

CORNERSTONE

April, 2013

20 Young Road
Kanata, Ontario
K2L 1W1
613-836-1001
www.stpaulshk.org

St Paul's
ANGLICAN CHURCH



“A growing community called to know Jesus Christ and make him known in the world by our presence.”

Sunday Services

8:00 a.m. – Holy Communion Said service

9:15 a.m. – Traditional/Choral Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

11:00 a.m. – Praise Music Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

Other Services

9:45 a.m. Wednesday – Eucharist and Bible Study

2:00 p.m. Thursday – “Seniors’ Afternoon Out” Service and Social

9:30 a.m. to 11 a.m. Sunday – EPIC, for youth aged 10 to 18

Inside this issue:

- Messages from Father John and Father Craig
 - PWRDF Update
 - Waupoos Update
- ...and more!

May edition deadline:
Tuesday, April 30, 2013

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

A Changing World – The Place of the Church

I was delighted to see the large number of people who came out for our Holy Week, Good Friday, and Easter morning services. We are truly blessed in Kanata, where the population continues to increase and where our parish continues to grow. We have seen consistent growth at St. Paul's for the past nine years. Many churches are facing a different reality, where attendance is going down.

I feel we continue to grow because of two factors:

1. Kanata is growing around us.
2. St. Paul's is a place where people encounter God's Love.

The Church as a whole in Canada is struggling and facing diminished participation. For many years, the Church was seen to be a majority in our culture. We have to face the reality that we are becoming the minority. Our views and beliefs are ignored or marginalized by the general population. In addition many who once identified themselves as Christians are now claiming to be spiritual rather than religious. Many are choosing not to be identified with a church.

The purpose of the Church is to participate in, and proclaim, the Kingdom of God. Our presence in the world and culture must be a gift to the world.

Many Churches have been faithful as a minority within their culture. The Church in the Middle East, with whom we share a partnership, can be an inspiration during these changing times. Christians in the Middle East represent about 2% of the population, and yet they continue to build and staff hospitals, schools, and senior citizen residences. They remind us to be the presence of Christ. They actively proclaim God's love by the ministry they do.

Jesus calls his Church to be light and salt to the world. We are not called to positions of power. We are called into a life of service.

Peace,



From the desk of Father Craig

Alleluia, Christ is Risen!

Re-creation begins on the first day of the week: Easter Sunday, and every Sunday! Made one with Christ in baptism, we are "re-created" with him on that first Easter morn! We don't need to be afraid anymore. It's not that we won't face challenges along the way, but our hope is secure.

However, we are not to hold onto that hope as if it were a possession. We are to give "... reason for the hope that is in you; yet do it with gentleness and respect." (1 Peter 3:15) When we share that hope, people are drawn into that same joy. We certainly saw the difference it made at Easter. People were invited to come to St. Paul's, and people came!

We know that not everyone says yes when invited, but many do, and did!

And so the journey continues... We, the people of God, try to bring the kingdom of God to the here and now. We try to be more like the person Jesus so that our lives will end up looking like his life on that first Easter morn – new, no more pain, more fully human then we could have imagined!

What does that look like in the meantime? We comfort the sick, and those who are grieving. We care for the poor and the environment. Why? Because one day all the world will be made new as well. Romans 8 reminds us that the whole earth is in anticipation, as

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Under my umbrella

The prayer box

by Lynn Williams

Attached to the wall in the Sanctuary, just to the left of the Chapel door, is a small box. Under the box is a small table with some forms and some pens. Some of you may recognize this as The Prayer Box. For those of you who are not yet familiar with this new ministry, The Prayer Box was introduced to all three congregations in mid-February and I'm pleased to say it is being used!

Each week, we, the Prayer Box Team, collect your prayer requests and we immediately begin private prayer for you. The Team consists of Katherine Durrer, 8 o'clock service, Clyde Crane and Lynn Williams, 9:15 service and Alberta Dunbar from the 11 o'clock service.

The focus of this ministry is Prayer. Some people feel quite comfortable going up to the Altar for Healing Prayer, but for others, there is a certain reserve and shyness which often gets in the way. Jesus usually prayed for others in the midst of a crowd, thus Healing Prayer is witnessed by all who are in the congregation. God hears all our prayers whether we are alone or in the presence of others and He always answers them. Mind you, sometimes His replies are not what we want to hear and are not in the direction we want to go! Neither you nor The Prayer Team can change that, but we can be a sounding board for you; perhaps you may find it easier to ask for prayer via your church

(Continued from page 2)

NT Wright says "on tiptoes with excitement," awaiting the coming renewal.

Let us continue to share our hope and joy with gentleness and respect. Some people wish to journey quietly — give them the grace and **space** they need until they wish to ask questions. Some people want to jump in (baptismal pun intended!) — point them to the care and direction they need.

In all things, let us celebrate with awe and wonder the greatness and humility of our God, Christ the Lord!

Peace,
Fr. Craig +



family rather than with close relations and friends. Maybe it feels more comfortable for you to write, rather than speak, your prayer. No matter what, The Prayer Team is comprised of compassionate people who can act as intercessors, similar to the Healing Team folk on any given Sunday morning.

