



Galatians 5:22 and 23.
“²² ..., the fruit of the Spirit is love, joy,
peace, patience,
kindness, generosity,
faithfulness,²³ gentleness, and
self-control.”



Welcome to Fall!

I must admit, when presented with the task of writing an editorial introduction on the topic of “Self control” for this issue of the newsletter, I did not feel inspired. “Self-control” made me think of: failed diet regimes, moth-balled new year’s resolutions to exercise 5 times/week, and guilt over enjoying my caffeine of choice: dark chocolate.

Then I had an epiphany! I had been focussing on giving up things that I enjoy that may not be healthy choices, or forcing myself to do things I don’t particularly like, but I know are good for me (like eating healthy foods, and exercising).

I realized I had missed the point. **I needed to focus on a positive view of “self control”.** Because I had drifted towards thoughts of self-pity and scarcity, I missed the greatest strength and gift of self-control. **It is only with self-control, that we enhance and enrich our lives!**

Through the lens of personal growth, building deep relationships and making the world a little bit better, **self-control** is truly a Fruit of the Spirit.

It can take self-control to: do the right thing instead of the easy thing; be more compassionate and patient; be brave and honourable; turn the other cheek; share with others (time, hospitality, trust, as well as food, clothing and shelter); seek to understand others.

Perhaps if we “lean into” self-control it will help in shifting ourselves and others: from selfishness to selflessness; from ego to compassion; from racism and homophobia to acceptance of differences, from inequity to justice and **from fear to love.**

I think we at St Paul’s have walked and continue to walk the path seeking: deep spirituality, bold discipleship, daring justice. We have a role to play in creating community that is safe and fair for all, right here in Grande Prairie.

Karen Scott – Editorial Team

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Please send comments, ideas, photos, or articles for inclusion in the next newsletter to communications@stpaulsuc.ca

Submission deadline is October 26th.

The theme for the Advent issue is **Gentleness.**

What do these things have in common???

- You are in a hurry, running late for an important meeting and somebody is driving really slow in front of you. You run out of patience and want to lean on the horn.
- Your favourite football player announces he is engaged to some singer (or maybe favourite singer engaged to some football player?) and in your excitement you want to scream and dance.
- Scrolling through Facebook one day you see a post from someone in your extended family that seems pretty racist. Do you bother to engage and offer a different point of view?
- With a deep sigh you read the news and discover that yet another government announcement has come out with an idea that you find so aggravating you want to throw your phone against the wall.
- A close friend gives you wonderful news but then says “don’t tell anybody else”. You are so happy for them you can barely keep it in.
- Your young child is insisting “me do!” but it is taking forever and the mess keeps growing...

The common thread? All are opportunities to practice the virtue of self-control. I am sure that given a chance you could think of a multitude of other examples when that opportunity has passed your way.

I am also sure that, like me, you can admit that your record of embracing the chance for self-control is mixed at best.

Paul lists self-control as one of the flavours of the Fruit of the Spirit. In some ways I think this is one of the most challenging, and judging from some of Paul’s letters (looking at you Corinth) I suspect Paul found that many people had issues with self-control as well. In fact when I think of Paul’s lament in Romans 7:19 “For I do not do the good I want but the evil I do not want is what I do” I suspect Paul found himself struggling with self-control from time to time.

Why is self-control an important part of living out our faith? I mean I can see why it is important for keeping us employed, or married, or out of jail but where does faith tie in? In a world where, more and more, we are encouraged to “just be yourself” why not just do that?

I think it is an act of love, the predominant flavour of the Fruit of the Spirit. Practising self-control is about pausing and asking ourselves if our automatic reaction is the most helpful, the most encouraging, the most appropriate, the most loving. We may end up doing that thing anyway, self-control does not automatically mean self-denial, but at least we have stopped to reflect on our actions and made a conscious choice. We may even find that we are moved to a more constructive action than our initial knee-jerk response.

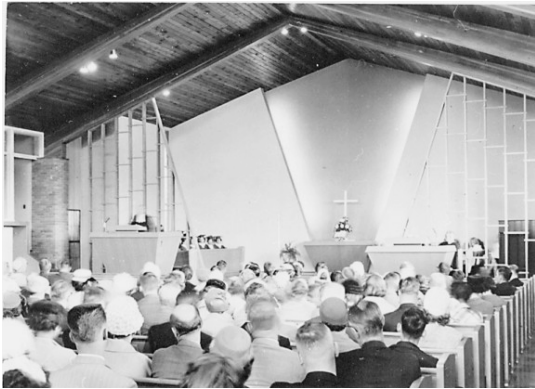
I encourage all of us to think before we act. I encourage all of us to ask if what we are about to do or say will help accomplish the building of a loving community or will it just tick people off. Will we make a difference or just blow off steam (and if the latter will it hurt someone else in the process)? Is this event so important that we have to respond? What might the Jesus we meet in the Gospels encourage us to do in this circumstance?

