



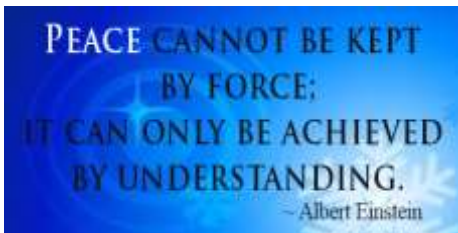
Galatians 5:22 and 23.  
<sup>22</sup> "..., the fruit of the Spirit is love,  
 joy, **peace**, patience, kindness,  
 generosity, faithfulness,  
<sup>23</sup> gentleness, and self-control.



Editor's  
 note: Not  
 sure I'd pick  
 a lemon to  
 represent  
 peace ??

In the world of today, peace, is something illusive for so many. According to Google the best definition of peace is "Peace means tranquility. Peace means being free from persecution due to one's nationality, immigration status, race, ethnicity, political affiliation, religious beliefs (or lack thereof) or sexual preference. That leaves a lot of people without peace in a lot of different situations. . I have been blessed that I have not ever experienced persecution. I know that is not because of anything I have done. But, I do believe it is one of the reasons why it is so important for us as a church to be public, intentional and explicit about who is welcome in our building. Not everyone can walk freely and

feel safe wherever they go even in this relatively peaceful country. A lot of people don't have that freedom and so it is something we wish to foster and grow here at St Paul's. To be a safe, peaceful space for anyone to enter. One of my favourite songs is [Let There be Peace on Earth](#) by Sy Miller and Jill Jackson. I remember on September 11<sup>th</sup> gathering with a group of neighbours from the 16



storey apartment building I lived in, in Toronto at the time, for a vigil that evening at the front of our building. I found myself starting to sing it as we stood with our candles and a few neighbours joined in, though not all seemed to know it.

A few of the sayings we have posted on our LED sign that relate to peace are above. All slightly different. Throughout this issue we'll have other reflections on peace. *Sharon Adams*

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## MAY

3rd	Betty McNaught
4th	Norm Dyck
5th	Tillie Pirker
6th	Alan McNaught
7th	Moe Armstrong
7th	Joycelin Shiel
8th	Trish Larter
10th	Alison White
11th	Allison Brown
11th	Devyn Waldie
12th	Jerrica Bowler
12th	Kenzie George
15th	Sharon Adams
15th	Solveig Curtis
15th	Miriam Waldie
18th	Dale & Karen DePottie
20th	Kevin Waldie
21st	Sarah Waldie
22nd	Leina Andersen
25th	Alan & Patricia Stebbing
26th	Donna Mack
26th	Ashley Waldie
27th	Stephen Baverstock
27th	Brenda Rowe
28th	Douglas Stebbing
29th	Lane and Jeannette Borstad
30th	Lori Stewart
30th	Ryder Fabian
31st	Stephen & Kathryn Baverstock

## JUNE

1st	Kathleen Young
4th	Kathryn Baverstock
5th	Flora Steinke
6th	Dorothy Dennill
6th	Brenda Stouffer
8th	Chelsea Ayre
9th	Jenna Den Hoed
11th	Alice Hickson
14th	Nathaniel Bowler
14th	Myles 1
14th	Maya
15th	Cat Proudfoot
18th	Emily Bamforth
21st	Lois Brown
22nd	Dean Lorenz
24th	Mallory Pinnock



***What does peace mean to you?***

Just before I started writing this piece I had been thinking of what I would do for the *Time for the Young at Heart* on Camping Sunday and a big part of church camps is singing around the campfire. The two trains of thought sort of collided and I started thinking of campfire songs that talked about peace.

“I’ve got peace like a river in my soul” [had to pause to do the actions after typing that one]

“I’ve got the peace that passeth understanding way down in the depths of my heart (where?)”

“Turned the stone and looked beneath it...Peace on Earth was all it said”

There are multiple hymns and other church songs that talk about peace as well. But what do we mean by it? How is it that we find peace to be a fruit of the Spirit, a sign that we dwell in the Spirit of God/God’s Spirit dwells in us?

Peace, like many other words, has a wide variety of meanings and uses. Sometimes we use it in geopolitics (usually to comment on how it is lacking). Sometimes we use it to describe a quiet setting, often outside. Sometimes we use it to describe a feeling, something internal to ourselves. What is the peace that is a fruit of the Spirit?

I think it is all of those meanings. Internal peace, community peace, peace with our environment, world peace are all signs that the Holy Spirit is at work in our lives and in the world. But more than anything I think that peace is a sign of transformation. And the work of the Holy Spirit in our lives is the work of transformation.

So I have to ask: where have you found peace in the world this week? What had to be transformed for that peace to exist?

For the fruit of the Spirit to be evident in our lives we have to be open to being transformed. The change may be small, seemingly insignificant or it may be so big we are not sure it can really even happen. Either way transformation is at work.

