

# CORNERSTONE

April, 2014

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. Youth Group for tweens and teens. 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

**10:00 a.m Wednesday** – Bible Study and Eucharist

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

## Inside this issue:

- **Messages from Father John and Father Craig**
  - **Holy Week schedule**
  - **Easter Sunrise Breakfast**
  - **Photo Directory**
  - **Cornerstone Welcome Bag project**
  - **Financial update**
- ...and more!**

May edition deadline:  
**Tuesday, April 29, 2014**

Please send submissions to:  
**cornerstone@stpaulshk.org**



## A message from Father John

### I want Spring, and I want it NOW!

The last few weeks have tried my patience and many of you know that I am not the most patient person to begin with.

I want the warmth of the spring sun to melt the remains of the snow, and I want a fresh batch of maple syrup to prove that spring has arrived. I don't think I am the only person longing for spring. We live in a culture that values instant access and fast service. We love Instant messages and no wait lines in the store. We get frustrated with being put on hold and mark the passage of time at a stop light as if every second was a personal robbery. It is fair to say that many of us need to become more patient.

Sometimes we think only of the destination that we are headed toward, and fail to learn the value of the Journey. Each moment can and should be precious, but if we are always focused on a future goal as a means to end our present suffering we fail to find value and purpose in the present moment.



## From the desk of Father Craig

### Sharing hope

And so this month we transition from Lent to Easter. If you are in the church in the evening you might start to hear the alleluias from the choir and praise team as they begin to prepare for the Paschal celebrations.

That's the transitioning that we have been working on all through lent. We have been taking time to look through the cross to see the world as God would have us see it. To go out and live the life as our king would have us live.

What might it look like if we had no fear of death — any kind of death — because Alleluia (have to say this

Here we are in the middle of Lent, on our journey towards Easter, and it seems to me that we have a lot of people who are struggling with serious life issues. I have learned a great deal this Lent from our practice of Stations of the Cross. The reflections we have used remind me of the patience Jesus has for us and our journey. He waits for us and rejoices when we take the time to encounter Him.

Christ knew that Holy Week and Good Friday were not the end of the story. The difficulties that we endure and the trials that we face do not define our existence. It is the relationship with God that can transform our experience of suffering into an opportunity to deepen our relationship with Him and others. I commend the last few days of Lent to you as a time to rejoice in the present, with the full knowledge that God will transform all our brokenness in the Easter Mystery.

Peace,

quietly because we are still in lent) Christ is risen! What might it look like if being born to eternal life through the waters of baptism shaped our whole way of life?

It might look like a people that first gave thanks to God. Gathering together on Sunday, coming before an awesome God of wonder and forgiveness. And then a people going out and giving thanks in acts of love, comforting the sick, and those that are grieving. As I envisioned last year, "We care for the poor and the environment." Why? Because one day all the world will be made new as well. "The whole earth is in anticipa-

*(Continued on page 3)*

# Holy Week Schedule

HOLY WEEK April 14 - April 18	
Morning Prayer	Mon, Tues, Wed, Thurs 9:00 a.m.
Communion	Mon, Tues 10:00 a.m.
Wed. AM Bible Study	Wed 10:00 a.m.
Communion	Wed 11:00 a.m.
Communion with Seniors Afternoon Out Program - All Welcome	Thursday 2:00 p.m.
Maundy Thursday Service & Stripping of the Altar	Thursday 7:30 p.m.
Holy Week Prayer Vigil	9:00 p.m. Maundy Thursday to 9:00 a.m. Good Friday. A sign-up sheet will be available in April.
<b>GOOD FRIDAY</b>	Friday 10:00 a.m.
Kanata Walk of the Cross	Begins at 12:00 noon

(Continued from page 2)

tion,” NT Wright says, “on tiptoes with excitement” awaiting the coming renewal.” *Romans 8*

A people giving “... reason for the hope that is in you; yet doing it with gentleness and respect” *1 Peter 3:15* Last year we saw what happens when people share that hope: people are drawn into that same joy. We certainly saw the difference it made last Easter. Many people were invited to come to St. Paul’s, and many people came! Be ready – the invitation cards will be here for Palm Sunday. Pick them up and invite a friend into the hope we share.

We pray, we pray that God’s kingdom comes. We pray that it comes for us and for others in both word and action. We pray for the healing of the nations and then to live that healing in our church, our homes, and our community.

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

The Lord is risen! He is risen indeed! And you know the word that finishes that!