In everything we do, in every situation we face, we are called to act lovingly, to love our neighbour, enemy, family member and friend. Over and over in life we are challenged to keep what is truly important in view and not be distracted by the shiny or the loud. Self-control helps us to do just that. We won’t always get it right, but we are encouraged, challenged, called to keep trying.

But I have to admit that sometimes those knee-jerk reactions (however unhelpful or immature they may be) do feel really good – in the moment. Sometimes what feels good is not what is right. May God help us all to know which is which.

--Gord

Memories of St Paul's United Church – submitted by Art Macklin



I was five years old in 1950. The Sunday School was full of children and went from nursery through to high school. Barbara Hofmeister was one of my Sunday School teachers and we got a gold star on a card for attendance each week. When any of the children had a birthday, they would bring pennies to church that matched their age. There was a little wooden church that had a slot in the top and we would all sing “dropping, dropping, dropping, dropping, hear the pennies fall, every one for Jesus, he shall have them all” as the child put the pennies in the slot. The highlight of the year for the Sunday School children was the Christmas concert.

We had a Hi-C youth group at the church and some of us went to Naramata on a bus with other Peace Country youth for a 10 day experience at the leadership training center. My sister, Ann, and I sang in the junior choir under the leadership of Mrs. Obrien.

The United Church had a property at Saskatoon Lake that had several cabins with 10 bunks in each cabin. There was a large cooking and dining building and a large cabin for the leaders. I remember a number of fun camps with boys from all over the Peace Country. Some of the boys came from disadvantaged families. Marg Bowes remembers there being CGIT camps at the site and having to sweep tent caterpillars off the walls of the main building. Saskatoon lake was also where St Paul's held the annual, well attended picnic. There were all kinds of games such as three-legged races.



There were boys and girls groups in the church. TYROS, Cubs and Scouts for boys and Explores and CGIT for girls. Our Scout troop went to an Alberta Jamboree in 1957.

When Donna and I were married in 1972 we lived at the DeBolt farm until 1979, when we moved into town. Both Donna and I and our children Sadie, Vance, John and Nathan received the benefits of involvement in St Paul's. There was Messengers, Explorers, CGIT, Cubs and Scouts for the children.

In addition to the regular Sunday service there were Lenten study groups. We had a discussion and speaker series entitled “What would the world be like if we lived the way God wanted us to live” led by Lori Crocker, Linda Smith and Ken Raney. Some of the speakers were Bishop John Spong, Father Charlie McCarthy, Rev. Chris Levan and many others.

Lori Crocker, a diaconal minister, led services, worked with the children in the Messengers group and worked with the young people. The United Church is part of the interchurch group KAIROS and Lori Crocker and Linda Smith led our participation in the Grande Prairie group. We had a World Supper. People bought tickets and a few got a North American meal, a few got a European meal, but most got an African or Asian meal with a small portion of rice or beans. It was quite a learning experience and was based on the percentage of the world population living in each area.

St Paul's sponsored two refugee families, the Doberdelanies from Bosnia and Shiferau Lemu's family from Ethiopia.

For many years the Sunday morning service at St Paul's, was broadcast live on CFGP radio station. When Rev. Johnston was the minister both Sunday morning and Sunday evening services were well-attended.





Brenda Stouffer, Pamela Stack and Valerie Jenner at the Farewell Tea, celebrating retirement after 50 years of leading St Paul's CGIT & Explorers groups.

Centennial Celebration Worship at Saskatoon Lake Campground



Around Town



Left: Pride Family Carnival photo both.

Below: Volunteers at the Grande Prairie Traditional Pow Wow





Oseyi, Rachel, Ashley, Gord, and Casey at the Canada Day parade.
Photos by Oseyi and Brenda Stouffer.



Weekly Events:

Sunday, 10 am – Worship in the Sanctuary

Tuesday, 7:00 – ZOOM Bible Study

Thursday, 6 pm – Tai Chi – East Basement



Wednesday – Saturday, 5 – 11 pm –

Card's Board Game Café is open – West Basement



Have you joined St. Paul's Recyclable program yet? St. Paul's has an easy fundraiser to help with any Church renovations. Just bag up all your empty bottles, cans and

milk jugs and put our **church id # 1468-2415** visible on each bag and drop them off at the bottle depot. Check in with the cashier and let them know how many bags/boxes of bottles/cans you dropped off.



