



**St. Paul's
Cathedral**



CATHEDRAL CALLING

*A Newsletter for St. Paul's Cathedral
Cathedral Church for Diocese of Qu'Appelle
Regina, Saskatchewan
April 28, 2023 – Issue #41*



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

Wearing of masks recommended but not required

Services are livestreamed at:

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

"It Is A Big Deal, Enid"



...says Alphonsine in the romantic comedy, ***At Last***. And she would be correct – this play is a big deal! Many church members and friends have worked diligently as cast and crew to bring this production to St. Paul's Cathedral as a fun fundraiser!

Can the teenagers who enjoyed a summer romance reignite that spark? You will be carried back to the lake during this full-length play to discover the deceits and assumptions that have been hidden for the past forty years.

Along with Alphonsine, you will meet Ail, Jack, Abby, Fin, Sondra, Harvey and Enid on **Friday, May 12** and **Saturday, May 13 at 7:30**. Doors will open at 7:00 so plan to arrive early for the best seating. Don't forget to bring that special someone; after all, it is Mother's Day weekend and what a great gift this would be.

Tickets can be purchased for \$20 at the church office or by phone at 306-522-6439 (recommended) or at the door. You really don't want to miss it!

Clergy Message

The Reverend Canon Cheryl Toth

We almost lost our dog today. Baxter, our border collie, was startled when a recycle bin in the yard flipped over. He ran. He sprinted at great speed and no amount of calling his name brought him back. I walked for almost an hour looking for him in our neighbourhood with no luck. I was worried not only because he was loose but

Clergy Message cont'd

also because his dog tags had come off this week. I knew if anyone found him, they would have no way to identify who he was.

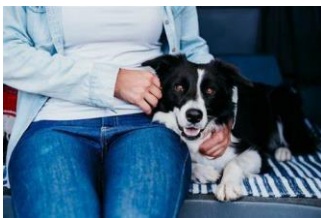
We contacted the Humane Society in case anyone called them and, luckily for us, someone did. Baxter had made it all the way from our home to the university campus, crossing Wascana Parkway to do so. I drove over to the campus to get him and, after much thanking of the woman who found him, brought him home.

Why do I tell you this? We are halfway through the Easter Season and by the end of May will be celebrating Pentecost. Every year, halfway there, on the fourth Sunday of Easter we hear readings about Jesus as a Good Shepherd.

Like a shepherd with their sheep, John's gospel tells us that Jesus knows us by name, wants us to have abundant life and puts himself between us and all that would destroy us. It is an image that came to me as I futilely called Baxter's name when I feared he was in danger. How comforting to know that when we are as scared as Baxter was our Good Shepherd seeks us out and calls us by name.



Jesus as our good shepherd is also a challenging image. As members of the body of Christ, we are asked to shepherd and care one another. We are called to seek out the scared and hungry and hurting in our community and help them. The challenge of that can be overwhelming!



But that's also where my 'runaway dog' experience comes in. We can take inspiration from Emily (the woman who found Baxter) and what she did. She saw a scared animal and knew there was a worried owner looking for him. She calmed him down, gave him water and did what she could to get him safely home. She met the need in front of her.

Depending on the day, our shepherding may be daunting or easily done. Whatever our circumstances, it's important to remember that we are never alone. We have one another—and a great Shepherd who knows us by name!

2023 Strawberry Fair



The strawberries in California will be ready just in time for the **2023 Strawberry Fair held on June 3 from 8:30 a.m. to 2:00 p.m.** As if that isn't enough good news, to make it even sweeter, the prices for these delectable berries will remain the same as last year! A full-flat (8 – 1lb clamshells) will be \$38, while a half-flat will cost \$20.

But wait, there's more! There will be many tables of new or gently used items for sale including crafts & stained glass, collectibles, Welsh cakes, jewellery, pet accessories and treats, games/movies/books, deli items, baking, and plants (seedlings, cuttings, pots, garden accessories). Be sure to also check out the Strawberry Patch which will be serving berry good treats.



In addition to all of this, there will be a quilt raffle for a beautiful quilt made and donated by Joanne Bonneville. You will be able to select which one of these quilts you would like to take home with you. Tickets are \$2 each or 3 for \$5 and will be available to purchase at the fair!



