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FROM THE CROSS TO THE CROWN

The Easter story does not end with the cross—it ends with a crown. On Good Friday, Jesus bore our sins. On Easter Sunday, He rose in victory. That journey, from death to life, is the foundation of our faith.

The Son of God entered the holy city on Palm Sunday to the shouts of “Hosanna!” But just days later, He was crucified. And yet, through that suffering came our salvation. The resurrection of our Lord Jesus Christ is the greatest victory ever recorded—a moment when time itself was split between what was and what could now be.

He now sits at the right hand of God, clothed in a white robe, crowned with glory, offering us new life and living hope. That’s the Christian Easter message we celebrate—a God who became man, died in our place, and rose again to bring us home.

So, when you see an Easter basket or read Christian Easter poems, remember this: Easter is not just about what happened, but what’s still happening in your heart and life.



With heartfelt gratitude, sincere thanks to Ralph and Pamela for contributing this article about their time in London in response to a request from Cathedral Calling.

FIVE YEARS WORKING FOR CANADA IN LONDON

By Ralph & Pamela (Kendel) Goodale

We are happy to be back home in Regina – trying to retire once again – after five years at the Canadian High Commission in the United Kingdom (2021-2025). Our time there was an exceptional experience. Neither of us had lived or worked for any extended period outside of Canada. But once we got the hang of the British way of doing things, every minute was both fascinating and rewarding.

Canada's diplomatic mission in the UK was our country's first in all the world, reaching back to 1869, and it's now our second largest, after only Washington.



The High Commissioner's job, equivalent to "ambassador", is to look after Canada's relationship with the UK government and the British people in terms of public and foreign policy; trade and commerce; security, intelligence, law enforcement and defence matters; migration; academic, scientific and cultural affairs; consular issues – indeed, every dimension of bilateral activity.

In purely economic terms, the Canada-UK relationship is worth something approaching \$600-billion in two-way investment and trade, and it is growing steadily (especially as Canada strives to diversify its economic connections far beyond North America). But more importantly, the relationship is rooted in hundreds of years of lived-experience with one another, the understanding, respect and trust that such a lengthy heritage engenders, and the shared values – freedom, democracy, human rights, human decency and the rule of law – which we have promoted and defended together in the world for a very long time.

Our sojourn in Britain happened to correspond with a particularly busy time in global affairs – the aftermath of COVID, the consequences of BREXIT, the evacuation from Afghanistan, Putin's brutal war of aggression against Ukraine,

(Picture descriptions on page 5)

Five Years Working for Canada in London cont'd

HM Queen Elizabeth's magnificent Platinum Jubilee, and then her sad passing and historic State Funeral, the accession and coronation of HM King Charles III, the horrific terror attack by Hamas on Israel and the ensuing war in Gaza, further destabilization in the Middle East, prolonged political turbulence in the UK which cycled through four different Prime Ministers, then the return of Donald Trump in the United States, and the rupturing of eight decades of international relationships around the world. Each of these developments (and more) generated issues to be tackled by our diplomatic team at Canada House on Trafalgar Square.



Our diplomatic duties frequently took us to official events at Westminster Abbey (where Canada has its own special seat in the Quire), but we also enjoyed occasional visits to historic St Paul's Cathedral, as well as Canterbury, Salisbury, York and Durham cathedrals, St Martin-in-the-Fields church on Trafalgar Square, St George's Church in Mayfair, St George's Royal Chapel at Windsor, Grosvenor Chapel, All Souls on Langham Place (right next to the BBC), All Hallows Church by the Tower (probably the oldest church in London), the Guard's Chapel, St Clement Danes Church (for the RAF), and Temple Church where the Magna Carta was negotiated.

Two blocks from Canada's official residence in London, we were introduced to the Cathedral of the Holy Family in Exile which is the religious home of the Ukrainian Catholic Eparchy of London, presided over by Bishop Kenneth Nowakowski. He is an ardent Saskatchewan Roughriders fan, because he was born and raised in Hafford, Sk. We became great friends, especially around his work to support the distressed Ukrainian diaspora in the UK.