All you need to do is complete the form under The Box with as much information as you want. You can be anonymous or freely give us any details you wish about yourself and/or about the person/s you want prayer for. That little corner of the Sanctuary is quite private as is the Chapel. If you prefer, you can take the form home and return it when you're ready. You will see that The Box is locked and only The Prayer Team has the combination to unlock it. Know that anything you say is strictly confidential and none of your requests are divulged to anyone unless you ask to be referred to the Priests, to the Pastoral Care Team or to the Prayer Chain. No prayer is too small or too unimportant; there is no topic that is out of bounds.

What we hope you will not do is stew about something that is weighing heavy on your heart. We are an alternative to the other avenues of prayer in our church; **USE US**. We are delighted with the response so far and we hope this ministry will serve St. Paul's for many years to come.

Lynn Williams
Pastoral Care Team

GIFT Campaign Update

We are indeed blessed at this Eastertide with excellent news concerning our GIFT Campaign.

Pledges are continuing to arrive and we now stand at \$472,260, well above (118%) our original campaign goal of \$400,000.

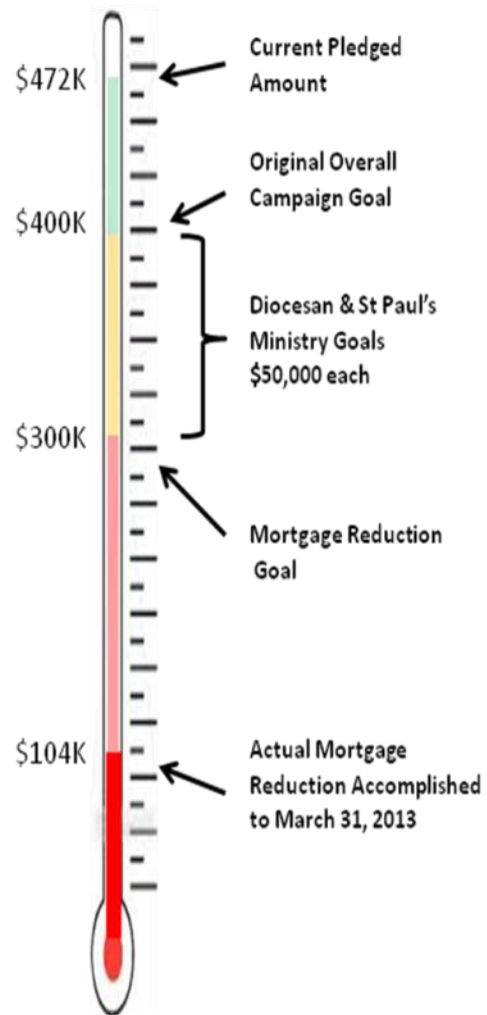
Furthermore, as of the end of March, we have paid down our mortgage by \$104,000 and have now achieved just over 1/3 of our original mortgage reduction goal of \$300,000.

With four years left in our campaign, it is exciting to be so far along in accomplishing what we have said we wanted to do!

The Anglican Diocese of Ottawa, our partner in this GIFT Campaign, is also reporting excellent campaign results to date. As of April 1, the Diocese has received pledges totaling \$11.6M or 96.9% of their overall \$12M goal.

If you would like more information about the GIFT Campaign, or to make or change a pledge, please contact Alison Stortz (613-599-7176) or Francis Christensen (613-831-0874).

*Alison Stortz and Francis Christensen
Co-chairs, GIFT Campaign*



Mark your calendars! The chickens are coming!

Tired of deciding what to make on a Friday night, or of cooking after a long week? Want to get together with friends and not cook? Well, on June 7, 2013, all those wishes will come true!

That annual tradition, the St. Paul's Chicken BBQ is once again fast approaching. Not only can you and your family and friends enjoy a delicious half-

chicken dinner, there's also the wonderful home-made coleslaw to look forward to!

Watch your bulletin to see when tickets go on sale.

Mathias Joost



Why do I volunteer?

by Elizabeth Vincent

I think the first answer is because it is fun. There are some things volunteers do because “someone has to” - jobs that must be done. These are usually the things that anyone can do and you do them because you are there when they need doing - things like sprinkling ice melter in front of the doorway or taking dirty coffee mugs out to the kitchen. There are other things volunteers do because they have the skills needed or are available at the right time. Then there are the things volunteers do because they love doing them.

If you are looking for volunteer opportunities there are so many things you can choose. You do not have to start by running some new program or ministry. If you have the skills needed to do that, great, but most of us start with small things.

I cannot remember my first volunteer efforts. I grew up with the idea that if you were part of a community or a group you should contribute in some way. If asked, try to help - but I soon learned it was better not to wait to be asked. The best thing to do was to pick the job that most interested me - before it was assigned to someone else, who probably would have preferred doing another job anyway.

At St. Paul's my first big volunteer opportunity happened when I saw a notice that Parish Council needed a secretary. Having acted as secretary for other church groups in the past I thought I could handle the job and that would be a way of giving back in return for all St. Paul's was giving me. So, I told Fr. John that if no one else spoke up I would be willing to take on the job. In my time as Secretary to Parish Council I have developed a great respect for all those involved in St. Paul's Parish Council, who do their jobs so well and help make St. Paul's what it is.

