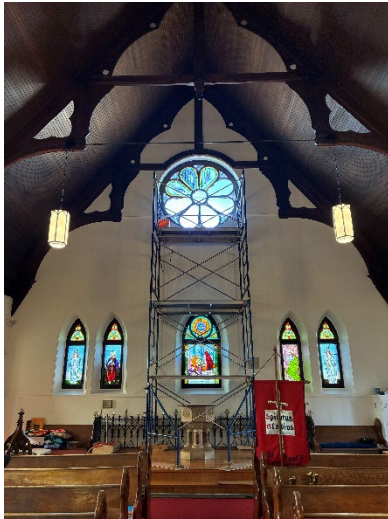
When constant exposure to the news leaves us emotionally drained and anxious, it is important to share kindness, tolerance, and care with others and ourselves. Spend meaningful time with family and friends and give yourself permission to step back and recharge. Turning off the steady stream of negativity from news sources is not ignoring world events; it is giving yourself room to breathe.

Take some quiet time in prayer to speak with God and share your fears. Trust that God is with us, strengthening and upholding us, and reminding us that we are never alone.

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." – **Philippians 4:6-7***

*"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." – **Isaiah 41:10***

## **LOOK WAY UP... STAINED-GLASS RESTORATION CONTINUES**



Another Heritage Grant from the City of Regina was awarded to St. Paul's for the stained-glass window restoration enabling Prairie Glass Studio from Winnipeg to return to begin the restoration to the Rose windows.

When Matthew and his sons, Kole and Eli, arrived on October 16<sup>th</sup>, extensive scaffolding was erected inside the church to provide safe access to the two rose windows. Because of their size, the window frames remained in place while the individual 'petals' were removed one at a time. Before the restored glass is reinstalled, the frames must be repaired, scraped, and painted. The extensive restoration is expected to be completed, with the windows returned and installed, at the end of April 2027.

Although the windows have protective coverings, their seals had deteriorated over time and no longer kept out driving wind and rain. Matthew donated his time and resealed the exterior coverings to protect the windows through the approaching winter, but permanent repairs will be needed next year. This temporary measure gives us time to determine the next steps. Thank you Matthew, Eli and Kole for your generosity.



## **GENEROUS OFFER TO STAINED-GLASS WINDOW RESTORATION FUND**

Nobody would have imagined that the vandalism St. Paul's Cathedral experienced in September 2023 would lead to an extensive repair and restoration project of all 32 stained-glass windows.

Matthew McMillian, owner of Prairie Studio Glass in Winnipeg, was recommended for the repair of the four (4) broken windows. Fortunately, he was able to fit our work into his already busy schedule. Matthew and his crew did not disappoint. Their craftsmanship, adherence to historic standards and customer service have exceeded our expectations.

When Matthew arrived to remove the broken windows, he was asked to inspect all of the windows. He affixed numbered priority numbers to each window from in need of urgent attention to those that were at less risk of failure.

Without restoration, the stained-glass windows would continue to deteriorate until they could no longer be repaired. The beloved historic windows and their exceptional artistry would be lost forever. Vestry decided we must undertake this huge project starting with the most severe, at-risk windows.

Insurance covered repairs to the vandalized windows but, honestly, the initial estimate was 'eye-watering'. Matthew removed the two top priority windows when the four repaired windows were returned. The work to the first two windows was paid for out of the funds in the Cathedral Preservation Fund.

Immediately, we applied for a Heritage Incentive Grant from the City of Regina which covered 50% of the restoration costs (material and labour). Once awarded the grant, we were able to ask Matthew to start work on the next seven prioritized windows. Travel and living expenses for the round trip from Winnipeg were not eligible expenses under the rules of this grant, so the funds in the Cathedral Preservation account were used to cover those expenses.

We successfully applied for another Heritage Grant the following year which meant the next phase could begin – the restructure of the Rose Windows (see article above). We have been able to pay the deposit that Prairie Glass Studios requires, but at this juncture the Cathedral Preservation fund is not large enough to cover the balance of expenses for the Rose Windows (due to be returned in late April 2027).