Five Years Working for Canada in London cont'd

For the most part on Sunday mornings, we attended St James's Church wedged between Piccadilly on one side and Jermyn Street on the other. Its history stretches all the way back to the 1600s – St James's was designed and built by Sir Christopher Wren. The building was severely damaged during the blitz but restored after WW2. The Rector is currently the delightful Reverend Lucy Winkett who presides over a very warm, open and inviting parish in central London. Their musical program is particularly inspiring.



One final note, on several official occasions (Remembrance Day, for example, or the Lady Mayoress's Dinner), we were pleased to be in the company of the Bishop of London (now the first woman to be chosen Archbishop of Canterbury), the Rt Revd and Rt Hon Dame Sarah Mullally. We wish her well!

Our time in London was a great adventure. Having the opportunity and responsibility to represent our country on the world stage is a distinct honour for which we will always be grateful. Fulfilling that function in the United Kingdom is a special privilege, because of Canada's deep historic connections there. In this difficult and dangerous world, we need to carefully nurture our relationship with our oldest and closest allies, partners and friends.





#8



#9



#10



#11



#12

Picture descriptions from Ralph & Pam:

#1: Canada House facing Trafalgar Square in the spring of 2021 when we arrived.

#2: Signing the Book of Condolences for HM Queen Elizabeth II.

#3: The view from Canada's reserved seat in the Quire in Westminster Abbey.

#4: A Canadian, Bishop Kenneth Nowakowski, leads the Ukrainian Catholic Eparchy of London.

#5: The tower and steeple of St James's, Piccadilly.

#6: Trafalgar Square, Christmas, 2025, just before we left for home.

#7: A magnificent magnolia tree in the church yard of St James's Piccadilly.

#8: Canada's Red Maple Leaf flies above Westminster Abbey every Canada Day.

#9: No one does "pomp and ceremony" quite like the British - this is part of the Lord Mayor's Parade.

#10: Trooping the Colour, on Horse Guards Parade, just off Whitehall and Downing Street.

#11: HRH Princess Anne presiding at D-Day80 events for Saskatchewan veterans in France.

#12: The Royal Saskatchewan Rifles Monument erected in Bretteville, France, on D-Day80 (2024).

COLUMBARIUM EVENTS

Requiem Service Saturday, April 4
 10:00 a.m.

Easter visitations Saturday, April 4
 2:00 – 4:00 p.m.

Peace of Mind Planning

Sunday, May 3rd, 2026 12:00 noon

Most people begin planning for life events such as weddings or vacations well in advance; however, the planning for end of life is often overlooked. You have an opportunity to attend a planning session where you will discover how you can prevent your loved ones from having to make those difficult decisions once you are gone.

On May 3, 12:00 noon, Brad Funston will be a guest at St. Paul's Columbarium. Brad is a Pre-Planning Specialist with Speers Funeral Home. He will address the many decisions that you should organize prior to your death. Brad will discuss how to have "the talk" with family to give them that valuable peace of mind knowing all is taken care of. The information will be helpful for you, your family or loved ones and/or your executor.

There is no cost or obligation associated with this presentation. It is entirely for your information and peace of mind planning. *If you would like to participate, please list your name and contact information on the sign-up sheet at the back of the church.*

Ferlin McChesney, Columbarium Liaison, as well as members of the Columbarium Board of Management will be available to answer any questions you may have about St. Paul's Columbarium. Coffee and refreshments will follow the presentation.

WHERE ARE THEY NOW?

Margaret Hammond

submitted by Jim Melville



Margaret Hammond moved with her family to Regina from Toronto as a precocious 12 year old in the early 1950's. After a memorable trans-continental train ride in the dead of a prairie winter, the family settled into a home in the Cathedral area and attended St. Mary's church for many years.

Margaret became a true Regina girl except for the time at university in Saskatoon and Toronto. After receiving her degrees, Margaret worked for a time at the Regina Public Library before a 30+ year career as a dedicated employee at the University of Regina Library.

In the mid-1980's, Margaret's friends from the U of R convinced Margaret to attend church at St. Paul's. From that time forward Margaret, became a key participant in St. Paul's leadership and in many significant projects that were undertaken in the last 40 years. From multiple years as warden, reader, intercessor, Strawberry Fair ticket captain, original member of the Columbarium Board of Management, Parish Treasurer, key member of the Building in Faith Committee, Margaret was an exceptional guidance when an administrative job was needed.

