CORNERSTONE



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

Sunday Services

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

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

Inside this issue:

- Messages from Father John and Father Craig
- GIFT update
- Bazaar update
- Town Hall update
- · Christmas in Africa
- Hampers for Waupoos ...and more!

January edition deadline: Tuesday, January 7, 2014 Please send submissions to: cornerstone@stpaulshk.org



A message from Father John Christmas preparations

As we begin our journey through Advent, getting our hearts and minds prepared to celebrate the mystery of Christ's incarnation, we need

to set aside some time and space to ponder the true gift of Christmas.

If you are anything like me, you can become preoccupied with the business of the Christmas Season. Shopping, cooking, decorating and baking all place their demands upon our time and talents. I believe that we are motivated by the hope that if our preparations for Christmas are extensive, then our celebrations will be complete.

As I look back over the years of past Christmas celebrations, the most memorable are connected with who was present and who was absent. I don't remember the dinners shared or the cookies eaten. I don't remember the decorations or the presents. What I do remember are the stories shared and the people who gathered. I remember the moments when someone unexpected arrived home. I remember the sadness of being away from family during Christmas.

The mystery we celebrate at Christmas is that God's love is present and it can be powerful in our lives. When we think about getting our selves ready, do we spend the time in prayer and thought about God's plan and purpose for us?

The first Christmas was a moment in which God revealed that His willingness to intervene in history has no limits. Each year we are given an opportunity to rekindle and live that celebration of God's Hope for us. The mystery of God's loving action can be a part of our lives each year. We need to take the time and energy to celebrate the real meaning of Christmas in our lives. Christmas is a time to see the goodness of this world and strive to bring love and justice to every living creature.

May your preparations for Christmas be a source of joy and wonder,

Fr. John





From the desk of Father Craig God's children

Last year I quoted a person from Yale who prepared himself for the season in this way:

"This Advent season we

would do well to keep the shopping mall behind us and the expected Christ-child before us. We can best do that by concentrating on the time we spend together as a family, on lowering the adult voice and listening more to our children, on beginning and ending the day with a word about and from our children, on cutting down on outside commitments and being home more." Let us listen to the children, ours or others, for in fact they are all God's children!

Well, that quote takes on new meaning for me this year. Sarah, our oldest girl, will be giving birth in December! I will be a Grandpa. I will once again be hearing little ones' voices in our home. I do pray that I am home enough, and while home that I lower my voice and presence to listen to the little one!

(Continued on page 3)

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Lorna has beautiful words for those who are child bearing:

"I had a thought long after the delivery of my four children, about how differently I would have behaved if I had only thought I was carrying the Baby Jesus; if every word I spoke, every song I sang, everything I ate was for the Baby Jesus."

It's about intentionality! It is about behaving differently, man or woman, child-bearing or not. It's about loving your neighbor as if you are loving Jesus. It's about loving the children so that they might grow into the full stature of Christ.

It all comes back to the children; remember, Isaiah 11.6 "...and a little child shall lead them." The beauty of this passage is two-fold. It does lift our eyes to the gifting of children. They surprise us in so many ways, and thanks be to God for that! Jesus knew all about this. Not only did he surprise the teachers in the temple when he was only 12, but told his disciples, "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven." *Matthew 18:3 ESV*

This passage is also a discussion of the Day of the Lord. This is the day that Christians look forward to when Jesus Christ will reign, removing all sin and brokenness from our world and restoring peace to all of creation. As a result of this peace of Christ, wolf, lion, lamb, cobra, calf, bear, and children will all live in harmony. A child can hold the lion by the mane and have no fear. These are all beautiful images, but our job as adults is to build a world like that for children.

A world like that doesn't get built at the mall! But, thanks be to God, it can be built in the hearts of God's people!



A Blessed Advent and a Happy Christmas!

Fr. Craig +



Christmas Bazaar update

What an awesome bazaar!!

The worker bees were certainly buzzing around St. Paul's on the weekend of November 15 and 16. (I'm not saying those were the only two days that people were working to prepare for the annual event.)

Thank you, thank you to so many people who made another bazaar so successful and fun! Especially to Heather Colls for the co-ordination and ALL the hard work... you are a special lady!!