I saw an article a few years about the disappearance of the “church ladies” who used to contribute so many hours to the work of various churches. They were



most visible in church kitchens and the article suggested that the modern generation did not want to do that sort of work. At St. Paul's it is not just the women who do all the work in the kitchen, and all generations participate. I have become one of those helpers and we work hard, but we also have a lot of fun and make a lot of friends.

The activity which provides me the most pleasure takes place at the north door on Sundays. Carl wanted to expand the frontier of the church from the door to the parking lot, to make people feel welcome as soon as they opened their car doors. He doesn't feel he is “volunteering” - he is just doing what he loves to do. Once he started his parking lot ministry I realised that there should be someone else outside the door to help people into the Narthex and I joined in.

There are so many rewards for what we do as greeters. We get to meet so many people. We say farewell to the 8 AM people, we welcome the 9:15 AM group and then see them off after the service while welcoming the 11 AM congregation. If anyone needs help getting from the parking lot into the church we are there to help. In the winter especially there are many people of all ages who are very glad of a helping hand - or an umbrella in the rainy season. And we always get a smile. I receive more smiles in two and a half hours on Sunday than most people receive in a month.

Someone has spoken of the two rules of volunteering:

1. do what you enjoy, do it because you want to, and
2. if it is something that has to be done and you are the one to do it, do it to the best of your ability.

At St. Paul's the aim is to carry out one's joyful Christian duty in an organized manner. The rewards may be intangible, but they are enormous.

Elizabeth Vincent



PWRDF Workshop coming to St. Paul's

Saturday, April 20, 2013

by Philippa Wilson

I am very pleased to be able to share with the congregation of St Paul's this diocesan workshop. This is an opportunity for you to see how effective PWRDF programs are and the difference that they are making in the World - connecting Canadian Anglicans in the pews to communities throughout the world. PWRDF cannot do this without the generous donations that they receive. Our two guest speakers have much experience to share with us:

Zaida Bastos, currently PWRDF's CIDA Program Manager, will be talking about PWRDF's million dollar CIDA funded programs.

Zaida has been with PWRDF since 1998 holding several positions. I first encountered her when she was the Africa Program Coordinator and was impressed by her knowledge, her empathy and practical good sense. Prior to joining PWRDF, Zaida was the Executive Director of the Working Group on Refugee Resettlement, an ecumenical agency funded by the Toronto Conference of the United Church of Canada and the Anglican Diocese of Toronto. From 1981 to 1984 she worked at UNESCO in Paris and from 1978 to 1981 was with the United Nations Development Program in Angola.

Mackie Robertson will be representing the Canadian Foodgrains Bank and with Zaida will be commenting on the difference between "food aid" and "food security".

Mackie's Canadian Foodgrains Bank involvement began 18 years ago as part of a local growing project. It then evolved into three monitoring or awareness trips to India and Africa to see firsthand the impact of the Canadian Foodgrains' gift of food aid to areas devastated by war or natural disaster. With his wife Susan and oldest son, he farms 600 acres of corn, soybeans, wheat, and alfalfa. They also run a specialty woodworking shop with four employees. He is also a part time United Church licensed lay minister, conducting 60-70 services per year in Eastern Ontario and a 25-year member of Toastmasters International.

Everyone is welcome to join us on April 20! There is

no cost, but lunch is provided and we need to know numbers and dietary requests, so please register ahead if you plan to attend by contacting Valerie at: pwrdf@ottawa.anglican.ca. Registration, coffee, tea and muffins begins at 8:30 am.

Philippa Wilson

A letter to PWRDF

by Chloe Bowers

Dear **PWRDF**,

My name is Chloe Bowers, and I go to St. Paul's Anglican Church in Kanata, Ontario. I am glad to be a member of the St. Paul's Anglican youth group because I was able to help out the Syrian refugees by selling bracelets. It was **PWRDF** who informed us about the Syrian refugees and showed me what I could do for their country even though I am only 10 years old. The first Sunday we made around \$260.00 for the fund, and I was amazed at what I could do in one day. The next Sunday I wanted to make sure everyone in our church knew about how we were selling bracelets to support the Syrian refugees as they were struggling to find food, water, shelter and care. Most of all I wanted everyone to know about the families who were devastated by what happened to their country. I made an announcement at all three of our services telling of the struggle of the Syrian people, especially the children. We raised even more money. I was proud to be helping **PWRDF** with this magnificent fund for the Syrian refugees. As it says in the gospel according to Matthew "Blessed are the peacemakers, for they shall be called sons of God". I hope you know that you are peacemakers and you have helped me become one.