We could sit in the park and only be distracted by the street noise or the people walking or the worries about what might come around the corner. Then something transforms us and we notice the peacefulness, the colours of the flowers, the gentle breeze rustling the leaves, the rabbits hopping past.

We could be totally distraught by the busy-ness and uncertainties of life. We could be totally stressed out. We could let the anxiety tear us apart. Some of us think that is the natural way to be. Then we follow the advice of Psalm 46 “Be still and know that I am God”, which transforms us and we find some measure of inner peace amidst all the busy-ness and uncertainties.





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## Words from Gord

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Age-old enmities and conflicts erupt into open warfare. It seems there is no end to wars and rumours of wars. What would it take for God to transform all involved to find a path for peace? It seems impossible so often but it happened in Ireland. Transformation and peace are possible.

Peace is a fruit of the Spirit. Peace is a dream sometimes. Peace based on justice is a sign of God's Reign breaking into the world. It will really only come when we open ourselves, as individuals and as communities, to the transforming power of the Holy Spirit blowing through our lives.

Will we have the courage to be open to being changed, transformed, reshaped? Will we have the courage to be makers and seekers of peace?  
Gord



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## From Social Media

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The whole world paused this morning. Do you know why? Because an 8 year old's tank was empty. The boys had already started their school day at their desks and I was preparing to leave for work when I noticed my littlest standing in the bathroom wiping his face. I paused at the door and asked if he was okay. He looked up with tears silently dripping and shook his head. When I questioned if something happened, again he shook his head. So I sat on the side of the tub and pulled him in my lap. I told

him sometimes our heart tanks feel empty and need to be refilled.

He cried into my chest and I held tight.

I asked if he could feel my love filling him up?

A nod, and tears stopped...

I waited a minute...

'Has it reached your toes yet?'

He shook his head no...

'Okay man. We will take as long as you need. Work doesn't matter right now. School isn't important either. This right here, is the most important thing today, okay? Filling you back to the top. Is that good?'

\*nods\*

One more minute...

'Is your heart full of mamas love now?'

'Yeah...'

\*looks in his eyes\* I see it shining in there, you're full to the top, and you're smiling!

Y'all. You may not be 8- you may be 28, 38, 48 or whatever- but ALL of us run on empty just like he did. His weekend was so busy and so full and his little soul was just dry!!!

We all have to pause, and take a moment to refill with the good things. Scripture, prayer, sunshine, worship, song, laughter, friends, hugs. Refill your empty, or you'll find those emotions (tears, anger, snappy words) overflowing with no reason why.

Take a moment. Refill. It's the most important part of your day!

Around St Paul's



**Palm Sunday**



**Easter Sunday**



**Peace and Justice and Refugees!**

By Martha Dawson

Did you know that St. Paul's has a refugee program? You could be forgiven if you do not know because it has been pretty "low key". Legesse Sahle approached the Council in early 2020 and asked that St. Paul's co sponsor with him two of his fellow Eritrean friends currently in a refugee camp in Tel Aviv, Israel. As a United Church we are part of the Sponsorship Agreement Holder position of the National Church and thus could be helpful to Legesse in making an application for his friends to be admitted to Canada as refugees. Eritrea is a country at war with its neighbours and with internal conflict

The United Church has strict guidelines for the co-sponsorship. One of which is that Legesse had to provide the funds at the time of the application for the support of the two men for one year – which he did in July of 2020. The United Church of Canada approved the applications and forwarded them to Citizenship, Immigration, and Refugee Canada in 2021. Unfortunately, one of the men was turned down as a "refugee". He may be appealing the decision. The good news is that the other gentleman, Mabrahatoun Okbai, will be arriving in Canada in about six weeks. We were given an arrival date but without any explanation Mabrahatoun's travel date has been postponed.

Legesse and his family are providing all the support that is needed but there may be ways that we can be helpful with gifts in kind – furnishings and small housewares for example, We will let you know when Legesse has sorted out the living arrangements. Please hold all involved in your prayers. For your further information Legesse and his wife Segen are the custodians at St. Paul's.

We have made a contribution for justice for Mabrahatoun. May he now live-in peace.

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The theme also made Martha think of campfire songs....

Peace, Peace, Peace – sung around the campfire at Girl Guide camp.

"Peace, I ask of thee oh river.

Peace. Peace. Peace

When I learn to live serenely,  
Cares will cease.

From the hills I gather courage,  
Visions of the days to be.

Strength to lead  
And faith to follow..