Peace,  
Fr. Craig+

## Easter Sunrise Breakfast



Heather Colls and Ann Faurbo are heading up the team to provide Sunrise Breakfast on Easter Sunday morning. **We need your help! Please consider joining our team.**

The food will be organized after the Good Friday service and we hope to have it completed in 2 hours. We will bring all the ingredients, we just need a little labour.

On Sunday morning we need people to help in the kitchen and people to do the dishes and clean up. For the past few years we have been short of volunteers to do the dishes and clean up.

We will be providing a gluten free breakfast for those of you who require it. I would like to know how many will be coming so I make sure there is enough food.

You can always contact me (Heather) at 613-509-1304 or [heather.colls@ncf.ca](mailto:heather.colls@ncf.ca).

Thank you!  
Heather Colls  
Ann Faurbo

## God Squad Easter Party

April 20, 9:15 a.m. and 11:00 a.m.



It's An Easter Party

Sunday, April 20, 2014

If you are between the ages of 4 & 12

Come and join God Squad at 9:15 & 11:00

songs, stories, crafts, games, & snacks

St Paul's Anglican Hazeldean-Kanata Anglican Church  
20 Young Road, Kanata Ontario

## A big thank-you to all St. Paul's volunteers

How wonderful you all are. This church runs because of all you do. This is a big organization and we could not do what we do without all the little things you provide. I make use of a lot of hours, whether it is at the Kanata Food Cupboard, helping at funerals or just assisting in the kitchen.

Father John and Father Craig on Sunday morning could not do it without all of you. Doing three services is a lot of time. Did you know that there are 36 people who are part of the church service, plus the choir – that is a lot of people! There are other people at every service, doing other things out side of the service. I could go on and on. Maybe I will figure it out for a year sometime (guess I need to get sick for a week to complete this one).

At one time, many years ago, I worked out how much the Kanata Food Cupboard was worth in dollars with what was all given, money, food, time, space, transportation, and organizations time. Would you believe it came to \$500,000 for the year? That was about 14 years ago. The Regional Municipality of Ottawa was

very surprised and at that point started to respect what a wonderful donation we provided to the community.

Your time is valuable and we value it. Thank you!

*Heather Colls*



Ottawa Area Christian Meditation Community  
presents

## A DISTRACTED AGE

HOW A NEW UNDERSTANDING OF PRAYER CAN SAVE OUR WORLD

WITH

**DOM LAURENCE FREEMAN, OSB**

DIRECTOR OF THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION



The Christian today is like anyone today  
in facing this crucial decision concerning their lifestyle and their style of mind.  
But in our contemplative tradition we have a treasure  
that can transform this choice for ourselves and for the world.

Hosted by Saint Paul University Anglican Studies Program

**Saint Paul University, 223 Main Street, Ottawa, Ontario**

**Guigues Hall Auditorium** (2<sup>nd</sup> Floor)

**Friday May 30 2014 from 7:00pm to 9:00pm**

– All are welcome –

\$25 per person payable at the door.  
No advance registration required.

For information, email  
[silentretreat2014@bell.net](mailto:silentretreat2014@bell.net)

Selection of Christian Meditation  
books and tapes will be available for sale from  
3:00pm to 6:45pm.

Paid parking in lot on Hazel Street east of Main  
or on nearby streets.

7:00pm *VIDEO*  
*Pilgrimage – The way of Meditation*

7:30pm *Welcome / Presentation*

8:30pm *Meditation*

9:00pm *Depart in silence*



Laurence Freeman, OSB, is spiritual successor of John Main and director of the World Community for Christian Meditation (WCCM). Father Laurence is a Benedictine monk, international speaker, retreat leader, and writer active in inter-religious dialogue and peace initiatives as well as encouraging the teaching of Christian Meditation to children and students. He is dedicated to working for the recovery of the contemplative wisdom tradition in the Church and society at large. In 2009, Father Laurence was appointed Officer of the Order of Canada "for his contributions as spiritual leader and director of the World Community for Christian Meditation and as a proponent of peace and inter-religious dialogue and understanding."

# Money, Values and Me

June 6-7, 2014



A cross-generational and inter-denominational event  
**Keynote speaker – Nathan Dungan**  
 Kemptville Campus, University of Guelph, Kemptville, Ontario  
**INFO & REGISTRATION**  
**June 6-7 2014**

Some workshop topics:

- Dealing with Peer Pressure (Tweens and Teens)
- Socially Responsible Investing
- Sharing, Saving and Spending: One Family's Journey
- Keeping Up with the Trends
- The Spirituality of Spending
- Faith, Money & Stuff

and more...

For more information: <http://www.moneyvaluesme.ca/>

**Early bird fee by May 9:** Family \$100, Adult \$50, Student \$25, Child (under 12) \$20. Fees include keynote talks, workshops, a BBQ dinner on Friday evening, and refreshments, snacks and lunch on Saturday.