Sincerely yours,

Chloe Anne Bowers



Public lecture on bereavement

Tuesday, May 14, 2013

UNDERSTANDING YOUR GRIEF - TOUCHSTONES FOR HOPE & HEALING With Dr. Alan Wolfelt

Tuesday, May 14, 2013
Bells Corners United Church
3955 Old Richmond Road, Nepean

Cost: \$25.00 Make cheque payable to: **Champlain Hospice Palliative Care Program** and mail before May 1, 2013 to:
69 Primrose Avenue
Annex C, St-Vincent Hospital,
Ottawa, ON K1R 6M1

Dr. Alan D. Wolfelt is a noted author, educator, and grief counselor. Recipient of the Association for Death Education and Counseling's Death Educator Award, he serves as the Director of the Center for Loss and Life Transition in Fort Collins, Colorado. Dr. Wolfelt's books will be sold after the lecture. Cash or cheques only.

Content areas to be covered include:

- Exploring the loss
- Misconceptions about grief
- Understand the 6 needs of mourning
- Nurture yourself
- Seek reconciliation not resolution

For information, contact Cheryl Teeter at cteeter@champlainpalliative.ca or 613-683-3779.

Spring concert

Saturday, April 20, 2013

You won't want to miss the West Ottawa Ladies Chorus Spring Concert on April 20! Two members of St. Paul's — Lynne Small and Shirley Christensen — are part of this wonderful *new* choir.

Posters for their Spring Concert are up on our bulletin boards.



Got a sweater? Make a craft!

For our Fall Bazaar I need some used (any condition is acceptable) knitted sweaters to "repurpose" into crafts. Even if there is a hole in it or a stain, no problem.

I am also wondering if anyone is interested in restarting the craft group we had running a couple of years ago so that we can work on crafts for the bazaar? Meeting times and types of crafts are to be determined by the interested parties.

You can contact me at b.snasdell-taylor@sympatico.ca, or call me at home at 613-592-5885.

Barbara Snasdell-Taylor

The God Squad needs you!



Thank you to all our teachers — your efforts are appreciated. Our God Squad is growing, which is GREAT news, but means that we need more help! I

am looking for a few teachers to cover the months of May and June at 9:15 and 11:00. Please contact me or Fr. Craig if you are interested.

Summer is coming, and we need people to share the Love of God with our wonderful children. I will be creating a sign-up sheet shortly — please put your name down for one Sunday during the summer.

Zdena Harder, zeeharder@rogers.com, or 819-360-7834.

Kanata Food Cupboard

The Kanata Food Cupboard is hosting a **Volunteer Appreciation Event** on **April 17** in Rutter Hall. Volunteers have been sent an email invitation. If you have not yet replied, please do so.

Our Father

by Douglas Beyer (2001), submitted by Ray Brule

"I bet you don't know the Lord's Prayer," one boy challenged his friend.

"I bet I do!" the friend replied.

"I bet you a dollar you don't."

"I bet you five dollars I do."

"Okay, let's hear it."

"Now I lay me down to sleep. I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take."

"All right, here's your five dollars. I didn't know you knew it."

I bet you don't know the Lord's Prayer. In fact, I would be willing to risk five dollars to challenge anyone to recite the Lord's prayer. Before you take me up on this bet, however, let me remind you that the prayer that begins with "Our Father, which art in heaven...." is not the Lord's prayer. It is the *disciples' prayer*. The Lord's prayer is found in John 17 and is twenty-six verses long.

But even I have given in to two millenniums of uniform tradition and continue to call the disciples' prayer the Lord's prayer.

"Our Father which art in heaven...." These first six words hold the whole prayer. The other sixty words are explanation. If we could fully understand the implications of "Our Father which art in heaven" we could deduce the rest of the prayer.

These six words identify God as our Father. But for us this is an imperfect identification because all our fathers are imperfect. There are many disturbed and angry people who reject God because they are angry with their fathers. They have suffered as victims of physical, emotional and sexual abuse from cruel father. God is, indeed, their Father, but he may be unlike any father they have known.

God is our Father which art in heaven. "Which art in heaven" expresses God's perfection, not his address. He is the perfect father, the ideal of which all earthly fathers are but pale imitations.

SETTLES OUR RELATIONSHIP WITH GOD

When we say "Our Father which art in heaven," we settle our relationship with God. We are his sons and

daughters. That puts us into the same family as Jesus who is also God's Son.

Jesus is God's Son by nature. He is the only begotten Son (John 3:16), who was in the beginning with God, by whom all things were made (John 1:2,3). He is the second person of the holy trinity (Matthew 28:19). The scriptures tell us that the Jewish authorities sought to kill Jesus because he called God his Father, thus making himself equal with God (John 5:17-23). Jesus is God's Son in a special way. He is God's son by reason of his very nature.

We are God's Sons and daughters by adoption. Paul says, "For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the spirit of sonship. When we cry, "Abba! Father!" it is the Spirit himself bearing witness with our spirit that we are children of God" (Romans 8:14-16).

The word, "Abba," is a babbling sound—the first word a tiny infant would say. It means "Da Da" or "Daddy." It is an intimate family term which signifies the first bond of relationship between a parent and child. Have you grown in your relationship with God to the place where you can address him as Jesus did, saying "Daddy!"

John exclaims, "Behold, what manner of love the Father has bestowed upon us that we should be called the children of God" (1 John 3:1).

Imagine that! If I am a son of God, then I am not just a little higher than the apes, I am just a little lower than the angels, and made so only that I may be crowned with glory and honor (Psalm 8:9). If I am God's son, then I am God's heir—an heir of God and a joint-heir with Christ (Romans 8:17).

