



St. Paul's Journal

Thanksgiving 2010



From Visitor to Disciple

What happens after 'Back to Church Sunday'? *From Visitor to Disciple*: this is the title of a little booklet published by Wycliffe College a few years ago—its subtitle is *Eight Ways Your Church can Help*. John Bowen, the author, is the director of the Institute of Evangelism at Wycliffe College. He was the InterVarsity director when I was a university student in Toronto so I can assure you that when he speaks about 'evangelism' he's not interested in hard-sell, embarrassing tactics to get people to make a (probably insincere) pledge of faith as quickly as possible! What he's interested in, in fact, is how local churches can share the good news of the Christian Gospel in natural and effective ways, in ways that help visitors become disciples.

John Bowen helps us to think by asking eight basic questions we ought to ask about our church worship, life and witness; I'll list them, and add a few of mine own, and leave the challenge for us all. St. Paul's is different from many churches, because of its location, its historical foundation, its daily open hours, its friendliness, its outreach programmes, and its evangelical emphases. In many ways St. Paul's has a wonderful heritage of responses to each question; yet we need to be renewed in each. Let's pray we are!

First, is our congregation a community of growing disciples? In other words, is the centre of our faith our coming together to worship God; Father, Son and Holy

Spirit, and to learn from him how to love our God and our neighbour? Do we see our mission to lie beyond our own needs? Do we have and take opportunities to speak about our faith within church; outside of church do we see the connection of our church life with our daily life?

Second, what is going to make new people want to come? Do we know that 'people go to events with their friends, not strangers?' Are there different kinds of worship appropriate for different kinds of visitors? Are we known in our community as a church that offers helpful things to our neighbours?

Third, when they come to church, what is their first impression? Can they actually find their way in? Are the signs around the church and is posted information accurate and helpful?

Fourth, how are people welcomed? How are visitors greeted? Can they easily find the basic amenities they need; washrooms, a pew that is not too far forward, and so on?

Fifth, how user-friendly is the service? Are visitors welcomed as a genuine part of the service at the beginning of the service? Are the necessary page numbers for service books in leaflet or projected on a screen? Does the sermon recognize there may be newcomers in the church, and help explain the Scriptures they will hear?

Sixth, what happens at the end of the service? Are visitors invited for coffee, and invited into conversations? Do we have a parish tradition (as some do!) of not talking to anyone we already know for a few minutes after the dismissal? Are we too unconcerned or overly concerned about 'getting their names and contact information'?

Seventh, how are they followed up? Are those visitors who wish it, contacted by a pastor or lay person? Are they invited to some sort of social event? Are there

chances for them to make new friends in the congregation?

Eighth, where can they explore faith and discipleship? Are we ready to run an 'Alpha programme' for newcomers or one we 'create and run in our own way'? Are there other opportunities to learn the disciplines of the spiritual life, to explore spiritual gifts, to enter into sharing the gospel of Jesus Christ in various forms of outreach?

Thanksgiving is a great time to give thanks as we worship. But it's also a great time to give thanks by welcoming visitors into our midst...and by joining them on the road, following Jesus, as his disciples.

Paul Friesen

Keeping a Spiritual Journal

I would like to share with you an activity that I use during my quiet time that has become very valuable to me – the keeping of a “spiritual” journal. It is something that has evolved naturally rather than been initiated as a conscientious activity. It has its roots in those little pink one year diaries (with a key!) that many preteens receive. It moved through the fancy covered journal books in which I poured out deep reflective thoughts as a young adult, and evolved (after having kids) as one of those inexpensive one subject notebooks you can buy in Aug/Sept. for \$.19 each. Actually, my most treasured journal is one without a cover that came from my younger daughter and was titled “Lara’s piano notebook,” but had too many unused blank pages to throw away.

The number of entries may vary. Sometimes there may be only 4 to 6 entries in a whole year, sometimes 4 to 6 in 1 month. Usually I’m moved to write by a momentous blessing or struggle to somehow document what’s going on in my life. Over the years I have found that keeping a journal has been a blessing in three different ways.