### ***Window project cont'd***

This puts us at a crossroad. We cannot stop now and not attend to the balance of the windows that have had lower priority numbers assigned to them. Sun, wind and temperature changes will continue to challenge the integrity of the unattended windows. Fortunately, an incredible financial gift has been presented to us.

**An anonymous donor will match donations to the Window Restoration Project up to \$100,000.00 until January 31, 2027. Yes, that is one hundred thousand dollars!**

This is crazily generous, but to make the most of this offer, we need to do our part by making donations that can be matched. Donations must be specifically labelled for the Stained-Glass Window Restoration project. Ensure you have identified on your cheque, e-transfer, envelope or notify Elvira that this amount is for the window restoration project.

Let's do our part. Our building and our beautiful stained-glass windows are not only historic, but also a statement of our faith in and glory to God.

### **THE FRIENDS YOU MEET AT CHURCH**

Fellow parishioners become our friends and church family. Earlier this fall, Menim contacted Janet as she had the day off from school and wanted to hang out with Janet. Janet was more than happy to have Menim come over but told her that she needed help in the garden. Menim agreed and help she did.



## **CHILDREN'S MINISTRY – EXPLORING GOD'S WORLD**

The Rev'd Canon Cheryl Toth

The beginning of October saw the return of a formal Sunday School program at St. Paul's. Many of you see the children in the congregation leave after the Collect for dedicated time together but you may not know what is actually happening. Here's a snapshot of our time together.

Like you, the children are exploring God's word. The curriculum we are using is called "God's Love Blooms for You." It follows the Revised Common Lectionary and focuses on one of the day's readings—usually the gospel. We read the gospel from a simplified English translation or a version of the lectionary written for children. Discussion is lively as we try to understand what is being said and what it means for us. The children ask good questions and often get to the heart of the gospel in short order. All of this theological reflection is accompanied by a song or a game and a creative activity of some kind. The energy is high and I marvel at their capacity to engage with God's word and their world.



Currently we have two volunteer teachers (Angie Friedrich and myself) and one assistant (Cheryl Ranganadhan). If you are interested in joining our team, please contact me at [cheryltoth81@gmail.com](mailto:cheryltoth81@gmail.com) or 306-591-5924. You will assist in a session or two to learn the process and be given all you need in terms of materials to help make your teaching or assisting experience a good one for you and the children. And please pray for the children of the Cathedral and the ministry we share as God's people. We are all learning together!

## **CONFIRMING OUR FAITH**

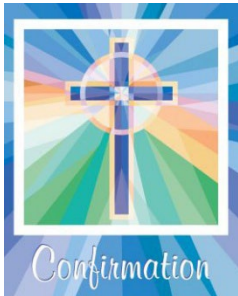
The Rev'd Canon Cheryl Toth

At various points in our lives affirmation of our baptismal promises is a powerful way to deepen and affirm our faith. Many of us will have experienced this through confirmation when we were teenagers or young adults. Some of us have not and would like to be part of that experience.

The Rite of Confirmation, for those who choose it, comes after a period of preparation and learning about what it means for us to affirm our faith. In early November (November 1<sup>st</sup>) a **youth confirmation class** will begin for youth in

### ***Confirming our Faith cont'd***

grade 8 or high school. They will meet weekly to learn and grow in their faith and, for those who choose to do so, they will be confirmed by Bishop Helen Kennedy at the Easter Vigil on March 28, 2027. If you know of any youth who would like to be part of this group, please contact me ([cheryltoth81@gmail.com](mailto:cheryltoth81@gmail.com), 306-591-5924.)



We are also exploring an **adult confirmation class** for those who would like to explore being confirmed or reaffirming their baptismal/confirmation promises. That group will begin in January and will likely be a hybrid of Zoom and in-person meetings. They too will be part of the Easter Vigil Confirmation service on March 28, 2027. If you are interested in this, please be in touch with me.

Confirmation can be a transformative time in our lives whether we are 15 or 55. Please consider whether you are being called to enter into this process and pray for those who are exploring their faith together between All Saints Day and the Easter Vigil.

### **SARCAN DROP & GO**

A virtual bottle-drive has been set up for St. Paul's Cathedral with SARCAN Drop & Go on a permanent basis.