Martin Luther said, "If I thoroughly appreciated these first words of the Lord's Prayer—"Our Father which art in heaven"—and really believed that God who made heaven and earth and all creatures and has all things in his hand, was my Father, then should I certainly conclude with myself that I also am a lord of heaven and earth, that Christ is my brother, Gabriel my servant, Raphael by coachman, and all the angels my attendants at need, given unto me by my Heavenly Father."

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Unfortunately, too many of us who say "Our Father" on Sunday live the rest of the week like orphans.

Said the Robin to the sparrow,
 "I should really like to know
 Why these anxious human beings
 Rush around and worry so."
 Said the Sparrow to the Robin,
 "Friend, I think that it must be
 That they have no Heavenly Father
 Such as cares for you and me. (Author unknown)

Knowing God to be our Father settles our relationship with God and it.... **SETTLES OUR RELATIONSHIP WITH OURSELVES**

During World War II Leslie Weatherhead was an air raid warden during the terrible days of the London blitz. After the city suffered a terrible night of destruction he found a ten-year old boy crying his heart out. He asked him, "Where is your father?" He sobbed, "He's overseas fighting." "Where is your mother?" "She was killed last week in an air raid." "What about your brothers, sisters, aunts uncles?" "I don't know," the boy replied. "They have all been scattered."

Weatherhead leaned closer to the boy and said, "Who are you, son?" The boy began to weep compulsively and said, "Mister, I ain't nobody's nothing."

What the boy said of himself can be said of everybody who feels alone in an empty universe without a Heavenly Father.

Without God the Father we don't know who we are. But when we can turn to him and say, "Our Father which art in heaven," we know who we are: we are members of a family. We are children of God, made in his image, placed in his world for his purposes and destined to live eternally in his glorious presence.

The thing that breaks this relationship and destroys our identity is *sin*. Sin leads to guilt and guilt to self-hatred and self-hatred to dividing self against self.

The way out of this loss of selfhood is to turn to God and say, "Our Father." If you can say it and fully mean it, you will find that it is absurd to hate the self that the Father loves. If God accepts you as his son or daughter not because you look like it, or feel like it, or even act like it, but simply because of his free and sovereign grace, then you can accept yourself on the same basis.

Within the security of this familial relationship with God, you are truly free to enjoy all creation. If you are a son or daughter of God, you know who you are.

An old Norwegian fable shows the difference this can make in the way we live. A boy found an egg in nest deep in the woods. He brought it home and put it with some other eggs under a goose to be hatched. It was born a freakish creature. It had deformed feet, unwebbed and clawlike, which made it stumble when it tried to follow the other geese. And its beak was not flat, but pointed and twisted. Instead of soft cream-colored down, it was covered with ugly brown feathers. Instead of saying "Quack, Quack," it screeched in a piercing cry.

Then one day a great eagle flew across the barnyard. It swept down so close that the strange, awkward little bird on the ground lifted its head and pointed its crooked beak to the sky. The misfit creature stretched out its wings and began to waddle across the yard. It flapped its wings harder and harder until the wind picked it up and carried it higher and higher until it began to soar through the clouds. It discovered that it was born an eagle! And it had been trying to live like a goose.

Those who wait upon the Lord will mount up with wings like the eagles (Isaiah 40:).

To know God is our Father settles our relationship with God; it settles our relationship with ourselves; and it.... **SETTLES OUR RELATIONSHIP WITH OTHERS**

Notice that we say, "*Our* Father," not "*My* Father."

We cannot pray the Lord's Prayer

And even once say, "I"

We cannot pray the Lord's Prayer

And even once say, "My."

We cannot pray the Lord's Prayer

And not include another.

We cannot pray the Lord's Prayer

And not include our brother

For others are included

In each and every plea

And from the start to finish,

It never once says, "Me."

(adapted from an unknown source)

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A salute to nurses everywhere

Nurses Week, May 6-12, 2013

by April Forsberg

Remember the movie *My Big Fat Greek Wedding*? Mama is instructing her daughter to find her real place in the family as the unsung leader. "The husband," she said, "is the head of the family. But you are the neck... and where the neck leads, the head will follow."

So it is with nurses everywhere. These tireless women and men are the unsung heroes in every doctor's office, clinic, emergency room, maternity ward, operating theatre and floor management team across Canada. Always present: caring, overseeing progress, bringing assistance to people in need, however large or small. The Nurse knows what to look for, what to do to give immediate aid, when to call for the doctor, and when to just offer a friendly ear and solace. A nurse's patient contact is always based on training, experience and trust, and most of us have at one time or another benefitted from all three.

At age three, I loathed going to get shots. The doctor's nurse, a large, happy woman firmly in control, held faith in the "surprise" injection. She'd point to some distraction on the wall, and when eyes were averted, she'd exclaim, "One, two, three, kootch!" and jam the needle wherever it needed to go. It was always a sur-



prise, but it rarely hurt. She was immediately forgiven, and young patients were immediately rewarded with a hug or a kiss. She remained Nurse in Power for 29 years, and was well-loved. The Kootch and Smooch approach was a novelty. But it worked.