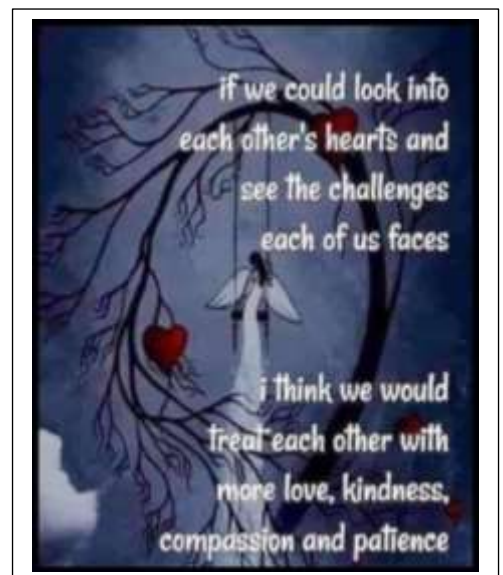
All are given unto me.

Peace I ask of thee oh river.

Peace. Peace. Peace."

<https://www.youtube.com/watch?v=vGdfyom5HUc>

traditional Girl Scout song written by Glendora Gosling and Viola Wood







The Building Transition Task Group have been meeting every two weeks since February 25<sup>th</sup>.

We have had many good discussions on such things as what do we need in terms of space going forward. Hence the survey we put out in March and April. We met with each of the staff and got their insights into the current use of our building and what they see as important going forward.

Another aspect of the transition is how to best optimize our current space to allow for more rental income and a better use of the space for the community at large as well as our own groups. So that means discussing, carpets, paint, chairs, multi-purpose spaces and looking at the overall layout and plan. Property therefore was also included in our "survey" of personnel as we look at various ideas and research costs and possibilities. If you have

thoughts about any of this, know or hear of groups that would like to rent our space, have skills we could utilize, or would like to share your thoughts with us you can write to [northernfuturesucc@gmail.com](mailto:northernfuturesucc@gmail.com) and we will all be able to read it.

We've begun a three way dialogue with Trinity Lutheran Church and Christ Church Anglican to get to know each other better, and to support each other as we all struggle with transition. Patti Stebbing for the Building Transition Group and Emily Bamforth, as chair of council, and Gord Waldie attended on our behalf. So you will be hearing about more opportunities to mix with those two churches with picnics, a pet-blessing service in the fall, and we'll be including more of each other's events in our bulletins so that we can mix and mingle more. We hope some of you were able to attend the May 4<sup>th</sup> Spring Tea at Trinity. There is a **SAVE THE DATE alert for Saturday, June 22<sup>nd</sup> from 11 am to 2 pm for a tri-church picnic**. Watch for more news on location, and what we are each to bring.

We met along with council for an interesting evening with Jordan Cantwell, the Growth Animator for the three Prairie Regional Councils. It was a good time of really talking about and thinking about "Who we are? Why do we exist? We learned at that meeting that the Rural Connect program we had thought we might be able to use with other churches in Northern Alberta is being discontinued so that option for re-thinking ministry is gone. We are still planning to keep the initial dialogue with United Churches in Northern Alberta going, it just won't include the Rural Connect option any longer.

We have discussed getting our message out in better ways. So that means Communications needs to do some work and we have grown that team to see if we can get started on some of those changes and suggestions coming from the Building Transition Task Group. We welcome Scott and Dèsirée Maitland, and Caleb Hussey to the team.

Mostly for my part, I keep praying that if we are going to find a buyer, they come soon, so we don't fix it all up just to turn around and move out or have the buyer tear it all down. So, I hope you'll join me in that prayer, or share what your prayer for our community is.

Sharon Adams on behalf of the rest of the team...Brenda, Johnathan, Karen, Patti and Valerie

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## Around Grande Prairie

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**At the Grande Prairie Public Library**....There are events happening all the time for all ages and on varying topics. To find something that might interest you...check out their calendar here

<https://events.gppl.ca/>

New at the library.....Book Club in a Bag <https://www.gppl.ca/News/Book-Club-In-A-Bag>

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**National Aboriginal Hockey Championships** at Design Works Centre+  
**May 5, 2024 - 12:00am - May 11, 2024 - 11:59pm**

An exciting blend of sport and culture, this event provides a forum for elite Bantam/Midget aged Indigenous youth to not only compete for sport glory, but to also come together in ceremony and comraderies.

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**Fri., May 10<sup>th</sup> – 7:30 pm - Symphony and Singing in the City** - is a concert that features a professional Orchestra that plays along side the Grande Prairie Boys' Choir.at People's Church.



Sat., May 11<sup>th</sup>, 12 p.m. to 4 p.m.

**Grande Prairie Activity & Reception Centre, 9401 Park Road**

GP Grows: Dig It continues its mission to provide residents with an engaging gardening endeavor, offering seed potatoes, seed onions, and triple-mix soil—all for free. Whether you're a seasoned gardener or a beginner, our on-site team will be available to address any questions you

may have and offer tips and tricks to maximize your plant growth!

- Suitable for all levels of gardeners
- No registration required
- Bring your own pail or container for the veggie mix soil from **KLon Services**.