If you have items to donate to any of these tables, please drop off at the church office the week prior to Strawberry Fair or bring earlier in the morning of the fair. If you are interested in volunteering at the event, please contact Elvira at 306-522-6439.

The Strawberry Fair is a major fundraiser for St. Paul's so be sure to tell your family, friends, and co-workers about this flavourful opportunity.

Warden's Report

Susan Gorges, Peoples' Warden

We hope you had a chance to gather in the Columbarium's reception area for coffee after the April 16th service. It is such a beautiful, reverent, and comforting place. Please come down on a Sunday and explore this space, if you have not seen it before. The Eucharist Service on the first Saturday of each month is held in this space and is open to all.

Warden's Report cont'd

Along with the coffee gatherings after church, the Building Committee is another example of the Cathedral and our parish coming out of the hiatus caused by COVID. It is recognized that the door to the cloister is a problem. Once the underlying soil thaws, the sidewalk will settle, and proper repairs can be done. Of course, the most recent snowfall did not help us.



And.... Remember how the safety briefing on the airplane goes? They always tell us to look around and find the nearest exit! Since the cloister door is not yet able to open completely, please note other exits - to the left of the pulpit and out through the office foyer, or through the bell tower foyer at the back of the church – directly across from the door we use to enter the church from the cloister. There is even another door behind the choir stalls. Also remember that just like the briefing on the airplane the likelihood of needing to use any of these exits is VERY unlikely. Nonetheless, we should be aware. If you notice other repairs that are needed in the Cathedral or Hall, please let Jim Melville know.

The Vestry meeting each month reviews the finances of the church. We are, again, in the typical pattern that we experience each year. At the end of the calendar year donations come in and the financial condition by the 31st of December shows a positive bottom line. Thank you, all!



This year is no different in that expenses exceed income in the first quarter. It is important that we bring family and friends to the play At Last (May 12th and 13th) and all find buyers for our Strawberries (June 3rd). All fundraising ideas are encouraged and welcomed!

Cathedral Spring Cleaning



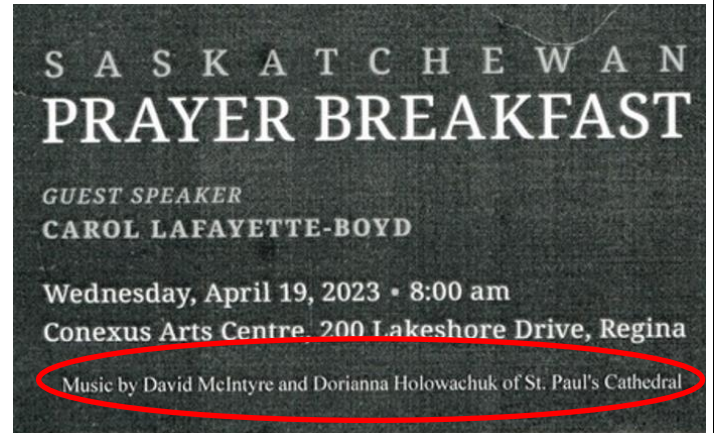
Life just seems to blossom after the dirt and garbage that old man winter has dumped on our grounds has been cleaned up. Join a clean up crew on May 27 to bring back the look of life to the outside of our church. Many hands make for light work so if you are able to help out call Tannis Patterson at 306-586-2799 or

tgpatterson@sasktel.net for more information.

Saskatchewan Prayer Breakfast

The office of the Lieutenant Governor of Saskatchewan has held a Saskatchewan Prayer Breakfast since 1971. It has been an annual event - until the pandemic hit. Now, for the first time in three years, community members were able to come together in person to share friendship, food, fun and faith which was held on April 19 at the Conexus Arts Centre.

Each year the public is invited to join Saskatchewan leaders such as the Lieutenant Governor, Premier, Leader of the Opposition and a Saskatchewan mayor to enjoy a good breakfast and hear from a guest speaker about their journey of faith. Notice on the poster that the music was supplied by David McIntyre and Dorianna Holowachuk of St. Paul's Cathedral!