First, it lets me document God’s daily presence in my life. I tried a long structured format in Feb. ’96. I wrote two to three pages per day, but after two entries I abandoned it until March of that year. It took me two days to write one-half of a page:

I should be making dinner right now but I just wanted to take a minute to sit with the LORD. I have wanted to spend time with Him the whole day. Yesterday... we learned that April was accepted as an exchange student to Germany... “Father I come before you because I just want to be with You. I want to be surrounded by your love. I am in such awe of the wonderful things you have done in April’s life. I just want to bask in your presence.”

It often happens that when something “awesome” happens, words fail me and I struggle to get out more than a few lines, but when I am in the midst of a struggle, I find it helps me to write something out. It just seems like the Holy Spirit helps me put things in perspective like the entry in Aug. ’96 when the reality of April’s year in Germany began to affect my life:

I am ready to say “goodbye.” After so many sleepless nights and private tears I am ready to send her on her way. I don’t think I expected to get to this point. Even waking up this morning my first thought was “Oh No! just 2 more days!” But finally some time while driving Lara to camp and driving back home I felt the LORD’s peace enter in and this sure feeling of “it’s okay. You can let go now.” “I’m here. I’ll take care of her.” “She’s ready and you’re ready...” The LORD has taken such good care of us. He has so richly blessed our lives, guided us, protected us. It is bright and sunny today and the rays are warm on my face. I don’t feel pain anymore over something ending but joy and hope... a feeling of windows being opened and fresh air coming in.

“Father, You only ever lent her to me. Now it’s time to give her back. Thank you so much for the privilege of raising her.”

Second, I believe my journal notes are guided by the Holy Spirit so as I write down Bible verses, quotes from a sermon, or devotional readings, they help me deal with the moment but also speak to me again and again as I reread those entries at a later time. This Martha’s “Mary time” happened for me in Feb. ’98 after a serious knee accident. I was forced to spend an entire month with my knee propped up on the sofa. The LORD had a captive audience and I have returned to those entries many times because they continue to speak to me years later:

Feb. 9, 1998: Ever since June ’97 work has been chaotic, illness, staff shortages, a new contract, long hours and a long commute... The last 2 weeks of January I was running nonstop...I was breaking out in hives from

stress...[then] I injured my knee skiing...And suddenly after hopping around on 1 leg for 4 days... making 1 leg carry all the weight and burden the answer seems so simple – what I need is balance ... all this hopping around hasn't really healed the left knee but it sure has made my right hip sore!

Feb. 17, 1998: devotion for today: "In our lives, we can anticipate that God will send situations and people we would not choose. The LORD will sometimes answer our prayers in ways we have not contemplated, but we can trust that God is with us at all times."

Feb. 19, 1998: I want to be obedient to God. I wish I knew for sure what He was telling me. I sincerely believe that this knee fiasco has the purpose of bringing me to His feet to listen. Get my undivided attention – but I don't know what I am listening for...

I was touched rereading a letter April wrote to us in early Nov. '96 when she was in Germany and still struggling to adjust. She was led to verses from 1Peter5:6-10 that talks about humbling yourself before God and casting your anxiety on Him... "after you have suffered a little while, [God of all Grace] will Himself restore you and make you strong, firm and steadfast."

Finally, as I spend time at various points in the year re-reading old entries, I am reminded of how God answers my prayers – sometimes in ways I don't expect, sometimes years later. My main prayer/need/concern in Feb. '98 was that my work life had gotten out of control. In Oct. '99 I finally resigned my administrative position to return to a part-time clinical position. Two years!! The answer came in God's time or maybe we just have a patient God who was willing to wait until I was ready to hear His answer.

Of course it doesn't end. January 2000 I started a new notebook, a "new" schedule and what is the entry: "I believe God has been leading me to this point and it's scary and exciting all at the same time. I have to step back and ask what does God want me to do with this new schedule and time..."

My new schedule led me to Community Bible Study, a group that was a special blessing to me in 2000 and 2001, but has had a profound impact on our lives here in Nova Scotia. But then this was all written well before the new life and new schedule of moving to Nova Scotia occurred! Even more than

ever, those words written in January 2000 speak to God's faithfulness in ALL circumstances.

If any of you have ever considered keeping a journal I would recommend it. You could buy a fancy book; use a structured format or any variation in between – lots of entries or just a few. Just remember that a mostly good "used" \$.19 notebook in the presence of the Holy Spirit can become a most precious possession.