Take your bags of recyclable containers to any SARCAN Drop & Go. At the kiosk, create tags by using the Group Phrase **stpaulscathedral** [all lower case letters, no apostrophe, no spaces].

Print as many tags as you have bags or boxes containing recyclables. Attach a tag to each bag or box. Then you can go!

The recycling containers are counted, calculated and the proceeds are sent to St. Paul's for deposit to the Community Outreach Lunch program.

Money is already flowing through this channel!

## **SATURDAY LUNCH PROGRAM**

After serving the Saturday Lunch Outreach Program for a few years, Jim Melville stepped aside and Pat Henneberg stepped in. The program has not missed a beat under her care.

St. Paul's, in partnership with many other Regina churches hosts, a free bagged lunch approximately six times in the calendar year in the downtown area for the people in need. In 2027, the dates are: January 23, February 20, April 10, June 12, September 11 and December 18. in the downtown area to those in need. It is not uncommon to serve 150 lunches or more.

In addition to lunch, various toiletry items are given away and are greatly appreciated. Following is a list of items that would be appreciated.

- |                |                    |                     |
|----------------|--------------------|---------------------|
| • toilet paper | • shampoo          | • 1/4 cup portions  |
| • toothbrushes | • deodorant        | powdered laundry    |
| • toothpaste   | • bar soap         | detergent.          |
| • alcohol-free | • shampoo          | • reusable shopping |
| mouthwash      | • deodorant        | bags                |
| • Tums/Rolaids | • feminine hygiene |                     |
| • bar soap     | products           |                     |

***Also: new socks, mitts, toques, scarves and men's gloves.***

If you have any questions about donating or volunteering to this important ministry, contact Pat at 306-527-0153 or [phenneberg@sasktel.net](mailto:phenneberg@sasktel.net).

## **NOTES FROM THE LECTIONARY**

by William Stahl

### **Joshua, Judges and History**

Several readings in October and November are from the books of Joshua and Judges. These are two of the most problematic books in the Bible, both theologically and historically. They are better described as legends rather than history. Before looking at these books, we need to understand the context.

The late Bronze Age was a time of powerful empires and wealthy commercial city states. Trade routes stretched from Babylon and Assyria in the east to

Mycenaean Greece and Minoan Crete in the west. Surviving documents reveal extensive diplomatic ties linking these states together. The Egyptian Empire

***Joshua, Judges and History cont'd***

stretched from what is now Sudan to north of Lebanon. The land of Canaan was ruled by Egypt through a number of vassal city states.

Then in the decades after 1200 BC Bronze Age civilization collapsed. The causes were complex. A swarm of earthquakes devastated some cities. Protracted drought led to famine in many areas, which in turn sparked revolts. In the face of these shocks trade declined sharply, including the long-distance trade in tin from which bronze is made.

Then in 1177 BC the Sea Peoples arrived. Not much is known about them. They were not one group but a collection of migrating tribes from the west. Like what the Germanic tribes did to Rome 1600 years later, the Sea Peoples overwhelmed already weakened defenses.

The Mycenaeans in Greece, the Minoans in Crete, the Hittite Empire in central Turkey, Mitanni in eastern Turkey and Ugarit on the Syrian coast were all destroyed. The Egyptians beat the Sea Peoples off but at the cost of their empire. With the collapse of central authority, the barbarian tribes who had always lived on the edges of civilization swarmed over the border. One of these barbarian tribes were the Hebrews. Greece and the Ancient Near East descended into a dark age.

According to the Book of Joshua, the Israelites waged a holy war to exterminate the Canaanite people. There is little historical evidence for this. Of the 31 cities the narrative claims were conquered (Joshua 18) archeologists find evidence of destruction in only three of them: Hazor, Lachish, and Megiddo. Hazor was destroyed by fire but with no evidence of battle (arrowheads, broken weapons, etc.) while the other two were destroyed considerably later. Jericho and Ai, the focus of the first part of the book, showed no evidence of war at all in this period. It seems the Israelites were a good deal less bloodthirsty than the Biblical narrative (written 600 years later) made them out to be. And while the Israelites were occupying the hill country, a tribe of the Sea Peoples were settling on the coastal plain. These were the Philistines, from which the word "Palestine" was derived.