It was wonderful to see and meet many people from the outside community; it is always a joy to share our time with others... and have them spend their money!

All that being said, I was the treasurer for the bazaar and am pleased to share the following results:

Chili supper = \$625
Bake Table = \$2603
Books = \$641
Children's Room = \$261
Used Toys = \$165.30
Knitting/Crafts = \$423
Jams/Jellies = \$916
Quilts = \$1209
White Elephant = \$1107
Luncheon = \$290
Meat Pies = \$610

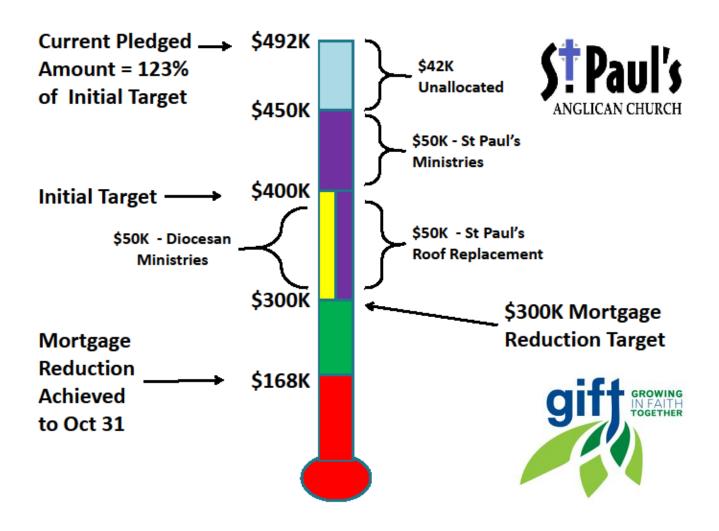
Total profit is \$8850.30

Praise God for whom all Blessings flow!

Minx Mulhall

GIFT Campaign update

First Anniversary of our 5-year campaign



On Sunday, November 24, 2013, we celebrated the first anniversary of our 5-year GIFT Campaign. We give thanks to God for the good news we have to share!

The Diocese of Ottawa has achieved its \$12 million goal and is in the process of fulfilling its mission and ministry goals. For more information about the Diocesan GIFT Campaign, please visit the Diocese of Ottawa website: http://www.growinginfaithtogether.ca/

Thanks to your generosity, St. Paul's has outstripped its \$400,000 goal by 123% (that's \$492,000!). We are pleased to report that our mortgage is now around \$700,000, down from \$2.1 million. We are especially blessed to have the funds available in the GIFT campaign to deal with the unexpected repairs required to the clerestory roof.

All GIFT donations received by our treasurer before December 31, 2013 will be eligible for a 2013 income tax receipt.

If you would like to make a new pledge or change an existing pledge, please contact one of us and we will be happy to help you. For those of you considering further donations via the Sunday Offering, you are invited to use the brown GIFT Donation envelopes located in the Narthex. Using these envelopes will ensure that your donation is properly allocated to the GIFT campaign, and that we have the correct information for tax receipts.

Francis Christensen (613-831-0874) Alison Stortz (613-599-7176) Wayne Keech (613-592-5069) or email: gift@stpaulshk.org

St. Paul's offering envelopes and PAW program

In December, we will be issuing boxes of offering envelopes for 2014. In January, please destroy all old, prior-year envelopes as some numbers may change for 2014.

It's not too late to get a box! Parishioners who donate regularly by way of cash or cheque without using offering envelopes are asked to consider requesting a box of envelopes because this makes the recording of donations much easier and leaves less room for error. We order a supply of extra boxes to issue to new parishioners throughout the year, so we have enough to fill any requests. To request a box, please fill out one of the envelopes found in the pews and place it on the Offering Plate.

We also offer the PAW program (Pre-Authorized Withdrawal) for monthly donations, which is a convenient way to donate to St. Paul's. The PAW program is helpful to our treasurer, especially during the summer months when cash flow fluctuates. Small wooden fish or crosses are available each week for those who wish to put something on the Offering Plate. PAW application forms are on the table in the Narthex.

Questions? Please contact Bob or Nancy Moxley, or the church office.