Joanie Kalix

Prayer to begin the day

Jesus, I desire to start this day with you. And yet, my mind keeps flitting to so many things; the projects I want to accomplish, the people I want to talk to, The people I wish I didn't have to talk to.

I wonder. Are these things distractions to spiritual concentration or invitations to see God in the ordinary? I'm not sure. Jesus, I know that you are the Centre who knows no distraction. So I offer up my mental fragmentation to you, O Lord my God. May my scatterdness become your gatheredness. As I'm contemplating a thousand things, Jesus, may I somehow be contemplating you.

Author, Richard J. Foster

From 'Spirit of Gentleness'

Contributed by Kathleen Flowerden

Archives are for the Past the Present and the Future.

For the past number of months, the Archives Committee, along with Jan Skinner, the Wardens, and the heads of Parish Council Committees – in particular John Osler as Treasurer – have been putting their heads together to create an Office Filing System, which is the first part of the *St. Paul's Parish Records Management Policy*.

This is something that has been sadly lacking since the typewriter, and then the computer, became so dominant in our lives. In the 'old days' committees kept Minutes Books, financial records were kept in

Accounts Ledgers, correspondence was kept in Letter Books, and Vestry Books, Baptismal, Marriage and Burial Registers were kept to document the life of St. Paul's.

Nowadays, however, there is an explosion of paper and electronic records. Committee Chairs send emails to committee members, everybody sends emails to everyone else, Parish Secretaries and Administrators come and go, and chaos in the form of excess paper in multiple files creates duplication, quite often confusion, and lack of logical order in the office filing system.

So, you may ask, what has this to do with the Archives? Well, Jan Skinner, our Parish Administrator, has to deal with this mass of records on a daily basis – which can be very frustrating — and we then inherit it all, which is not fun! The organization of records has always been important, which is why offices have filing systems, and individuals keep their own records, in their own form of order, in cabinets and boxes for future reference.

An organization like St. Paul's needs a formal strategy to make sure important information is properly preserved, and CAN BE FOUND when it is needed so where to begin?

First, four young students from the Master of Library and Information Services program at Dalhousie, undertook to make a Records Management Portfolio as their term paper. They did an excellent job (I hope they got good marks for it!) and this was the starting point for the St. Paul's Records Management Policy.

The students interviewed the Wardens, the Rector, the Chairs of all the major Parish Committees, found out what their 'jobs' were, and how they kept their records. The four then took all this information, and after consulting the Canon Laws of the Diocese, the Parish Bye-laws, and the legal retention requirements for financial records, personnel records, etc., wrote it all up, and then presented us with a binder full of information, recommendations, and legal requirements.

This became our starting point, and Sandra MacLennan, Jan, and Fiona spent days

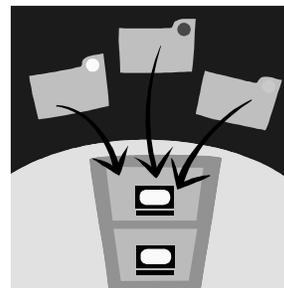
brainstorming, and created a list of headings for a new Parish Office filing system. Fiona then took it all home, learned how to use Microsoft Excel, and created a database for the Office filing system. And let me tell you, she would never have believed she was capable of such a thing – amazing what we can do when we have to!!

This draft database burned up the Internet as it scurried between Fiona and Jan, Fiona and John Osler, Jan and John, John and Fiona – back and forth, back and forth, through draft after draft, and revision after revision – until finally it was 'finished' – however, this is not a finite statement, as we keep finding that we missed something out!

This was the beginning well, perhaps we have done a third of the job ..Oh! Wait! maybe not!

The next part was Fiona and Jan spending two weeks taking all the existing file folders out of the Office filing cabinets, and deciding what to do with them. Some of the current and permanent files needed to be kept 'active'; some had to be put in a handy filing cabinet as 'inactive' so they could be consulted as need be, or kept for the legally required time; and some had to make their way up into the Archives to be sorted, discarded (who needs to keep all those fuel delivery stubs?), or placed in our archival collection.

? The second part of the first third of the job?.....