Earlier this year, it became clear that it was time for Margaret to give up her College Avenue apartment where she had lived since the mid-1960's and relocate to a facility where she would receive some care she needed. With no immediate family near at hand, St. Paul's people stepped up to find a new home at the Victoria Park Personal Care Community, located at the corner of Arens Road and University Park Drive and helped her move out of her apartment into her new suite in early November.

While it took a little time to adjust, Margaret is now quite content with her new living arrangement and has made a number of friends with similar interests. She has even reconnected with a couple of ladies she attended Connaught Elementary school with in the 1950's! An eerie coincidence, for many years Margaret lived in an apartment building named Waverly Manor at Victoria Park and her suite is located in the Waverly wing of the building.

Where Are They Now? cont'd

She loves to get the news of St. Paul's and is always happy to get a copy of *Cathedral Calling* and, of course, the Annual Reports to ensure the Dean and Wardens are still pulling their weight! Also, she is thankful for those that have taken some time out of their day to stop in for a short visit.

Thank you, Margaret, for your selfless dedication and the many, many hours of time given to St. Paul's throughout the many years. You helped form the church we have today and for that, we are grateful.

INTRODUCTION TO MATTHEW

Submitted by William Stahl

This is a series of short articles introducing some of the lectionary readings.



Matthew was a Jewish Christian who probably lived in Antioch (a major city near the Mediterranean coast in what is now northern Syria). Like all the other New Testament authors, he wrote in Greek, the language of the educated in that day. His gospel was probably written in the late 80s or early 90s AD, about two generations after Jesus.

Matthew had two sources, in addition to his own material. The first was the Gospel of Mark, written 10-15 years earlier. Like the Gospel of Luke, Matthew closely follows the structure and chronology of Mark. The other source was a book of sayings of Jesus, called Q by scholars. Luke and the non-recognized Gospel of Thomas also used Q. It was apparently just a list of sayings without any narrative. Both Matthew and Luke fit these sayings into their story of Jesus, but in a different order.

Matthew's Gospel portrays Jesus as the new Moses. For instance, the Massacre of the Innocents in chapter 2 parallels Pharaoh killing Hebrew children. Matthew structures his gospel around five sermons of Jesus, paralleling the five books of Moses. These are the Sermon on the Mount; chapter 10 on mission; chapter 13 on parables; chapter 18 on discipleship; and chapter 24 on the apocalypse. The Sermon on the Mount parallels Moses on Sinai.

The key issue for Matthew is what is the Christian's relationship to Torah (the Jewish law). Matthew is clear. As Jesus says in chapter 5 v17: "Do not think that I

Introduction to Matthew cont'd

have come to abolish the law or the prophets: I have come not to abolish but to fulfill.” But Jesus does not simply repeat Moses. Six times in the Sermon on the Mount Jesus repeats the formula: “You have heard it was said ... But I say to you.” Christians are held to a higher standard. Outwardly observing Torah is not enough. Christians must have an inner, spiritual commitment as well.

Matthew’s gospel is full of conflict. On one hand was Jesus’ controversies with the religious leaders of the day. At the time Matthew wrote, Christians were being expelled from the synagogues as heretics. The resulting bitterness led Matthew to emphasize Jesus’ warnings about persecution and his conflicts with the Pharisees. In Matthew, Jesus’ argument with the Pharisees (which is considerable) is that they are hypocrites (see chapter 23). They had outward observance but not the inner commitment which was also necessary.

On the other hand, was Matthew’s conflict with Greek Christians. There was a long cultural conflict between Jews and Greeks which had been going on for hundreds of years. The early church did not escape this conflict and much of what Matthew wrote was against Greek interpretations of Jesus. Many Greek Christians, following Paul, argued that faith alone was enough for salvation and that Torah did not apply to them. In response, Matthew quotes Jesus: “Not everyone who says to me ‘Lord, Lord’ will enter the Kingdom of Heaven but only those who do the will of my heavenly Father” (chapter 7 v21). Salvation depended on what you did and not just on what you thought.