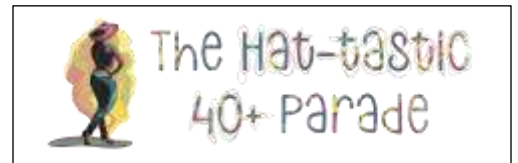
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**June 8, starting at 11 a.m.!**

The parade is a celebration dedicated to the empowerment of women aged 40 and above, as we march through the heart of our city in solidarity and unity. It is more than just a procession; it's a statement of visibility and support for women 40+.

We'll gather at the intersection of 100 Avenue with 99 Street and embark on a symbolic journey to 100 Avenue with 102 Street. Don your favorite hat as a symbol of unity, strength and visibility.

Let's celebrate the vibrant lives of women over 40 together!

June 8, 2024 - 11:00am - June 8, 2024 - 2:00pm (Editor's note...not sure it will take 3 hrs to walk four blocks??)



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**Thurs., June 13, 2024 - 12:30 – 3 PM - Seniors Tea @ Tara Centre at Evergreen Park**

The afternoon tea includes, refreshments, snacks, musical entertainment, and door prize draws. The event promises to be a delightful and engaging afternoon for all who attend.

Seniors interested in attending are requested to **register by**

**Wednesday, June 5, 2024**, to reserve their spot.

Registration can be completed by calling **780-567-5586** or emailing [mbourk@countygp.ab.ca](mailto:mbourk@countygp.ab.ca).

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<https://www.facebook.com/gpseniorsoutreach/> There seem to be a lot of good programs here for seniors some of us may want to check out. Such as [Be Cyber Smart](#) – Wed., May 15<sup>th</sup> at Clarimont United 7:00 pm – 8:30 pm; or the [Walk for Alzheimer's Sat. May 25th](#)



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## From Social Media

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### April 8, 2024 – Solar Eclipse

Good morning. About 1000 years ago, we joined together to ratify the Kayanarekówa (Great Peace). Some stories say a total eclipse darkened the skies so deeply that the nocturnal animals woke to encircle and witness the calm of the people who unified under the Great White Pine.

As our brother the Sun re-emerged from behind the intimate kindness of Grandmother Moon, all Onkwehonwe were awakened with a new sense of unity and we intend to walk in that state of unity until the end of time.

This full solar eclipse is a monumental time for the Haudenosaunee reminding us of why we put down our weapons and gathered under the Great Pine for the inception of the confederacy and the embracing of Kaianere'ko:wa or Great Law of Peace.

It is a time to revisit the travels of Peacemaker, retell the story of Skywoman and recapture the serenity of her descendant, Tsiokonsaseh (Mother of Nations, Mother of Peace).

In this dangerously violent world, it is a time to remind ourselves how we came to be of Good Mind. We call on her.

Be inspired. Inspire each other.

See each other as the Moon sees the Sun; vastly different and equally important.

<https://passthefeather.ca>

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## From Social Media

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### Light up the Sundial at Centre 2000

The City of Grande Prairie and Grande Prairie & District Chamber of Commerce are proud to announce a collaborative community enhancement project to recognize the 20<sup>th</sup> anniversary of Centre 2000.

The Grande Prairie sundial located at Centre 2000 is now able to display custom coloured lights to mark special days, celebrations, or causes as requested by community groups. The community has been asking for a public way to recognize their events and for that reason we are excited to share this enhancement.

Centre 2000 is an important community asset, jointly operated by the City and Chamber. If you want to request a special day you can complete a form here and submit it for consideration.

<https://centre2000.ca/contact/sundial-light-up/>

Do we know of a day we'd like to make a request? United Church colours for the 100<sup>th</sup> Anniversary on June 10<sup>th</sup> 2025??

Our first St Paul's Affirmaversary, June 9<sup>th</sup> 2024?? We might be late for this one.



## **Ruminations on “Peace”- submitted by Karen Scott**

There are many meanings and nuances for the word “ peace”, such as: War and peace, calm, quiet, untroubled.

Carolyn McDade’s song “Serenity” is the image that came to mind as I thought about this newsletter’s theme: “peace”. Carolyn writes that “serenity isn’t freedom from the storm, but peace within the storm.” In this crazy world, finding “peace within the storm” seems to me to be a more attainable goal: Can I find peace within the worries and cares that populate my mind when I am awake at night?

The cares and challenges of this moment in history seem overwhelming: global environmental and climate issues, war in the Ukraine, people displaced due to internal issues in Syria, the genocide of Palestinian people in Gaza, post Covid recovery, and inflation to name a few. There are so many problems it is easy to feel anxious and overwhelmed.

But as I think about it, 30 BCE in Palestine would have been anything but calm for new mother Mary raising baby Jesus with: scheming King Herod, Roman occupation, harsh, dry climate, suspicious, gossip-fueled neighbours, a hasty marriage, a baby born early.