Fiona and Jan then made file folders and dividers for all the new file headings, put them in the filing cabinets, and began replacing the office files in their new folders and locations.

When that re-filing is finally done, a complete third of the St. Paul's Records Management Policy will be finished.

Next comes formulation of standard procedures for what committee heads – Wardens, Treasurer, Finance Committee, Property Committee, Spiritual Development Committee, etc. etc., have to do to keep their records properly – and when they have to

be handed in to the church office to be filed, or passed on to the Archives. That will be two thirds of the job done.

After that, the Records Management Policy has to be written, and approved, after which it has to be ratified by Parish Council to become a Parish By-law. At that point, all three parts will have been accomplished. A formal document will have become part of the Parish By-Laws to help everyone in future to keep St. Paul's records in an orderly flow from Committee, to Parish Office, and finally to the Archives, and the history of our beloved church will be there for future parishioners and researchers to discover.

The past, the present and the future in a logical flow – with a stiff drink and their thankful prayers for the brain-strained members of the Records Management team!!

Fiona Day

On Reading

Because each of us is uniquely different, we approach the utilization of our senses in the same manner - we read differently, we see differently and we hear differently.

Possibly it takes a lifetime to learn how to read a book in its entirety. The narrative, like a melody in music, tends to seduce the reader to the exclusion of the other elements and many is the book that has required a second reading. Second readings almost always surpass the first in the degree of satisfaction and enlightenment achieved.

At a seminar held during the Lenten period there was a discussion regarding "the paths to accessing Grace". In conversation during lunch I suggested that acts of creativity - music, literature and painting - gave rise to spiritual energies that brought the engaged person to a state of grace. The works of the great masters have frequently been drawn towards spiritual and religious subjects. The windows of Chagall were discussed as an example. It was suggested that I read *My Name is Asher Lev* and *The Gift of Asher Lev*, which inevitably led me to

The Source, the first of these three novels written by Chaim Potok.

When one chooses a book because of the author rather than just the narrative, it seems possible to approach with a view to reading on several levels at one time. The narrative leads one of course, but the beauty of the words is a gift or not, the description and character building powerful or not, and the messages both obvious and subjective, as is the choice of the reader. The delightful part of all this is that there is no "right" and "wrong". That decision is yours to make - each reader is entitled to his or her own opinion.

I would like to invite you into the book *My Name is Asher Lev*, into a fascinating journey led by a gifted boy who cannot do other than follow his own path despite the dictates of his culture, his parents and his Rebbe (Rabbi). To live with Asher Lev is to better understand the irrevocable demands of a gift of creativity: but, more important, to witness the residual effects of war as experienced by the Jewish communities and just how it influenced the thinking and actions of the survivors. It is a book filled with wisdom on many levels and understandable controversy. A brilliant author has presented a complex subject wrapped in simple, beautiful sentences. Perhaps you will read it once. Perhaps you will read it a second time or possibly you will read all three of Chaim Potok's books.

Peggy Toole

Friends of St. Paul's: Thanksgiving & Giving Thanks

We have just enjoyed a beautiful long and warm Summer and now look forward to our colourful and bountiful Fall.

St. Paul's has had an active time when we welcomed visitors throughout the Summer. Some have joined us for Services and / or Wednesday Lunch and others have asked for Prayer through the Register provided for this purpose.

We were delighted to entertain visitors from our past suitably dressed in period costume – the ladies

in flowing capes and full skirts and bonnets while the men were attired in swallow-tailed coats, white britches and tri-corn hats. They provided their own fife and drum marching band music.

We were saddened to learn of the death of Miss Laura Zwicker during the summer. Laura was a faithful member of St. Paul's and was a member of the former Jubilee Unit, A.C.W.

We extend to all our Friends a Happy Thanksgiving.