Ladies' Bible Study

Kanata Baptist Church

This non-denominational study group meets from 9am to 11am on Wednesdays at the Kanata Baptist Church (465 Hazeldean Road). Our next session will begin on Wednesday, January 8, 2014. Ladies are invited to join us for this time of study and fellowship. Childcare is available. For more information, please contact the church office at 613-836-3145.

St. Paul's Town Hall update November 19, 2013

Thank you to everyone who came to offer input at our recent Town Hall meeting. The goal was to suggest specific projects that we could undertake to meet a need in our immediate neighbourhood, our city, and our country. Here is a brief summary of the responses:

- 1. Our immediate neighbourhood.
- A free, "thank-you" BBQ for our neighbours, in August or September, with music (preferably a local youth band).
- One community event each season, such as carolling, spring clean-up, etc.
- 2. Our city.
- A community breakfast is being planned with local leaders to determine their areas of greatest need.
- 3. Our country.
- A committee will explore and bring to vestry the possibility of a partnership with a church/community in the north.

Education evening on grief and grieving

January 28, 2014

The Pastoral Team will be hosting an education evening on the topic of grief and grieving on January 28, 2014.

We have booked Ian Henderson, President of Bereavement Support and Education (Ottawa), a well-known grief counselor and speaker. The Pastoral Team has heard Ian speak at a few sessions at the Ottawa Pastoral Centre and is pleased that he will be coming to St. Paul's.

This evening will be open to any who are interested in

learning about grief and the grieving process for themselves or to help others.

Please mark it in your calendar now and watch the weekly bulletin for more details.

Minx Mulhall



Osteo arthritis Not just wear and tear

by David Gilbert

Osteo Arthritis is typically considered to be a wear and tear condition but, as with most human biology, the truth is much more complex. This is good news. If outside factors trigger or exacerbate osteo arthritis, controlling for those factors can minimize symptoms and/or risk.

An interesting study out of the University of Edinburgh in the U.K. demonstrates this principle quite clearly. Researchers performed a double blind placebo controlled study of patients scheduled for knee replacement. 50% received a tablespoon of high potency cod liver oil each day and the remainder received a placebo. As the original knees were removed, they were analyzed for enzymatic markers indicating pain and inflammation. The results were quite striking. The enzyme markers for both pain and inflammation were significantly reduced in the active group compared to the placebo group. In their published research, they indicated their belief that even this single measure could significantly reduce the incidence of knee replacements. Since joints can normally only be replaced twice and don't last all that long, delaying or preventing the need is critically important for long-term health and quality of life.

Other research has demonstrated that some people are sensitive to the Nightshade family (potatoes, tomatoes and peppers). Proteins in these vegetables have an affinity for joint tissue. Since many suffer some degree of leaky gut syndrome, where the tight cellular junctions in the digestive tract become compromised, some of these foreign proteins pass undigested into the blood stream and bond to joint tissues. The immune system attacks the foreign proteins and inadvertently causes collateral damage to the tough but delicate all-important cartilage lining the ball and socket of each joint. Milk and gluten, too, can wreak havoc on the joints of those who are sensitive, and are the other two most common food sensitivities.

Given the role of inflammation in osteo arthritis, there are a number of approaches which may bring significant improvement or relief: 1) The use of Pulsed Magnetic Resonance Stimulation to allow the body to neutralize free radicals, reduce inflammation/ pain and improve blood circulation; 2) Use nutrient agents which many have reported to be effective in reducing inflammation and/or helping heal leaky gut syndrome, such as curcumin, Omega 3s, Equilib nutrient/enzyme protocol and Arthrimend; 3) Test strictly eliminating suspect foods for at least three weeks to see if symptoms improve. This means carefully examining all mixed herbs and spices and prepared foods for eliminated substances; 4) Start doing consistent gentle but regular exercises and work up to full range of motion for joints. This is beneficial for two reasons a) muscles should be taking up most of the strain on joints, so weak muscles = increased risk of joint pain and/or injury b) When joints are taken to their full range of motion, it stimulates synovial fluid production. This is the lubricant which is critical in preventing cartilaginous damage between the ball and socket of joints.