Fast forward thirty some years, to that first Easter, and to those resilient, determined, inspired followers of Jesus , who were still dealing with Roman occupation and Rome’s very real threat to individuals in the early Christian sect. Not a situation imbued with “peace”.

The writer who coined the “fruits of the spirit” list wasn’t thinking of seeking peace in an idyllic grassy meadow. (I’m assuming it was a male author). His reality was fraught with the worries and cares of daily life in challenging times.

So, how can we seek “peace within the storm” in today’s world?

For me, seeking peace begins with being grounded in faith, family and friends.

Being part of St. Paul’s United church’s community of faith makes me feel connected and in relationship with people who are each on their own spiritual path. When I hit a wall because difficulties overwhelm me, I lean into my faith and hand those worries and cares off, into the hands of the Eternal. It’s a relief. I feel calmer, and am better able to carry on, carrying on! Relationships with friends and family near and far, far away, ground me and give me a sounding board to talk through worrying concerns, as well as sharing joys and successes.

Another conduit for peace-seeking in my life is music: singing, listening, and soaking it into my soul. Music is a healing balm that shifts my mind away from being stuck in worry.

Lastly, walking the labyrinth helps me to quiet my mind-chatter, and shift my focus towards peace-filled living. Often, I journal before and after I walk the labyrinth, and I am always grateful for seeing the shift in my perspective and personal growth.

I wish you well as you journey, seeking Peace within the stormy patches of life. Here are Carolyn’s words: (see next page)

**Serenity**

*Serenity isn't freedom from the storm,  
but peace within the storm  
within the storm, peace.*

*If the road should disappear,  
we'll shake the dust from our feet and walk on.*

*If the road should disappear,  
we'll shake the dust from our feet and*

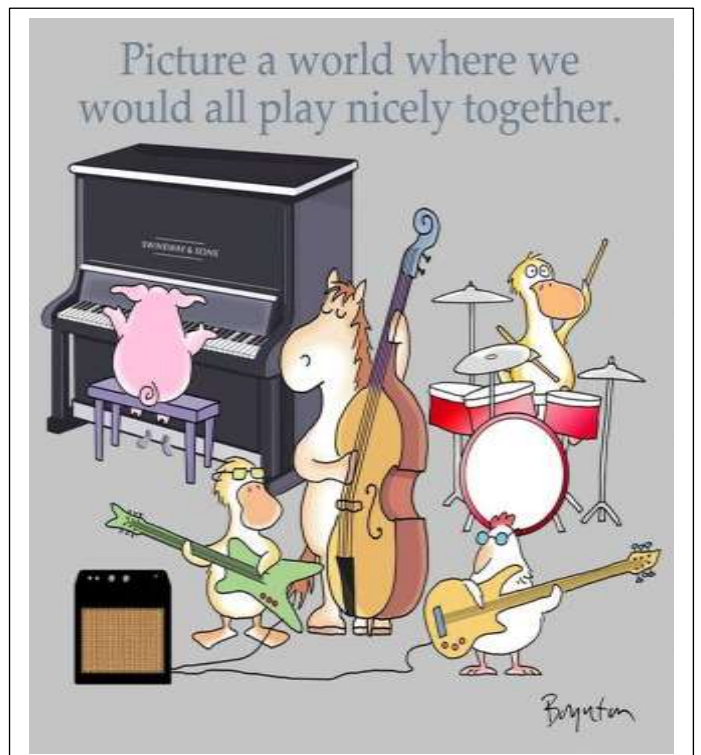
*Serenity isn't freedom from the storm  
but peace within the storm  
within the storm, peace.*

I was looking for a video of Carolyn McDade's song "Serenity", but couldn't find one. Instead I'm sharing a link to another peace-inspiring song from Carolyn, which I came across during my search: "Spirit of Life, Come unto me".

I have sung it with singing circles in Southminster-Steinhauer United church in Edmonton, in person and via zoom during Covid19. This song gives me such comfort in troubled times. I hope you are able to listen with your heart.

<https://m.youtube.com/watch?v=sdnr4fNuR74>

submitted by Karen Scott







Toronto author and environmentalist Candice Batista gives tips on how to save thousands of dollars a year by making small changes around your home

From CBC's What on Earth newsletter:

Candice Batista is founder and editor-in-chief of [The Eco Hub](#), a green lifestyle website, and the author of a new book, *Sustained: Creating a Sustainable House Through Small Changes, Money-Saving Habits, and Natural Solutions*. She spoke to us from her home in Toronto, where she lives with her husband and their cat, about ways to save money and cut waste through small changes at home.

This interview has been edited and condensed.

### **Why don't you start by telling me what inspired your new book?**

I wanted to give people the tools to navigate sustainable living. I wanted to dispel that misconception

that going green is much more expensive. It absolutely isn't.

I'm giving you tangible, practical things that you can do starting in your kitchen, which is one area where we create a great deal of waste. It's also one area where we can have a really big impact individually.