All nurses apply a personal form of ministrations to their duties. Beyond medications, this may include holding a hand, wiping a brow, providing a friendly ear and an open heart. Schedules often rob nurses of days off, family time, and even cut vacations short, all in the name of service to others. It's why nursing is called "the noblest profession."

If you know a nurse, are married to one, or related to one - give them a hug. May 6-12, 2013 is Nurses

Week, so let's give these deserving individuals the recognition they deserve. We at St. Paul's will be offering prayers for nurses all of the month of May, and in a special way on May 12th - the anniversary of the birth of Florence Nightingale. We'd be honoured to have you join us in honouring our irreplaceable nurses.

April Forsberg

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Our Heavenly Father not only gives us himself, he gives us family. Everyone else who is born again into the family of God becomes my brother or sister. It is impossible to have a good relationship with God and a bad relationship with the rest of his family. To rupture your relationship with your brother or sister severs your relationship with the Father. It denies the "Our" in "Our Father," and substitutes "My."

John says, "Here is the clear difference between God's children and the Devil's children: anyone who does not do what is right or who does not love his brother is not God's child" (1 John 3:10).

A father returned home to his children who were competing for his affection and attention. When he held

the youngest in his arms, the little fellow hugged his neck, looked over his left shoulder and stuck his tongue out at his older brother who was waiting his turn. The father discovered it and put the little body down with these words, "You cannot hug your father's neck and stick your tongue out at your brother."

What he said to his son, God is saying to us: "You cannot hug your Heavenly Father's neck and stick your tongue out at your brother."

When we say, "Our Father which art in heaven," we settle our relationship not only with him and ourselves, but with all our brothers and sisters, too.

Understanding funeral costs

Monday, May 6, 2013

On May 6, the Funeral Information Society of Ottawa (FISO) holds its Annual General Meeting. Keynote speaker will be Josh Slocum, Executive Director of the Funeral Consumers Alliance (FCA), a US-based, non-profit organization positioned as watchdog to the funeral industry.

Slocum aims to de-mystify monetary transactions during the funeral purchase process, so that consumers can stay firmly in charge every step of the way. In 2010 over 85,000 funerals took place in Ontario, at an average cost of between \$5,000 and \$7,000. Predictably, costs increase with use of added merchandise, service fees and disbursements.

“Most of what we think we know about funerals is wrong” Slocum says. “The only person we usually get information from is the one who is selling us the service. When we fail to plan ahead, we become a walking blank cheque at the undertaker’s on the worst day of our lives.”

FISO and the FCA share common, pro-consumer goals. Consumers in both Canada and the U.S. face the same bewilderment, confusion and vulnerability when preparing and planning a funeral for a loved one. The aim of both organizations is to educate people so as to insure that each funeral home client receives services that they select, at a cost they can afford.

Some points largely unknown to Ontario residents:

- Routine embalming is not required by federal or provincial law.
- Ontario funeral businesses are required to give you a price list in advance so you can select only those service details you want. Only you can determine if they will not put you at serious financial risk.
- A traditional North American funeral, where the family prepares the body and carries out final tasks, is perfectly legal. You are not obliged to hire an undertaker.

FREE ADMISSION TO HEAR U.S. AUTHOR, FUNERAL EXPERT

Josh Slocum, FISO’s featured speaker, is co-author of the 2011 book “Final Rights: Reclaiming the American Way of Death”. The only book of its kind, Final Rights explores the funeral industry at large. The authors use plain English, not legalese, to provide readers with unbiased revelation of funeral and burial laws.



Slocum says “I want everyone to feel free to ask all the questions about death and funerals that they thought were too morbid or indelicate.” He adds “There’s nothing untoward about approaching our final send-off with a clear mind and an understanding that it’s love, not the money we spend on the casket, that best expresses our feelings for the deceased.”

As Executive Director of the FCA, Slocum has testified before the U.S. Congress, and is widely consulted by major media such as The New York Times, 60 Minutes, Money Magazine and National Public Radio. For more information, see funerals.org

Anyone seeking balanced and unbiased information is invited to attend FISO’s AGM which will be held Monday, May 6, at 7:30 pm at the First Unitarian Congregation of Ottawa, 30 Cleary Avenue, Ottawa, Ontario.

Contact:

Mary Nash, President, FISO (613) 236-6108 (Before April 20 and after April 30, 2013)

Louise Watson, Vice-President, FISO, (613) 828-4926 (from April 20-30, 2013)

Thoughts on an overseas volunteering experience

by Lenna Gore

It's April now, and I should just be returning from my trip to Thailand to volunteer at an orphanage for Karen children (refugees from the civil war in Burma) in Mae Sot. However, the trip did not go as planned, and I would like to share some of my experiences with you.

When I arrived in Thailand, I was told immediately that I should turn around and head back to Canada. This was disturbing, to say the least, but my transportation to Mae Sot was ready and waiting so, thinking there had been a misunderstanding, I carried on. When I arrived in Mae Sot, the job I had lined up at the orphanage did not exist. The people from Openmind Projects, who had taken the money I had paid upfront for room and board, would have left me on the street, but – not being the feeble little old lady they were expecting – I arranged for them to pay for my stay in a hotel. In the end, with the help of the Tourist Police and people from international NGOs I met in the hotel, I recovered the money and was able to find another job in Mae Sot.