Dot Kelly

A Tribute to Allan MacDonald

Today I come to celebrate
But not without a tear
The life of such a gentle soul
Of one I hold so dear

A man who touched so many hearts
Of family and friends
We won't forget as years go by
His memory never ends

His wit, his charm, his kindness
Is cherished by all here
I feel that he has found his 'peace'
In that place "The great somewhere"

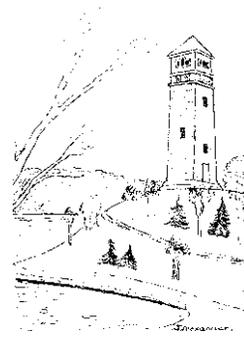
His journey is not over
It only just begun
Goodbye my sweet uncle
Farewell to you my friend

*With love,
Ann Delurey Lundrigan*

Leisure

We have just been through a lovely summer of clear skies and little fleecy clouds, with only an occasional day of fog and rain.

People are so fortunate to be able to go outside in this lovely city of ours, and see all the foliage on the trees, and flowers everywhere you look. I often used to say to my family, you must remember that the



best things in life are free. God gave us all these sights and sounds to refresh our souls.

It is too bad that living has become so materialistic, we are all asked to buy and buy in our North American society, so that it is difficult to keep the right perspective in one's life.

I am old now and have seen many changes in my life. I think the saddest change is the way that people have allowed the world to become hotter all the time. People want to fly everywhere and use a car for everything, instead of allowing the slower pace of life to continue as it did in the past. Fortunately many young people are beginning to take this seriously, but I do not see the older people wanting to change or slow down in any way.

I have many children, grandchildren, great grandchildren, and I want to be sure that they have a decent future, in which the world is not too hot, in which there are not these terrible wild fires burning up our beautiful trees and plants.

I pray to God that he will see us through any difficulties that lie ahead, and at the same time I thank him for all the beauty of nature.

Jill Field Alexander

Leisure

What is this life if full of care,
we have no time to stop and stare?
No time to stand beneath the boughs
and stare as long as sheep or cows.
No time to see when woods we pass,
where squirrels hide their nuts in grass.
No time to see, in broad daylight,
streams full of stars, like skies at night.
No time to turn at Beauty's glance,
and watch her feet, how they can dance.
A poor life this, if full of care,
we have no time to stop and stare?

By W.H. Davies

Submitted by Jill Field Alexander

It Only Takes A Moment

It only takes a moment within our busy day,
 To stop to thank Almighty God for blessings on our way,
 To say to Christ our Saviour, our Lord, God's only Son,
 "Thank you for Salvation and all that You have done."
 It only takes a moment to thank the Spirit too,
 For guidance in our daily lives, fresh thoughts our minds renew,
 To give us strength to face each day, a will to help us be
 God's faithful servants here and now, and through eternity.
 It only takes a moment in a sentence or a prayer,
 To say, "We thank You, Father God, for all our blessings here.
 We thank You, Lord and Saviour, and Spirit for Your grace,
 And for your loving promise of a new and glorious place,"
 Where we will all be joined as one big happy family,
 To use our 'moments' to Your praise for all eternity.



Written and composed with God's help for 2005 Thanksgiving, by Denise G. McKay

German prayers for children translated by Mark Flowerdew

Alle Gutn Gaben,
 Alles, was wir haben,
 kommt, oh Herr, von dir.
 Dafür danken wir.

Komm,
 Herr Jesu,
 sie unser Gast.
 Und segne, was du
 uns bescheret hast.
 Amen.

Jedes
 Tierlein hat sein Essen,
 jedes Blümlein trinkt von dir,
 hast auch uns heut
 nicht vergessen;
 lieber Gott,
 wir danken dir.

Segne, Vater
 unser Essen.
 Segne, Vater unser Brot.
 Lass uns jene nicht vergessen,
 die da hungernd
 sind, in Not.

All good gifts,
 all that we have,
 comes, O lord, from you
 Therefore, we thank you.

Come, Lord Jesus
 Be our guest.
 And bless what you
 have given to us.
 Amen.

Every little animal
 has its food,
 every little flower drinks from you.
 You have also not forgotten about us today
 Dear God,
 we thank you.

Bless, father,
 our food.
 Bless, Father, our bread.
 Let us not forget
 those who are hungry and in need.

Lieber Gott,
mach mich fromm,
daß inc in
den Himmel komm!

Ich bin klein,
mein Herz ist rein,
darf niemand
drin wohnen als Jesus allein.

Was ic habe,
kommt von dir,
was ich brauche,
gibst du mir,
gut bist du,
du liebest mich,
guter Gott,
ich lieb auch dich!