### **Why was that your focus?**

Well, I think because it's very difficult for people to wrap their heads around, you know, going out and investing \$25,000 in solar panels, for example. Or, you know, buying an electric car.

But I think that right now with inflation and grocery prices, I really wanted to give people options as to how to reduce waste. And it starts, you know, again with looking at what you have in your home and starting there.

### **Can you talk a little bit more about what you mean by that?**

[For example] you know, a lot of people have trouble breaking up with the paper towel habit. It's one of the cleverest marketing strategies because we're buying something that we know we're going to throw out.

But paper towels are not as effective as regular cleaning cloths. See what you have in your home. Most people have lots of dish towels lying around stashed in drawers. Do you have old T-shirts that you can cut up? Do you have old pillowcases? Old socks? I know it sounds very out there, but why would you buy that product when you already have it in your home?

### **You mentioned that you saved a lot of money following the tips that you give in your book. Can you tell me how much you saved?**

It would be easy to save at least \$7,000 when you look at the volume of paper towels that we buy, the volume of plastic baggies that we buy, and you take it from the kitchen, even into the bathroom, for example.

You know pads cost women thousands of dollars. When you switch those out to period panties, again, you're going to see substantial savings.

### **Where do the biggest savings come from?**

In Canada, the average family is [throwing away almost \\$1,100 every single year in food waste](#).

I was throwing money in the garbage, literally. So, I started to rethink my grocery habits. I started to really plan out what I was going to eat in a week, utilized recipes that didn't ask for ingredients where

**Annual savings from switching to greener options at home**

Author Candice Batista shares tips for saving money at home, along with how much she saves per year with these options.

Category	Cost savings	Cheaper option
Convenience food	\$3751.80	Whole, fresh ingredients
Disposable water bottles	\$1124.50	Reusable water bottle and tap filter
Conventional cleaners	\$655.20	Homemade cleaners
Paper towels and napkins	\$355.94	Reusables
Toilet paper	\$340.80	Bidet attachment to minimize toilet paper use
Beauty products	\$312.00	Essential, multipurpose products
Trash bags	\$273.00	Composting and recycling to minimize need
Tampons and pads	\$214.50	Reusables e.g. cloth pads, menstrual cups
Tissues	\$97.50	Reusable handkerchiefs
Plastic baggies	\$78.00	Reusable storage
Aluminum foil	\$78.00	Reusables e.g. silicone mats, beeswax wraps
Plastic wrap	\$70.20	Aluminum foil, reusables
<b>Total</b>	<b>\$7351.44</b>	

Source: Candice Batista

you couldn't buy just what you needed. And that's when I started bulk shopping. I also eventually realized, OK, when I shop, I need to make sure that I'm putting all of the older food in the front, not in the back [of the fridge, freezer and cupboards].

**What would you say is the biggest lesson that you learn from, you know, going through all this and writing this book?**

Don't be discouraged. Try, try again and just keep doing it. Habits take time to break and habits take time to make. So keep that in the back of your head and understand that there's no such thing as a perfect environmentalist.

— *Emily Chung*

**Reader feedback:**

**Judy McArthur** wrote:

- " 1. Catch the cold water in your shower before it heats up, to water your plants.
- 2. Wash your dishes in a pan, and then use the used water to water

your garden.

3. If living on a small property, collect your cut vegetable peels in an old container with a cover, let [them] breakdown then mix with soil and bury in your flower bed. Great compost."

**Dave Thomas** of Smiths Falls, Ont., wrote:

"We close drapes at night in the winter to keep the heat in and open them during the day to let the sun warm the rooms. Do the reverse in summer. Check ceiling fans for directions — down in winter up in summer. Every little bit helps!"

**Bob Scott** of Chilliwack, B.C., suggests saving on groceries by collaborating with neighbours to grow a range of shared crops. With individual gardens, "the usual result is using some and discarding or composting the remainder. Rarely do the multiple growers share, not because they're stingy, but because they have not considered the idea of community." He suggests, instead, "Allocate specific vegetables to one or more home owners, each of whom will grow specific plants... The result will be astonishing." When he lived in Sechelt, B.C., he grew potatoes and carrots, while his neighbours grew onions and squash. They both grew tomatoes, and all the produce was shared. He's trying to set up a similar system at his new home in Chilliwack.

The web version of this week's newsletter can be found [here](#). Read old issues [here](#). The CBC News climate page is [here](#).

