



The St. Paul's Page

St. Paul's United Church
11526 76 Avenue NW
Edmonton, Alberta T6G 0K7

1 May 2022

Upcoming Church Activities and Events

- | | |
|----------------------------|-----------------------|
| Worship services | Sundays at 10:30 am |
| Godly Play (zoom) | Sundays at 9:30 am |
| Quilting Group (in person) | Mondays at 9:30 am |
| Storytime (zoom) | Tuesdays at 5:30 pm |
| staff meetings (zoom) | Wednesdays at 10 am |
| Choir practice (in person) | Wednesdays at 7:30 pm |
| Thursday Talk (zoom) | Thursdays at 1:30 pm |
| Youth Group (zoom) | Fridays at 7 pm |
| Stewardship planning | May 4 at 5 pm |
| Board meeting (zoom) | May 10 at 7 pm |
- † Memorial Service for Donna Miller Evans - April 30 at 2 pm following interments in the Memorial Garden for Donna Miller Evans and Wilma Anderson. The Memorial Service will be livestreamed on our youtube channel.
- † Memorial Service for Bessie-Belle Marshall - May 7 at 2:30 pm following interment in the Memorial Garden

Sunday morning worship is in person in the church building at 10:30. Please register with Anna at the church office, office@stpaulsunited.org or 780-436-1555. When you register once you are set for any Sunday and every Sunday. Services will also be livestreamed on our youtube channel and uploaded the same day for later viewing, www.youtube.com/stpaulsucyeg.

If you are joining us for the Sunday worship services online, you will find **weekly bulletins** on our website <https://stpaulsunited.org/sunday-bulletins/>.

Thursday Conversations remain on zoom for the present. Pat Greenways will be hosting the next three meetings. The new link was included in the Friday email.

We are planning to make our own **photo directory** this spring. It will be in a binder format so it will be easy to add pages in the future. It will also be available as a PDF. Sorry but personal copies of your photo will not be available. There will be a small charge for the directory to cover costs. We have arranged for someone to take photos for us. Some appointments will be after the Sunday service. We will be contacting you about appointment times.

Denise Davis Taylor is on vacation until May 7.

Guardian of My Deepest Self

You are the watchful Guardian
Of that most vulnerable self
Which resides deep inside,
Where we are easily affected
By what others say and do,
Where our self-esteem is slain
By outbursts of insult and shame.
There in that defenseless place
You continually furnish reminders
Of what is good and true in us.

Today: I listen to my Guardian's reminders.

from *Fragments of Your Ancient Name* by Joyce Rupp

Denise and Tyson prepared a worship video with the theme of *wisdom and science*. You can watch it here <https://youtu.be/2XremDq5nMU>.



source: StpaulsUCYEG youtube

5 Simple Things You Can Do

to make the world a better place for people with mental health challenges and their families

1. **Be a friend.** Provide companionship and compassion on the road toward recovery. Listen without judgement. Pray for those you know with mental health challenges, substance use disorders, and for their family members.
2. **Share your story.** Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.
3. **Watch your language.** Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as “crazy,” “psycho,” “lunatic” or “mental.”
4. **Be a “StigmaBuster.”** Challenge negative attitudes toward mental illness among your friends and acquaintances, and in the media.
5. **Learn the facts.** Educate yourself about the various mental health challenges, substance use disorders, neurodevelopmental differences, and other brain disorders.

- Don't tell a person with a mental health challenge or substance use disorder to just pray harder. That would not be appropriate advice for someone with cancer or a heart condition, and it is not appropriate for someone with mental illness. Mental illnesses are biological conditions that may have environmental triggers, and frequently respond well to therapies and/or medications, just like other disorders.
- Don't use shame or guilt as a motivator. For many who suffer from mental health challenges and substance use disorders, shame and inappropriate guilt may exacerbate their problems.
- Don't look down on persons with mental illness or substance use disorders for using medications to control their symptoms. Someone with depression using antidepressants is no different from someone with diabetes using insulin.
- Don't forget to find simple ways to support family members and friends of people living with a mental illness. A card, a meal, and your supportive listening can be healing.
- Don't shy away from talking with a person who has let it be known they are living with a mental health challenge, substance use disorder, or brain difference.

source: modified from United Church of Christ Mental Health™ Network

MENTAL HEALTH AWARENESS WEEK

MAY 2-8



Credit: Mary Beth Wallace

The General Council Executive of The United Church of Canada named the first Sunday in May as Mental Health Sunday. This date was chosen to coincide with the Canadian Mental Health Association's Mental Health Week, which is marked annually the first week of May. It is part of our efforts as a church to create sacred places where relationships of mutual inclusion with all people, including those living with mental health challenges, substance use disorders, neurodevelopmental brain differences, brain disorders, and their families, are nurtured.



[Canadian Mental Health Association](#)
[Mental Health Commission of Canada](#)
[The Canadian Suicide Prevention Service](#)

*Grandmothers of Alberta
for a New Generation*



FABULOUS FABRIC FRENZY RETURNS!
SATURDAY, APRIL 30 9 AM – 3 PM

Strathearn United Church, 8510-95 Avenue

The group of Edmonton seniors raises thousands of dollars every year for the Stephen Lewis Foundation, in solidarity with grandmothers across sub-Saharan Africa who are raising a generation of children who lost their parents to the global HIV epidemic.



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St. Paul's YouTube channel: <https://www.youtube.com/c/StpaulsUCYEG>

St. Paul's Instagram - [stpaulsucyeg.youth](#)
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"Dija"
Sevdije Gervalla
Caretaker