VESTRY BRIEF

The members of the 2026 Vestry committee are: Dean Mike Sinclair, Susan Gorges (People’s Warden), Richard Brown, Alan Denike, Averyl Dogao, Angie Friedrich, Susan Haacke, Pat Henneberg, Donna MacIntosh, Carole Marz, Gillian Oberndorfer, Basil Pogue, Shelley Proulx, William Stahl, Cheryl Toth and Kelechi Uwandu. A Vestry meeting with new members was held on February 17, 2026, at 7:00 p.m.

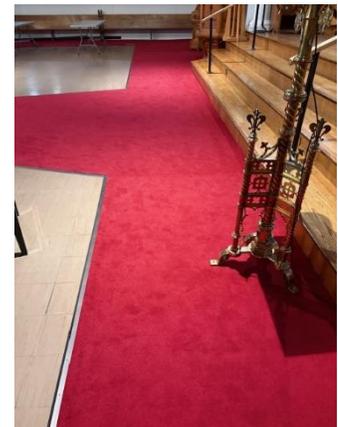
- As this is the first meeting after AGM, an election was needed for the positions of Chair and Secretary. Dean Mike chaired this portion of the

Vestry Brief cont'd

meeting where Gillian Oberndorfer was voted as Chair and Shelley Proulx as Secretary. Donna MacIntosh remains as Treasurer.

- Columbarium Chair, Marilyn Hedlund presented the 2025 Columbarium Report. A major focus for the Columbarium board has been on future funding to keep the Columbarium sustainable once all niches have been sold.
- Welcome to new Vestry members, Averyl Dogao and Richard Brown. Round table introductions were made.
- The minutes from February 17, 2026, were approved.
- The financial records for February 2026 were reviewed. Currently, the operating budget has a shortfall of \$12,094.01.
- Carol Marz gave a report for the Stewardship committee which re-visited the 2020 Stewardship Terms of Reference. A broader definition of stewardship and additions to the scope, meetings and authority as well committee membership was some of the noted changes.
- A review of the Privacy Policy resulted in additional changes and will be brought back to the Vestry.
- Mark your calendars for Strawberry Fair on June 6. Vendors have been contacted and more information will be provided as it becomes available.
- Shelley Proulx submitted a building committee report. The pew envelope holders have been installed, and painting was done in the Columbarium. The graffiti on the building will be removed once the weather warms. New carpet has been ordered and should be installed before Easter (see pictures below for completed project). The contractor for the fence which will surround parts of St. Paul's property has been selected. A grant application to the Anglican Foundation will be submitted which may see up to 30% of the project costs submitted.

Next meeting is set for April 21, 2026.



UPCOMING SERVICES

Holy Week

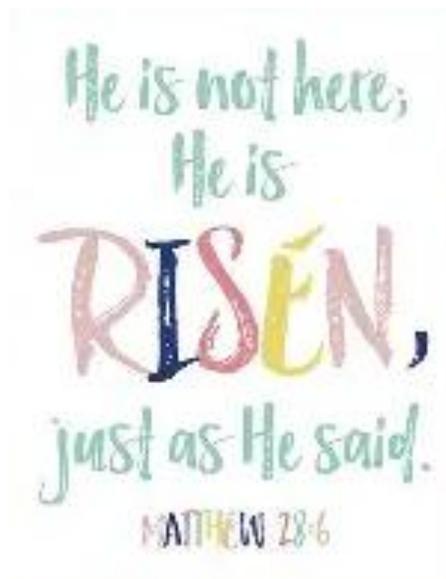
Palm Sunday	March 29, 10:00 a.m.
Renewal of Vows & Blessing of Oils	March 31, 1:00 p.m.
Maundy Thursday	April 2, 7:00 p.m.
Good Friday	April 3, 12 noon
Easter Vigil	April 4, 7:00 p.m.
Easter Sunday	April 5, 10:00 a.m.

Columbarium

Requiem Service	Saturday, April 4 10:00 a.m.
Easter visitations	Saturday, April 4 2:00 – 4:00 p.m.



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



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