Dear God,
make me devout
that I will
come to heaven.

I am small
my heart is pure
Let nobody live therein
except Jesus alone.

What I have comes from you.
What I need you give me
You are good
You love me,
Good God,
I also love you.

Trees

I think that I shall never see
A poem lovely as a tree
A tree whose hungry mouth is prest
Against the sweet earth's flowing breast;
A tree that looks at God all day,
And lifts her leafy arms to pray;
A tree that in summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

*By Joyce Kilmer (1886-1918)
Submitted by a "Friend" from Calgary*



An Interactive Edition of the Lord's Prayer

Joan: "Our Father who art in heaven..."

God: "Yes? (off stage with booming bass voice)"

Joan: "(pause) Our Father who art in heaven..."

God: "Yes. What do you want Joan?"

Joan: "Who is this?"

God: "Who do you think this is?"

Joan: "Well, not too many people I know sound like this!"

God: "I should hope not"

Joan: "Come on now, who is this really?"

God: "This is your Father in Heaven Joan."

Joan: Right...come on now, who are you?"

God: "This is God...Do you want me to prove it?"

Joan: "No, no, no, that's all right, I'll take your word for it... but why have you started talking to me now? You've never done this before."

God: "But you called me."

Joan: "Called you? I was just praying."

God: "Well here I am, why did you call?"

Joan: "I didn't mean anything by it. I was, you know just saying my prayer for the day."

God: "Good go right on."

Joan: "Hallowed be thy name.."

God: "What do you mean by that?"

Joan: "By what?"

God: "By Hallowed be thy Name."

Joan: "It means... it means... I don't know what it means. It's just part of the prayer. What does it mean?"

God: "It means Honored, Holy, Wonderful."

Joan: "Thank you Lord. Thy kingdom come, Thy will be done, on earth as it is in heaven."

God: "Do you really mean that?"

Joan: "Sure, why not?"

God: "What are you doing about it?"

Joan: "Doing? Not much, I guess. I just think it would be great if you got control of everything down here, like you have up there."

God: "Have I got control of you?"

Joan: "Well, I am the preacher here, I go to church 2 to 3 times a week, I visit people all the time, I have bible studies a couple times a week..."

God: "That's not what I asked you. What about those bad habits of yours that you know are in direct conflict with my will in your life?"

Joan: "But Lord, I'm just as good as most of the people in the church!"

God: "Excuse me. I thought you were praying for my will to be done. If that is to happen, it will have to start with the ones who are praying for it. Like you for example."

Joan: "Oh, all right... I guess I do have some hang-ups...now that you mention it. You could probably name several other problems."

God: "Good no we are getting somewhere. We'll work together, you and I. Some tremendous victories can be won. I'm proud of you."

Joan: "Look Lord, I need to finish up here. This is taking a lot longer than it usually does. "Give us this day our daily bread..."

God: "you need to cut out the bread. You're over weight as it is."

Joan: "Hey, what is this, criticize me day?"

God: "Praying is a dangerous thing. You could wind up changed you know. That's what I'm trying to get across to you. You called me, and here I am. It's too late to stop now... keep praying. I'm interested in the next part of your prayer (pause)... Well, go on."

Joan: "I'm afraid."

God: "Afraid? Of what?"

Joan: "I know what you'll say."

God: "Try me and see."

Joan: "And forgive us our debts, as we also have forgiven our debtors..."

God: "What about----?"

Joan: "See, I knew it! I knew you would bring them up! Why, Lord, you know the lies that have been told about me, and they continue until this very day. I have lost friends because of them, not to mention what has been done to my reputation. I know it was wrong to swear to get even with them, but..."

God: "Forgive them. Then I will forgive you. Then the hate and sin will be their problem and not yours. You will have settled the matter in your heart and before my throne."

Joan: (petulant) "But Lord, I can't forgive them."

God: "Then, I can't forgive you."

Joan: (pause) "oh, you're right. You always are. More than I want revenge on them, I want to be right with you. Alright, alright, I forgive them. I want to walk the right road in life. I'm tired of always feeling miserable. Now that I think about it, no one can cause me to feel miserable without my permission. But please help me Lord, to let my actions do the talking in

showing forgiveness. I am really going to need your help, your grace and your spirit."