At the AGAPE Orphanage and Learning Centre, the founder and director, Mr. David Min Naing, and a few volunteer staff care for over 300 Karen children. David, himself a Karen political refugee, is a Christian



Lenna Gore with children at the AGAPE Orphanage and Learning Centre in Mae Sot, Thailand (Christmas presents hang from the rafters of the auditorium and the school buses are parked in the background).

man who had a vision about starting an orphanage about 8 years ago. He found land (promising to pay rent when he could), and persuaded people in Mae Sot to support the project and help build, sometimes with trees chopped from the nearby jungle. The Centre now has 14 buildings, including dormitories, show-ers, a kitchen, dining room, 4 classrooms, a nursery for babies, administration and staff quarters, a play-ground and an auditorium. About 125 children live at the Centre, and the others are picked up in their villages and brought for day schooling in 2 donated trucks which serve as “school buses.”

With very little support from other charities, David is running the organization himself, providing food and clothing for the children and curriculum for the school. His dream is to extend the orphanage and teach vocational skills (sewing, cooking, mechanics, computer repair, etc) so that the children will eventually find employment and become self-sufficient.

I was working with a Thai teacher, teaching English in a grade 3 class. The children were very keen and eager to learn. Many of the children brought small babies into the class with them and cared for the babies throughout the day while doing their own schoolwork and chores. The Centre keeps pigs and chickens, has a fish pond, and a garden with fruit and vegetables.

Christmas is a busy time at the orphanage. David arranged a Christmas Eve dinner and entertainment for the children, staff, villagers, representatives of NGOs, etc. Every child received a Christmas present. We spent several evenings Christmas carolling. This was quite an experience for me – bumping across fields and around the villages in the “school bus” for 5 to 7 hours at a time! Though the people we visited had very little, we were well-received and offered refreshments. Some gave David an envelope containing a donation.

Carol singing was eye-opening in another way. In a village just across the river from Burma, I got my first glimpse into a sweat shop. Although the Karen people are in Thailand with the permission of the Thai government, they are essentially stateless, which means

(Continued on page 13)



David, founder and director of AGAPE Orphanage and Learning Centre (<http://www.gohappiness.org/1/post/2012/09/gift-of-happiness-at-this-fantastic-orphanage-in-mae-sot-thailand.html>)

(Continued from page 12)

they have no human rights, no legal recourse, and live in extreme circumstances. This was brought home to me when, one night after carolling, David was stopped by the Thai police, who took all the donation money he had received. On another occasion, a young girl failed to arrive at school and everyone flew into a panic. Thankfully, she was found safe (she had missed the bus and had no way to contact the school), but human trafficking is a very real threat.

After 5 weeks at the AGAPE Centre, I returned to the elephant sanctuary called Wildlife Friends of Thailand run by Edwin Wiek that I first visited in 2009. The sanctuary is home to 8 elephants and a variety of wildlife, such as monkeys, birds, bears, and nocturnal animals. All the animals have been rescued. Elephants in particular have suffered since the Thai government banned them from the logging industry. They ended up begging on the streets, or being forced to perform tricks for tourists. Edwin's goal is to give them an existence that is as close to their natural habitat as possible. There are about 35 volunteers working at the sanctuary at any given time.

I worked with the elephants, which are kept in 5 compounds. Each elephant receives 4 meals per day, of

fruit which we gathered and prepared for them, and chopped up banana trees (an elephant can eat 12 banana trees in a day!). We collected compost and cleaned up the poop, hid the fruit for the elephants to find or walked them around the compound for exercise while we fed them. Every day we bathed the elephants with hoses and scrub brushes. It was hard work, but very rewarding. If you would like more information about this project, please visit www.wfft.org.

I was allowed to stay for a month, but would have to pay to stay longer. No problem, I thought, since I had the money that had been recovered from the unscrupulous people who started me on this unexpected journey. Unfortunately, theft is pervasive in this area and security non-existent. When I went to the place where I had hidden the money, I discovered that it had all been stolen. Other volunteers also lost items such as laptops, cameras and money while I was there.

In order to report the theft to the police, I had to take a harrowing 3-hour bus ride over terrible roads to Hua Hin. I survived the 3-hour return trip, but the next day my back was incredibly sore. Over the next few days it got worse, to the point where I could not walk. With the help of the Canadian Embassy and very little help from Air Canada, I made it home. I had suffered two vertebral fractures. It has been over a month since I returned to Canada and am thankful that my back is healing slowly but surely.

So, it was not the trip I had envisioned. But God can use all things for good, and a lot of good did come out of these trying circumstances. I received help when I needed it from people working for international NGOs and the Thai Tourist Police. I met some lovely Thai people who are living God's vision and building His kingdom on earth, and spent time with a group of amazing children. I gave some loving care to elephants that had known only cruelty and manipulation. Some people might be dissuaded from volunteering by an experience like this one, but I know now that unexpected trials can also bring unexpected joy.