In 1985, David started setting various Psalm texts for solo voice and piano. He is in the process of putting together a second volume for publication and Psalm 46 (*God is My Refuge*) is the most recently completed. All the Psalm texts that he has set has spoken deeply to his own experiences and that was certainly the case with Psalm 46. David wrote this with Dorianna's voice in mind and he was delighted that she took on the task with such enthusiasm.

David introduced his piece to those in attendance with the following words:

"As I get older, I may get wiser, but life doesn't necessarily get easier. New challenges present or loom, and so I am grateful that old texts continue to speak, inspire, encourage and comfort. Texts like this one from Psalm 46:

*God is our refuge and strength, a very present help in trouble.
Therefore we will not fear, though the earth be removed and
though the mountains be carried into the midst of the sea...
Be still and know that I am God."*

Saskatchewan Prayer Breakfast cont'd



Thank you, David and Dorianna for sharing your blessed talents and using those talents to glorify our Lord. And thank you to Marion Powell for submitting this wonderful event to bring it to our attention.

Everyone is welcome to submit events or news they would like to share within the Cathedral Calling community to wa3f@sasktel.net or call 306-570-2236.

St. Paul's Vestry Members

The Elections and Appointments for Vestry members was held during the Annual Meeting in February. The 2023 Vestry Committee is comprised of the following people: the Very Reverend Mike Sinclair, Susan Gorges (Peoples' warden), Jim Melville (Rector's warden), Alan Denike, The Reverend Ed Dunfield, The Reverend Margaret Friesen, Monique Goffinet Miller, Donna MacIntosh, Lisa Wallace-Markesteyn, Gillian Oberndorder, Tannis Patterson, Marian Powell, Shelley Proulx (Secretary), Archdeacon Cheryl Toth (Chair), Angie Friedrich.

We want everyone to know who makes up Vestry so you will know who to talk to when it is said to talk to a Vestry member. For that reason, each month *Cathedral Calling* will be highlighting a few Vestry members so you can put names and faces together. These articles will be known as Vestry Connections and each person has been asked the same following questions:

1. What is about St. Paul's that keeps you attending St. Paul's?
2. How long have you been on Vestry and what is your role?
3. What do you feel is your strength that you bring to Vestry OR why were you interested in serving the church in this manner.?
4. Anything else you would like to add?



Vestry Connections

Susan Gorges, Peoples' Warden

St. Paul's is a unique community. It is a parish church, a Bishop's church (cathedral) and a community church. As we come out of COVID people are returning to the traditional ways that we built community. We are sharing, taking care of others, enjoying learning from the lessons and sermon each week. As for me, there is another facet: the music. I love to sing in the choir.

I joined Vestry last year – 2022 and became the Peoples' Warden this year. I have never been a Vestry person, let alone a Warden before; but, I have worked in a start-up company that grew to international stature. Here at St. Paul's, there is an opportunity to return - after COVID - and act like a "start-up", sensing what the market needs and finding a way to deliver that.

I love to take on a problem and solve it. I am always optimistic that, with the right people coming together, great things can be accomplished. Building a team that can deliver benefits to the community is what I have done through most of my career. Now the challenge is to find out what St. Paul's can do to deliver benefits to our own parishioners, to the community and to the Diocese.

Did I mention that I love to sing!?



Jim Melville, Rector's Warden

In the early 1980's, shortly after moving to Regina from the lower mainland of BC, my mother came to visit and wanted to go to church. She had been an original QDS girl, with stories of being transported in winter to St. Paul's church from the boarding school in a horse drawn sled piloted by an RCMP officer. At that service we were welcomed by a funny little lady, with a huge bun on her head (Muriel Blundell), and I just kept coming back.

I am currently the Rector's warden. Over the years, I've lost count of how many times I have been on Vestry. My first time on Vestry was in the mid-1980's and since then, working with three Deans, I've been a warden for about 15 of those years.



Vestry Connections, Jim Melville cont'd

I care about our community and have trouble saying “NO” when asked to do something for the good of the place. I like to be organized and prepared and try my best to follow through on commitments.

Thanks to all the members of Vestry. This group is one of the best I have ever worked with. They bring good ideas, participate in discussion and are willing to take on projects.



The Reverend Canon Cheryl Toth, Chair

St. Paul's is a faith community that cares about the beauty of worship, the centrality of justice and reconciliation, the vitality of community and importance of every individual. All of that appeals to me—plus the fact that people at St. Paul's know how to have fun!