## Garden Tour and Tea Party

July 5, 2014

Please join us to celebrate 140 years of history and our tenth anniversary in this building for a Garden Tour and Tea Party on July 5, 2014. A Garden Tour and Tea will attract visitors to our church, and this is a good thing! Watch for details in our bulletins and posters, items in our local papers, TV and radio. Please help spread the word to family and friends outside St. Paul's. We are staging a garden tour of 8 gardens in Stittsville, St. Paul's, Katimavik, and Kanata Lakes.



Even if you are not a gardener, please join us for afternoon tea. There will be china tea cups and silver tea pots. The menu will be fit for a queen: scones and clotted cream, sandwiches and cakes. Ladies, put on your hats, fascinators and gloves, and invite your daughters, granddaughters and friends.

Any successful and happy event requires careful planning and many people. We need your help! In particular, we are looking for someone who could sew up some small table cloths.



Money earned from this event may be contributed to ongoing church repairs.

Questions? Please contact:

Marion Allen - 613-592-8186 or [marion.allen2@rogers.com](mailto:marion.allen2@rogers.com)

Betty Dukes - 613-831-2062 or [betty\\_dukes@hotmail.com](mailto:betty_dukes@hotmail.com)

## “Welcome Bags” ready to be filled

The Cornerstone Welcome Bag Project provides essential items to women in need at Cornerstone.

When a woman presents at Cornerstone, she has only the clothes she is wearing. A bag of personal items is given to her when she is welcomed into the shelter.

Welcome Bags will be available in the foyer Sunday April 6, 2014. Please consider blessing a woman in need by filling a bag. **We ask that the bags be returned to the church no later than Mother’s Day (May 11).**

Here is a list of Welcome Bag items:

Soap, washcloth/puff, and towel,  
Toothbrush and toothpaste,  
Shampoo and conditioner,  
Comb and hairbrush,  
Socks and underwear, slippers,  
Feminine hygiene items

Other optional items include:

Bus tickets,  
Nail file or emery board and nail polish,  
Makeup,  
Tim Horton’s card

Thank you for your help with this project!  
*Joyce Prentice, Sheila Evans and Philippa Wilson*



## Alpha training in Ottawa April 26, 9:00am to 12:30pm

If you want to start an Alpha course, or you want to learn how to do it better, this training is for you!

### JumpStart Ottawa

An interactive session that will fuel your creativity for evangelism that is relevant, engaging and effective.

Saturday, April 26th, 2014 | 9 am - 12:30 pm

Vanier Community Church, 155 Carillon St.

Pre-register online: \$15 (\$20 at the door)

Reserve your spot today: <http://bit.ly/1kXUF8F>

This year we have exciting new developments to share including innovative ideas to customize and run Alpha outside the church, and best practices for being more inviting and welcoming to local communities.

### Topics include:

How to Create a Culture of Invitation  
Essentials for Radical Hospitality  
Transformational Prayer & Ministry  
Innovative Ways to Run Alpha  
...and more!

## Voices for Hospice April 12, 7:30pm

Raising Our Voices for the Hospice ... with:

Glencairn United Church Choir, Immaculate Heart of Mary Church Choir and the Kanata Choral Society.

Three choirs combine to make joyous music for the benefit of the new Kanata Hospice, the Ruddy-Shenkman Hospice (rebuild on the site of Trinity Presbyterian Church on McCurdy).

Saturday, April 12 at 7:30 at St. Paul's.

Tickets at the door Adults \$20, Students & Seniors (65+) \$15.00 Children 12 and under Free.

Advance tickets (\$18) available at CD Warehouse or by calling 613-592-1991.



## Say "cheese!" and get a photo directory

April 6 and April 27, 1:00pm to 5:00pm by appointment

If your picture is in the Photo Directory, you will get a free copy! Let's all make a concerted effort to make this project a special one for St. Paul's Tenth Anniversary.

Unfortunately, due to the very poor response from people to book their date and time from the six days that were offered, we have no choice but to offer the following two days for all who have not yet had their photos taken:

**Sunday, April 6 and Sunday, April 27, 1:00 p.m. to 5:00 p.m.**

Photo shoots will take ten minutes or less. On April 6, only the photographer will be there. He will take pictures every ten minutes, by appointment, and at that time, he will ask you if you just want your photo to go into the Directory or whether you would like the option to buy some.

If you only want your photo taken for the Directory, you'll choose one at that time and be done.

For those who want the option to purchase pictures,

you'll make an appointment to return on April 27 to see the salesperson to choose and buy your pictures (you will be in and out in fifteen minutes or less).