## Humour Corner



1. The biggest joke on mankind is that computers have begun asking humans to prove they aren't robots.
2. When a kid says "Daddy, I want mommy," that's the kid's version of "I'd like to speak to your supervisor."
3. I don't mean to interrupt people, but I just randomly remember things and get really excited.
4. I thought growing old would take longer.
5. It's weird being the same age as old people.
6. I'm at that delusional stage where I think everyone my age looks way older than I do.
7. Just once I want a username and password prompt to say, "CLOSE ENOUGH".
8. If I am ever on life support unplug me and plug me back in and see if that works.
9. Do you ever wake up in the morning, look in the mirror, and think, "That can't be accurate.?!"
10. I see people out there zip-lining and mountain climbing and here I am feeling good about myself because I got my leg through my underwear without losing my balance.
11. Last night the internet stopped working so I spent a few hours with my family. They seem like good people.
12. If Adam and Eve were Cajuns, they would have eaten the snake instead of the Apple and saved us all a lot of trouble.
13. We celebrated last night with a couple of adult beverages: Metamucil and Ensure.
14. You know you are getting old when friends with benefits means having someone who can drive at night.
15. Weight loss goal: To be able to clip my toenails and breathe at the same time.
16. Some of my friends exercise every day, meanwhile I am watching a show I don't like because the remote fell on the floor.
17. For those of you that don't want Alexa listening in on your conversation they are making a male version. It doesn't listen to anything.
18. Now that I have lived through a plague, I totally understand why Italian Renaissance paintings are full of fat people lying on couches.



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## Prayer Corner

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Prayers for Peace or about Peace:

Prayer of St Francis of Assisi:

Lord, make me an instrument of your peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
and Where there is sadness, joy.

O Divine Master, grant that I may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life. Amen.

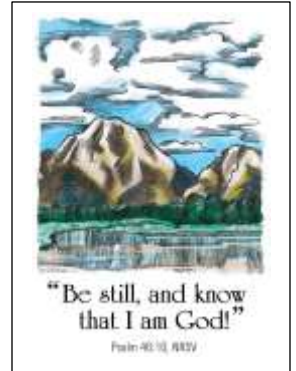
[2 Thessalonians 3:16](#): "Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."

[Colossians 3:15](#): "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

[John 14:27](#): "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

[Psalm 29:11](#): "The LORD gives strength to his people; the LORD blesses his people with peace."

[Philippians 4:6-7](#): "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."



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## CGIT at Crafting at Wild Rose

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**At St Paul's**

Last Sunday of the Month...



**FündScrip™**

Our next order will go in on the first Sunday in May 5<sup>th</sup> and cards will be back for Mother's Day on May 12th.

The first two orders raised \$1307.00 for St Paul's from gift card orders.

The next order will be on Sunday, August 4<sup>th</sup> for pick up Sunday, August 11<sup>th</sup>.



Labyrinth-Walks  
or  
Sound-Baths



Enter-N.E.-Door  
check-website  
for-dates-and-times

ST. PAULS UNITED CHURCH  
HANDBELL CHOIR PRESENTS

**RING IN HARMONY**  
HANDBELL CONCERT  
WITH SPECIAL GUESTS

SUNDAY MAY 26TH 2PM  
ST. PAUL'S UNITED CHURCH  
10206 100 AVE. G.P (780-532-2415)  
ADMISSION BY DONATION

SPRING CLEANING???

**Clothing FONDdrive**  
ADVANCE NOTICE!!!

For our Used Clothing drive fundraiser at the end of August, we will be accepting bagged donations of:

**Clothes - Shoes - Boots -  
Purses - Belts - Towels - Bedding**

As you SPRING CLEAN AND PURGE YOUR CLOSETS, please bag items and save them to donate to St. Paul's to support this simple fundraising initiative!

**GARAGE SALE**  
At D Company Armouries

- Mon. Aug 19<sup>th</sup>**  
2 pm – 8 pm  
Donations Drop Off day
- Tue/Wed/Thu Aug 20-22**  
9 am – 5 pm  
Pricing Items for Sale
- Thu. Aug 22<sup>nd</sup>**  
5 pm - 8 pm  
Shopping begins
- Fri., Aug 23<sup>rd</sup>**  
9 am - 8 pm  
Shopping continues
- Sat., Aug 24<sup>th</sup>**  
10 am - 1 pm  
Shopping ends  
Clean up

**Around Town**

- Everything GP – Community Calendar of Events <https://everythinggp.com/community-calendar/>
  - 98.9 Rewind Radio Events Calendar <https://989rewindradio.com/events-calendar/>
  - My Grande Prairie Now events calendar <https://www.mygrandeprairienow.com/community-calendar/>
  - City of Grande Prairie <https://cityofgp.com/culture-community/news-events/event-calendar>
- Lots to do ... so check out the calendars above for more local events.



You may have noticed that we have a few new QR Codes around on our bulletins and YouTube, or on the website in order to take people to special places on our website or on Social Media. These are used by taking out your phone camera and focusing on the QR Code. When you have the code centred in the yellow box and click on the camera it will automatically take you to the page associated with the particular QR Code you are scanning on your phone.



This will take you to our YouTube channel



This one will take you to our donation page



This will take you to our Facebook page

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It's graduation time again. Do you have a special family member you'd like to celebrate by creating an LED slide to commemorate the occasion. We can post the slide for a day or a week.