I have been on Vestry since the beginning of 2022 when I asked to come on as the Chair of Vestry. As Chairperson my role is to help the meetings run smoothly and ensure all items on the agenda be discussed as thoroughly and inclusively as possible.

I can chair a meeting well without being overly invested in the outcome. This allows me to concentrate on running the meetings and allows the Dean and elected members of the Vestry to make the decisions. Also, I have a sense of humour!

As a retired priest, I truly appreciate being able to have a church home and exercise a ministry with the folks of St. Paul's.



Shelley Proulx, Recording Secretary

The Dean's sermons keep me coming back each Sunday. I wasn't interested in Vestry but, when Mrs. Kendall-Goodale found out that I have a rubber arm, she encouraged me to join St. Paul's Vestry in 2020. I volunteered as Recording Secretary under the presumption it was the job with the easiest time commitment.

I was raised in the Anglican Parish of St. Matthew's, Foxleigh and Winnetka. I strayed from formal church in my teens but returned in married life and motherhood through the RCMP Chapel where I acted as Secretary / Treasurer from 1993-2003.

VESTRY



CONNECTIONS

Vestry Connections, Shelley Proulx cont'd

From there, I followed my daughters to Holy Trinity Roman Catholic Church until dance classes drew them away.

I returned to the Anglican church at St. James (Regina) in 2009 and was a frequent volunteer for kitchen work, building and yard maintenance, and signage. I joined the St. James Vestry in 2010 and was treasurer until it's close in 2020. I was an intermittent attendee at St. Paul's prior to the closing of St. James and became a member of St. Paul's in the fall of 2021.

I recently retired after 36 years with the federal public service. I've been married to the same man almost as long. We have two beautiful adult daughters, one keeper of a son-"in-law", and one grand-kitten.

Do You Know...



...at the King's inauguration, invited guests to represent Canada are the Prime Minister and his wife, the Governor-General and his wife and the High Commissioner for Canada in the UK and his wife, Honourable **Ralph Goodale and his wife, Pam Kendel-Goodale!** Watch for them in the crowd.



...St. Paul's hosts Saturday free bag lunch every couple of months at the First Baptist Church? This is part of an ecumenical group that has sponsored a lunch every Saturday for almost 18 months. The cost of supplies last April was just over \$500. The cost of supplies for the last lunch was close to \$750. Please consider a donation towards this very worthy and needed ministry.



...that if you are unable to attend services but would still like to partake in communion, that there exists an opportunity to bring communion to your home. If you or someone you know would like to receive this service, please contact the church office and further arrangements will be made.

The Cathedral Calendar

- May 4 A Celebration in Thanksgiving for the Life of Tom Hannan, at St. Paul's, 11:00 a.m.
- May 6 A Special Commemorative Service in celebration of the Coronation of King Charles III will take place at St. Paul's Cathedral, 10:00 a.m. with Bishop Helen Kennedy presiding.
- May 12 – 13 **At Last**, A romantic comedy fun fundraiser!
7:30 p.m.
- May 13 A Celebration in Thanksgiving for the Life of Roy Ohashi, at St. Paul's, 2:00 p.m.
- May 20 A Celebration in Thanksgiving for the Life of The Reverend Deacon Canon Dr. Michael Jackson, at St. Paul's, 2:00 p.m.
- May 27 Spring cleanup of church grounds
- June 3 Strawberry Fair
8:30 a.m. – 2:00 p.m.



Freezing Strawberries

Freezing strawberries is the perfect way to maintain their taste and nutritional value so you can enjoy strawberries all year long.

1. Select strawberries that ripe and firm.
2. Hull (remove the leafy green top and white core inside).
3. Wash, drain and pat dry.
4. Place onto a backing sheet in a single layer and freeze until solid.
5. Remove from baking sheet and put in freezer bags taking out as much air from the bag as possible to prevent freezer burn.
6. Don't forget to date and label the bag before putting in the freezer.



If you have moved, or your phone number /email have changed, please let the office know. Also, if you are not and would like to receive the weekly and/or special emails from the Cathedral, please pass your email on to Elvira in the office. Send your request/changes to office@stpaulsregina.ca or call 306 -522 -6439 ext. 2.

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>