God: "There now! Wonderful! How do you feel?"

Joan: "Hmmm. Well, not bad. Not bad at all. In fact, I feel pretty good! You know, I don't think I'll have to go to bed uptight for the first time in a long time. May be I won't be so tired from now on because I'm not getting enough rest."

God: "You're not through with your prayer. Go on."

Joan: "Oh! Alright. And lead us not into temptation, but deliver us from evil."

God: "Good! Good! I'll do that. Just don't put yourself in a place where you can be tempted."

Joan: "I don't understand."

God: "Sure you do. You have done it a lot of times. You get caught in a bad situation. You get into trouble and then you come running to me, 'Lord, help me out of this mess, and I promise you I'll never do it again.' You remember some of those bargains you tried to make with me, don't you?"

Joan: "Yes, and good grief, I'm ashamed, Lord, I really am."

God: "Which bargain are you remembering?"

Joan: "Oh, come on, Lord...give me a break! I'm sorry, Lord. I really am."

God: "Go ahead and finish your prayer."

Joan: "For Thine is the Kingdom, the power, and Glory forever and ever."

God: "Do you know what would bring me Glory? What would really make me happy?"

Joan: "No, but I'd like to know. I want to please you. I can see what a real mess I've made out of my life. And I can see how great it would really be if I was truly one of your followers."

God: "You just answered my question."

Joan: "I did?"

God: "yes. The thing that would really bring me Glory is to have people like you truly love me. And I see that happening between us, now some of those old sinful attitudes are exposed and out of the way...Well there is no telling what we can do together."

Joan: "Lord, let's see what we can make of me, ok?"

God: "Yes, let's just see."

Joan: "Amen"

Submitted by Ashley Stephenson, EFM member - from two fellow EFM members; Bert and Joan.

I am
THANKFUL
For!



*An Historic Church
Serving the Living God
since 1749*

Anglican Church of Canada
Diocese of N.S. & P.E.I.

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Deputy Warden: Ashley Stephenson

Directors of Music:

Andrew Killawee

Maggie Duinker

Children's Program Director:

Martine Osler

Honorary Assistant Priests:

Neale Bennet

Gordon Redden

Honorary Assistant Deacon:

Sue Walters

Parish Administrator:

Jan Skinner

Sexton:

Mitchell Nimeck

Submissions to *St. Paul's Journal* are always welcome. **Why not submit a spiritual reflection, a poem, or a book review?** The deadline for the Advent Christmas issue is **November 29, 2010.**

Have you visited ST. PAUL'S ONLINE recently?

Get Connected at
www.stpaulshalifax.org

The screenshot shows a web browser window with the following elements:

- Browser Title Bar:** Welcome to St Paul's Anglican Church, an evangelical anglican church in Halifax, Nova Scotia -- - M...
- Menu Bar:** File Edit View Favorites Tools Help
- Address Bar:** http://www.stpaulshalifax.org/
- Website Content:**
 - Left Sidebar:** ST PAUL'S online, HOME, WHO WE ARE, WORSHIP SERVICES, GETTING CONNECTED, UPCOMING EVENTS, FINDING US, OUR RICH HISTORY, LINKS, CONTACT ST PAUL'S, NEW! SITE SEARCH. At the bottom: An Historic Church Serving the Living God since 1749. This page was last updated on 21 September 2006.
 - Main Content:** Welcome to St Paul's Church Halifax, Nova Scotia. A photograph of the church building. Text: "Our doors are wide open to people from all backgrounds who wish to join us on our faith journey of following Jesus Christ." "St. Paul's Church is an evangelical Christian community which is part of the Anglican Church of Canada." Contact info: St Paul's Church • 1749 Argyle Street, Halifax, NS, Canada B3J 3K4 Telephone (902) 429-2240 • Fax 429-8230 • office@stpaulshalifax.org
 - Bottom Banner:** KIDS! Join us at F.R.O.G. Junction during the 9 am service ... St. Paul's Children's Programs have started for another year!
 - Footer:** SITE MAP • SERMONS • SIGN OUR GUESTBOOK • ARCHIVE-REQUESTS
- Browser Status Bar:** Done, Internet