I will take the phone calls/emails for the bookings for both April 6 and April 27 on a first-come-first-served basis. Ministry Groups will also have to book on these days and I'm asking all Group Leaders to speak on behalf of your Group as to best time and day to book.

Everyone can reach me by phone at 613-592-5310 or by e-mail at [pooch1@rogers.com](mailto:pooch1@rogers.com)

I apologize to all those folks who did book, and I know it will be a great inconvenience to some, but we have no choice at this point. Thank you for your understanding and please pass the word on to anybody who still needs their picture taken.

Thank you,  
*Lynn Williams*  
613-592-5310  
[pooch1@rogers.com](mailto:pooch1@rogers.com)



## Support "St. Paul's Plodders" in the Relay for Life

7:00pm June 13 to 7:00am June 14

"St Paul's Plodders" are now officially registered as a team at the Annual Relay for Life, to be held overnight June 13-14. Last year across Canada 16,224 teams participated and together they raised \$46.4 Million!! Kanata's goal this year is \$180,000, and our team will contribute to that goal.

The Relay for Life is a very inspiring event; it is non-competitive and lots of fun. It's held at Walter Baker Park which is picturesque and very well-lit for the occasion. Teams walk the path around the pond in large or small groups throughout the night. The music and entertainment encourage us to continue. The organisers make sure we're well fed and watered! Each team usually erects a tent as a "Home Base" so there's a chance to roll out the sleeping bag and have a wee rest!

Some participants will contribute a few hours of their time rather than stay for the entire 12 hours. ALL contributions are precious.

To get further information, you can google Relay for Life in Ottawa West. Through the website, you can register with a team and also make a donation to support a team member.

Please don't hesitate to call me @ 613-836-6693 or e-mail [mabinrse@rogers.com](mailto:mabinrse@rogers.com) if you have any questions or comments.

Sincerely,  
*Anne Baker*



## Family Night at St. Paul's Friday, May 2, 6:00 to 8:30pm

Come and join Rev. John VanStone and his family for a night of **potluck, play and prayer** for the whole family! John, a member of the Anglican Renewal Ministries board of directors, is embarking on an exciting new inter-generational ministry to bring families together in worship.

Family Night is an opportunity for people of all ages to receive the blessings of Jesus Christ.

We will begin with a potluck dinner at 6:00pm. The evening will include worship and prayer time, and education programs for the adults and children. The evening will conclude with prayers of blessing and thanksgiving.

Calling all grandparents, parents, children and grandchildren! Please mark your calendars and let us know that you'll be joining us.

*Alison Stortz*  
ARM Administrator  
613-592-4291, or  
[arm@armcanada.org](mailto:arm@armcanada.org).



## Financial Update

You will note from the chart below that St. Paul's is not in a positive financial position at this time.

How best to explain a \$69,057.00 deficit?

Of the \$69,057.00, there is of course the roof, which we made a conscious decision at Vestry to proceed with. We have a bridge loan amount that is not in the overall revenue figure. The net of this is that we are really dealing with a \$24,057.00 deficit.

Other factors also play into this shortfall. Easter is later this year, and Mother Nature has had a significant role in helping to create this figure. Snow fall on Saturday evenings results in lower attendance and colder temperatures later into the year have netted higher energy costs. Both have negatively affected our cash flow.

While we cannot escape the fact that we are currently in a difficult financial situation, it is important to note that we are not working in a deficit due to uncontrolled spending, and that we continue to meet our commitments through the utilization of our reserve (however, our reserve is now almost depleted).

*Mark Stalter*

Period ending March 31, 2014 Rounded to nearest dollar	Actual	Budget	Same period last year	Attendance Last Sunday			
Receiptable Dona- tions	\$82,756.00	\$96,614.00	\$90,668.00	8:00			
Other Income	\$10,832.00	\$12,998.00	\$13,703.00	9:15			
<b>Total Income</b>	\$93,588.00	\$109,612.00	\$104,371.00	11:00		0	
<b>Total Expenses &amp; Liabilities</b>	\$162,645.00	\$123,204.00	\$104,797.00	<b>Sunday School</b>			
<b>Balance</b>	<b>(\$69,057.00)</b>	<b>(\$13,592.00)</b>	<b>(\$426.00)</b>	9:15			
<b>Total Donations Last Sunday</b>		\$2,015.00		11:00		0	0

## Cursillo news

Spring Workshop:  
Saturday May 10, at St. Stephen's Anglican Church

Next Ultreya:  
Wednesday, May 21, 7:30 p.m. at Good Shepherd  
Barrhaven

Summer Ultreyas:  
June 18 – Maureen Anderson (music)  
July 16 – Don Krull (music)  
August – Derek Reid (music)

Fall Weekend Dates:  
120th Women's Cursillo Weekend Oct 23-26  
(Diane Brown, Lay Rector)  
121st Men's Cursillo Weekend Nov 20-23  
(David McCreery, Lay Rector)

Jack Barkley  
Lay Director



## God's two boxes

I have in my hands two boxes,  
Which God gave me to hold.  
He said, "Put all your sorrows in the black box,  
And all your joys in the gold."