The Book of Judges is a legendary account of internecine tribal warfare over the next 150 years. In contrast to Joshua, what this shows is a pattern of intermingling settlement, sometimes peacefully, sometimes violently. Then about 1000 BC the

tribes began to organize into petty kingdoms: Edom, Moab, Ammon, Aram (Damascus). One of these was the Kingdom of David. Most of these were related to the Israelites (for example, Edom claimed to be descended from Essau). These little kingdoms quarreled among themselves for the next couple hundred years, until the big Iron Age empires appeared and crushed them.

## **ROYAL REGINA RIFLES REGIMENTAL COLOURS**



The Royal Regina Rifles battlefield flags that accompanied soldiers on the battlefield have returned to the Legislative Building nearly 110 years after they were first hung at the end of World War 1.

The Regimental Colours were moved to St. Paul's Anglican Cathedral in 1977 but were taken down during renovations in 2024. The Colours have now returned to the Legislative Building where they will permanently remain.

A Swift Current veteran, Rifleman John Watson, stood at a salute while the national anthem played. John is the last living member of the Royal Regina Rifles Regiment from World War II.



The flags represented four of the Rifles battalions: the 28<sup>th</sup> Northwest Battalion, 68<sup>th</sup> Battalion, 195<sup>th</sup> Battalion and 249<sup>th</sup> Battalion. The 28<sup>th</sup> Battalion had more than 6,000 casualties of 10,000 veterans, with 922 veterans killed in action.

All flags are the same age, but some are more ragged than others as the soldiers fought underneath of them. An honour guard protected the flags on the battlefield to prevent anyone from taking them.

The flags will remain on display in the rotunda for as long as possible and serve as a reminder to everyone who lost their lives in the line of duty.



## WHAT'S HAPPENING? UPCOMING EVENTS



**Women of the OLD TESTAMENT**  
— SMALL GROUP STUDY —  
TRIALS | CHALLENGES | COMMITMENT | DEDICATION

 **Wednesdays 6:30 PM** |  **St. Paul's Cathedral Regina Sunday School Room**  
Starting Oct 28, 2026 – Dec 16, 2026

 *Come, learn, reflect, and grow together in faith.* Small Group Study Led by Cheryl Ranganadhan

Call Cheryl Ranganadhan for more information

587-338-6725

### **ST. PAUL'S CATHEDRAL COLUMBARIUM**

invites you to join a special Requiem Eucharist Service

**November 7, 2026**  
**10:00 a.m.**

as the Faithful Departed are remembered by name

### **ST. PAUL'S CATHEDRAL ANNUAL CHRISTMAS BAZAAR**

**Saturday, November 21, 2026**

**10:00a.m – 2:00p.m.**

**1861 McIntyre Street**

**Christmas Bake Table & More**

**Handicrafts Galore**

**Gently Used Christmas Décor**

**Tea, Coffee & Goodies will be Served.**

*Admission by Freewill Donation*



If you have Christmas décor you no longer use. consider donating to sell at Christmas Bazaar.

## WHAT'S HAPPENED? CHURCH CELEBRATIONS



**Max's  
Canadian  
Citizenship**



**Fall  
Supper**



**Dave &  
Marilyn's 50<sup>th</sup>  
wedding  
anniversary**



**Alder Marz  
is baptized**



**Another year of  
Sunday School  
began**



### UPCOMING EVENTS

|             |                                                                      |
|-------------|----------------------------------------------------------------------|
| October 28  | Women of the Old Testament Book Study; 6:30 p.m., Sunday School room |
| November 7  | Faithful Departed Requiem Service 10:00 a.m., Columbarium            |
| November 7  | Legion Tea                                                           |
| November 21 | Christmas Bazaar                                                     |
| November 29 | Advent Tea                                                           |

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

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**Website:** [www.stpaulsregina.ca](http://www.stpaulsregina.ca)

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

**Columbarium Office:** (306) 352-8931  
[stpaulscolumbarium@gmail.com](mailto:stpaulscolumbarium@gmail.com)

**If you have comments or concerns regarding Cathedral Calling contact:**  
Angie Friedrich, 306-570-2236, [afriedrich235@gmail.com](mailto:afriedrich235@gmail.com)