Thank you to all the wonderful helpers whose consistent dedication has made it possible for us to give a tote filled with 600 washcloths to the local "Days For Girls" organization. They will be

taken to the Dominican Republic to go into reusable menstrual kits for girls. Thank you for your ongoing gifts of time and talents, it is greatly appreciated! If you know of someone who likes to crochet and would be interested in joining us in this endeavor, please have them contact **Brenda Stouffer** at 780-832-9371.

Are you interested in purchasing a St Paul's T-shirt?

Talk with Jill Harsch at ProSport Clothing Company, located at 11500-100 street, or call 780-814-6199.

Choose the colour, style and size of t-shirt from their stock, or bring in one you already have, then choose what message/logo you would like them to put on your shirt. They have the following options for \$8:

"God's love is totally inclusive"

St. Paul's logo (with green and blue, with or without text)

St Paul's logo (with rainbow dove, and black or white text)

United Church of Canada crest

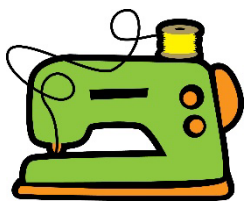
Affirm United crest

"We are ALL Treaty People", supporting right relations with indigenous peoples.

For \$6, you can have small versions of the UCC or Affirm United crests or St. Paul's logo added on their own or around either longer message.



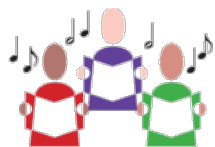
Coming Events



The **102nd Street Stitchers** will be meeting again this fall, from 9 AM to 12 noon on the second Friday of each month – **September 12th, October 10th, November 14th, and December 12th**. Come join them for company while you craft, or drop off something you need repaired or altered to add to their list of projects.

The **Women's Weekend** at Camp Yowochas is **September 10th to 14th**. Registration closed in August, but we wish everyone attending a wonderful few days of relaxation and sisterhood.

September 30th is **Truth & Reconciliation** and **Orange Shirt Day**. We're invited to join the Grande Prairie Friendship Centre in the Traditional Healing Garden on **Monday, September 29th from 10 AM to 1 PM** for a day of reflection, learning, and healing. Elder Loretta Parenteau-English will share teachings and guide us in this meaningful gathering. Everyone is welcome! Lunch will be provided. Let's come together in the spirit of truth, reconciliation, and community healing.



Choir practices resume **October 2nd**, and will continue **Thursdays at 7:30** in the choir room. New singers are always welcome – no experience required. We'll help you learn together!



We encourage everyone to vote in the upcoming **Municipal Elections** for City and County of Grande Prairie Councillors on **October 20th**. Do your best to learn about each candidate and vote for those you feel will serve our community well.

Scott Woods and his band will be bringing their **Christmas Hoedown** concert to St Paul's sanctuary on **Saturday November 15th at 7 PM**. Tickets are available in the church office. See the poster on the other side of this page for more details.

SEPTEMBER 29, 2025
Roots of Healing

DAY FOR TRUTH AND RECONCILIATION

10:00 am - 1:00 pm in the Traditional Healing Garden
Prayer with Elder Loretta Parenteau-English
Faceless Doll Reveal ~ Healing Walk ~ Teaching ~ Plant a Tree ~ Lunch



SCOTT WOODS

.....
CANADIAN FIDDLE
CHAMPION
.....

Christmas & HOEDOWN



FEATURING A
MULTI-TALENTED BAND

.....
CHAMPION FIDDLER

Kendra Norris

.....
GUITAR VIRTUOSO

Steve Piticco

.....
CHAMPION STEPDANCER

Leo Stock

.....
SPECIAL GUESTS

*Gary &
Nadine Boles*

.....
A toe-tappin', heartwarming holiday
experience with Canadian Fiddle Champion,
Scott Woods and his incredible band. A high-
energy, 2-hour live show bursting with festive
cheer, amazing trick fiddling, hilarious comedy
and sensational step dancing, plus all your
favourite Christmas Classics.

1-855-SCOTTWOODS

VISIT SCOTTWOODS.CA

Saturday, November 15 • 7:00 pm

GRANDE PRAIRIE

ST. PAUL'S UNITED CHURCH

10206 – 100th Ave. • Proceeds support St. Paul's United Church

Order tickets (\$45 each) with a credit card by calling **The Scott Woods Band**
at **1-855-726-8896** toll free, or online at **www.scottwoods.ca**

Tickets available locally CASH/E-TRANSFER at **St. Paul's United Church**
(10206 – 100th Ave.) **780-532-2415** (Mon. – Fri., 9 am – noon, 1 pm – 3 pm)