I heeded His words, and in the two boxes,  
Both my joys and sorrows I stored,  
But though the gold became heavier each day,  
The black was as light as before.

With curiosity, I opened the black,  
I wanted to find out why,  
And I saw, in the base of the box, a hole,  
Which my sorrows had fallen out by.

I showed the hole to God, and mused,  
"I wonder where my sorrows could be!"  
He smiled a gentle smile and said,  
"My child, they're all here with me."

I asked God, why He gave me the boxes,  
Why the gold and the black with the hole?  
"My child, the gold is for you to count your blessings,  
The black is for you to let go."

Arielle Perkins  
*Submitted by Janet Tonks*

## Electronic recycling day

April 26, 9:00 am to 3:00pm

Earl of March Secondary School will host a public event to collect and recycle unwanted computers, TVs and other electronics. **Recycling electronics** keeps hazardous substances out of landfill, leading to a greener, healthier environment.

The event is hosted in cooperation with RecycleYourElectronics.ca – Ontario's electronic waste diversion program, operated by Ontario Electronic Stewardship (OES).

**Where:** Earl of March SS back entrance (near Mlacak Centre off Campeau Drive)

**Date:** Saturday April 26 from 9:00am-3:00pm

For more information on responsible reuse and recycling of electronic products as well as a full list of accepted items please visit [www.recycleyourelectronics.ca](http://www.recycleyourelectronics.ca).

The money raised from this event will be going towards student initiatives at Earl of March S.S.

We are hoping to get our message out to as many people as possible and appreciate any assistance that you may be able to give us.

Sincerely,  
Jen Carter  
Community Living Teacher  
Earl of March Secondary School



# Lenten Reflection

by Johan van Zyll de Jong

*If you harbour bitterness, happiness will dock elsewhere.<sup>1</sup>*

Lent is usually perceived as a time of reflection, restraint and a curbing of appetites, but I discovered over time that the experiences pursued in Lent are much richer than that. Yes, it is a period of pondering our being on the Christian path, but primarily an effort towards expansion in hope rather than a retraction in awareness of our limitations. It is a period of personal presence, of opening up to our environment, our community, the situations and the people that surround us. A time of a growing awareness of our situation in life, our limitations, our strengths, and our capacity to alter 'the situations' around us, as small as 'that world' may be.

For a Christian this train of thought is always processed in the following order: awareness of our relationship with God, thankfulness for his presence and grace, acceptance of our being and the situations we find ourselves in, as challenging as these may be, and a willingness to deal with whatever Providence will place on our path. Not easy when we focus on sin in the world, particularly sin perceived as personal sin. Remember that sin is always an integral part of creation, only partly in-

fluenced by our intentional sin. But, if we proceed in humility, aware of God's grace we will succeed.

*"Blessedness is not the reward of virtue. It is virtue itself.*

*We do not find joy in virtue because we control our lusts,*

*but contrariwise: because we find joy in virtue, we are able to control our lusts."<sup>2</sup>*

The truth of this perception is discovered in the experience that fighting addictions and failures on our own usually strengthens their survival. However on the path of penitence, accepting our selves and being open to grace, our love of virtue will lead to 'blessedness'.

<sup>1</sup>Entry on March 25 in *The Friendship Book 2005*, D.C. Thompson & Co., London , UK

<sup>2</sup>A quotation of Baruch Spinoza in John Main's, *Silence and Stillness in Every Season-Daily readings with John Main*, Paul Harris (ed.), Continuum, New York: 1997

*Christ is Risen!  
Alleluia!*




## 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](mailto:cornerstone@stpaulshk.org)

 <p>2848 Carp Rd. , Carp, ON, K0A 1L0</p> <p><b>Eric Anderson</b> <b>Marc Charbonneau</b></p> <p>Independently Owned &amp; Operated</p>	<p>Tel: 613-836-9091 Fax: 613-836-9625</p> <p>Loaner Cars &amp; Shuttle Service Available</p>
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[Wellness@david-gilbert.com](mailto:Wellness@david-gilbert.com)  
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