If you would like to hear more about this trip and my other overseas volunteering experiences, please feel free to come and chat with me after church (I usually attend the 11am service), or give me a call at 613-270-8592.

Lenna Gore

Waupoos Farm news

Waupoos Food Collection is Complete!

Now that the snow has melted and the days are getting warmer, the animals at Waupoos Family Farm are beginning to venture outdoors. There, they can once again feast on the grass and grubs! Our warmest thanks go out to everyone who took time to package up their leftovers and scraps in order to deliver them to the green Waupoos bin in the church parking lot. When winter returns, we will once again be requesting your help with food scraps for the animals. Until then, know that the animals truly did enjoy the smorgasbord of meals they received every day!

Waupoos Family Farm is looking for Summer Host Families!

Host families are an integral part of the Waupoos Family Farm community that provides low-income families (cottagers) with an endless spectrum of new and unique activities that make their holidays at Waupoos all the more memorable. Hosting is a volunteer experience for the entire family. Everyone in the family participates and gives of their time and talents during cottager vacations at the farm. A host family is asked to organize and run, with the help from the resident families, a few activities a day for the cottagers during their stay at Waupoos. These activities can include baking, crafts, hikes, games, music, sports, scavenger hunts, races etc. They are also asked to participate in morning chapel reflections and provide for coffee hour refreshments.

While at Waupoos, host families are encouraged to participate fully in all activities during their stay and take full advantage of all the facilities that Waupoos offers. They are provided with a private residence that sleeps 11, free of charge, allowing more than one family to host together if they choose. Waupoos is currently looking for families to host for one week stays during the months of July and August. Hosting is a great opportunity to serve in a Christian ministry and give needy families right here in Ottawa a chance to have a vacation with a difference! If you are interested in hosting, please contact Zdena Harder 819-360-7834 or zeeharder@rogers.com



Kanata Choral Society Concert

Saturday, May 11, 2013

The Kanata Choral Society has been renting our Church for the past 7 years. They hold their weekly practices and concerts in our sanctuary and allow us to use their piano as part of our rental agreement. I'm telling you all of this to let you know what a blessing they have been to us at St. Paul's. The KCS post flyers when they hold concerts at St. Paul's and by the posting of these flyers, also bring new guests to our beautiful building.

On Saturday, May 11, KCS will be holding their Spring performance. Tickets for this concert and information about the KCS will be available from Ruth Willsher on Sunday April 28. Look for her in Rutter hall following each Service.

The joys of a busy church

You may be familiar with a hymn that begins, "The church is wherever God's people are praising..." We, the people of St. Paul's, are the church; however, the state of the building in which we praise does matter. Our Church is used by choirs, our Hall is used for fundraisers, birthday parties, and wedding receptions, Montessori is using our Nursery, and the list goes on and on. Please help to keep our building clean and tidy. If you notice that something is damaged, please give Lorna a call in the office. Thank you!

The Kilby Dancers

Open House on April 18, 2013

As many of you know, Nigel and Angela Kilby loved to dance. To commemorate their passing, The Kilby Dancers are holding an Open House. We will begin at 10 a.m. and finish at 11:30 a.m. Come and see how we are continuing Nigel's traditions! You do not need a partner, just a pair of comfortable shoes and the wish to have fun. See you on April 18!

Margaret Jones

PS As Nigel used to say, "If you can walk, you can dance!"

Notes from the gardens

Any recent thoughts of digging in the garden have been quickly dashed with yet another blast of wintry weather. Nevertheless, I continue to read gardening books with their endless inspirational ideas and photos.


As the gardens grow around St. Paul's, they create a welcoming, natural beauty for visitors, neighbors and our regular worshippers. The Memorial Garden will be adding the final elements this year and is quickly becoming a place for wedding photos to be taken, special outdoor services to be held, or to pause for quiet contemplation. Last year, Fr. John held a Blessing of the Animals Service in this garden and will continue the tradition this year. All our parish pet owners and those in our neighborhood will be invited to attend this special service in October, near the day of St. Francis of Assisi.

Gardens are ever-changing, living spaces which evolve as they are nourished and cared for. Take a look at the Garden Book we have created for your pleasure and you will see the evolution over the years. To me, gardens are almost like children in the way they respond to tender loving care.

To help us nurture God's natural beauty, we invite you to take ownership of one of the gardens to tend. There is garden display in the Narthex and one of us will be there to answer any questions you may have.

Please, bring your gardening tools and join us:

Mary Seal, Plant Consultant
Marion Allen & Betty Dukes, Garden Nurturers
Gordon Ripley, Pruner of Hedges & Shrubs

St. Paul's Agora

Do you have something you would like to sell, trade, or give away?

There may be someone in our parish looking for that very thing!

Simply send your ad to: cornerstone@stpaulshk.org

For Sale – Electronic Organ

Full size Baldwin (Encore) electronic organ. Excellent condition. Best offer. Pull out all the stops! Call Ed or Elaine, 613-836-6119.

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Solid maple, colonial style, kitchen table and 4 chairs, \$250; call 613-591-0417.



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