We can include a picture, or just have a generic slide with their name and their school logo and colours. Contact the office with the details of the occasion.... A birthday, a graduation, a special milestone and how long you'd like the slide to be up and the date(s) you want it to run. Do they have a favourite animal, colour, or "passion" that we can use to personalize the slide?

Samples:





## Save the Date

### MINI CALENDAR You can always check our church [website calendar](#) too

**Tue., May 7<sup>th</sup> - 7:30 pm** **Voices in the Wilderness** – 2024 Spring Choral Concert at Christ Church Anglican; Admission by Donation.

**Thu., May 9<sup>th</sup> – 7:00 pm** - **Northern Spirit Regional Meeting on ZOOM**

**Fri., May 10<sup>th</sup> – 102<sup>nd</sup> Street Stitchers** - - in the Friendship Room

**Fri., May 10<sup>th</sup> – 7:00 pm –Sound Bath** North East Doors open at 6:45 pm. Take some time to reflect and clear the clutter ...Relax, Release and Renew...Please bring water, mat and whatever else you need to feel comfortable.

**Sat., May 11<sup>th</sup> – 8:00 am - Property and Maintenance Meeting**

**Sun., May 12<sup>th</sup> – 10:00 am – Mother’s Day** – Alison White will be leading worship

All are invited to bring two things to church on Mother's Day!

#1 - a picture of your mom to display!

#2 - an item that a new mom in need could use for herself or her new baby!  
(sleepers, diapers, pacifiers, toys etc)

**Sun., May 12<sup>th</sup> – 7:00 pm – Bell Choir Practice**

**Wed., May 15<sup>th</sup> – 1:30 pm – Coffee’s On** – drop in for a chat or to puzzle. Bring a friend or neighbour.

**Wed., May 22<sup>nd</sup> – 7:00 pm – Council Meeting**

**Wed., May 22<sup>nd</sup> – 7:00 pm – Bell Choir Practice**

**Fri., May 24<sup>th</sup> - 7:00 pm - Sound Bath** - in the Large Basement North East Doors open at 6:45 pm

**Sun., May 26<sup>th</sup> - 2:00 pm - Ring in Harmony** – Handbell Concert invite your friends to come and enjoy an afternoon of good music. Admission by donation.

**Wed. May 29<sup>th</sup> - Fri., Jun 7<sup>th</sup> - Carla Johnson-Clarke on Vacation** Rev. Gord will be in the office Mon. to Thur. 9-12

**Wed., May 29<sup>th</sup> 7:00 pm – Building Transition Task Group Mtg**

**Fri., May 31<sup>st</sup> – Office Closed**

**Fri., May 31<sup>st</sup> – 5:30 – 8:30 pm - Pizza n Games Night – Join us in the Friendship Room**

**Saturday June 1<sup>st</sup>, 2:00 PM, Northern Spirit Regional Council Affirming Celebration and Celebration of Ministries Service...at Mill Woods United Church, 15 Grand Meadow Cres, Edmonton, AB.** We will also celebrate the ordination of Carrie Symondson, and share in communion together. Pride picnic to follow! The main listing on the Northern Spirit Regional Council website will be updated as more details are added. [Please click here to share it widely](#)

**Fri., June 7<sup>th</sup> – 10:00 am – Coffee’s On** in the Friendship Room

**Fri., June 7<sup>th</sup> – Office Closed**

**Sat., June 8<sup>th</sup> – 9 am – 2:00 pm Pride Family Carnival** at Eastlink

**Sun., Jun 9<sup>th</sup> – 10 am – 1<sup>st</sup> Affirmaversary Celebration**

**Mon., June 10<sup>th</sup> – 7:00 pm – Building Transition Task Group Mtg**

**Wed., June 12<sup>th</sup> – 12:30 pm – UCW Luncheon and Tour at the Museum** – wrap up prior to Summer break

**Wed., June 19<sup>th</sup> - 1:30 pm – Coffee’s On** in the Friendship Room

**Fri., June 21<sup>st</sup> – 5:00 pm - National Indigenous People’s Day Parade** – We will be participating again this year.

**Sat., June 22<sup>nd</sup> – 11 am – 2:00 pm Tri-Church Picnic** – location TBD watch for news

**Mon., June 24<sup>th</sup> – 7:00 pm Building Transition Task Group Mtg**

**Fri., June 28<sup>th</sup> – 5:30 pm – 8:30 pm - – Pizza n Games Night** In the Friendship Room

#### WEEKLY

**Sun., 10 am – Worship in the Sanctuary**  
**Thu., 10:30 – 11:30 Music Mornings May**  
**Thu. 6 :30 – 8:00 pm Embers (May)**  
**Thu., 6:00 pm – Tai Chi – Large Basement**  
**Thu., 7:30 pm – Choir Practice (May)**