One final word for Caucasian men and postmenopausal women: Should you begin to experience unexplained hip pain and/or pain in the end knuckles of your middle three fingers, ask your physician to order a serum ferritin test. If this blood test shows elevated ferritin levels, you may have Hemochromatosis (one of the most common genetic errors seen in Caucasians). If left untreated, the ongoing accumulation of iron will have serious brain/body health effects, including substantially increased risk of liver cancer and dementia. For many, simply donating blood regularly will keep iron levels in the optimum range and help save lives.

An excellent resource is Sarah Keyes' "The Body in Action."

In my work, I use all of these tools and clients have typically reported experiencing major relief.

Yours in good health, *David Gilbert*

Christmas in Africa, 1952

by Ken Miller

As a young boy growing up in Kasama, Northern Rhodesia now Zambia in 1952 there was an air of excitement during the weeks and days leading up to Christmas. Constant reminders were made that Father Christmas was watching to see who was naughty or nice. For whatever reason, I was constantly reminded of this.

The adults awaited in great anticipation for the Thatcher Hobson lorry that would bring in the supplies from the Copperbelt and the line of rail. Dad's favourite bottle of Scotch, Mum's Chanel No. 5, and of

course the gifts for me that would miraculously appear under the tree on Christmas Day.

Among the Christmas supplies, were the cards and gifts that had been mailed months earlier from grandparents in Scotland and had traveled by Union Castle ships to Capetown, North by rail to Broken Hill where it was put on the lorries (trucks) for the long trek up the Great North Road to Kasama.

Fresh beef was rare, and many a chicken was sacrificed

as we pretended that we were eating Christmas turkey. Father Bonar a colourful wee Scot from Glasgow, a member of the White Fathers did some horse or should I say pig trading, with his brothers at the mission in Mulilansolo near Isoka, about a hundred miles East of Kasama for some piglets. Pork was truly a treat. It was arranged that John Tinnis would butcher the pigs and the pork roasts would be distributed to the good folks of Kasama.

Early in the morning on the appointed day, I went with my Dad to the PWD (Public Works Department) yard to pick up a big green Bedford lorry We headed to the White Fathers House, picked up Father Bonar, who brought along a bottle of Scotch to sweeten the deal with his brother clergy. A final stop was made at the Kasama Prison where a dozen or so prisoners joined me in the back of the lorry and we headed to Mulilansolo.

After an hour or so traveling down dusty corrugated bush roads we arrived at the Chambesi River. We faced our first major challenge, the water was too deep to ford, and the new wooden bridge with it huge timbers had not yet been surfaced to allow vehicles to cross.



A lorry was spotted on the far side, and after much deliberation and greasing of palms, it was agreed that we would continue our journey using the lorry belonging to the bridge work crew. The long walk across the open timbers started, both my Dad and the good Father lovingly carrying the bottle of Scotch, gingerly made their way across, while I enjoyed an elevated position perched on the shoulders of one of the prisoners. What, seemed an eternity passed, and we eventually resumed our pilgrimage in the new lorry.

We were welcomed with open arms by the Fathers at Mulilansolo, who fed us a lunch fit for a king and of course it was fittingly washed down with the fine Scotch supplied by Father Bonar. After lunch, the financial transactions were completed and we then headed towards the field where the pigs were kept.

Once it was determined which piglets would feed the folks back in Kasama, the chase was on as the prisoners chased their fleeing quarry across the field. Eventually our total supply of piglets were caught and placed into large sacks.

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Two books for young people

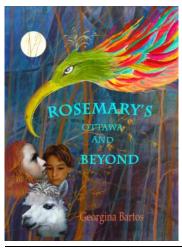
by Georgina Bartos

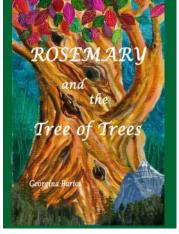
I know there must be other writers here at St. Paul's and I'd like to meet you. There must be writers young, old and in between. Yes, I love writing!

About ten years ago, after the encouragement of having a short story published in the Toronto Sunday Star, I had an idea for a book. It all began with imagining God as a bird that could change size and shape and be all-knowing and ever-present. This bird was also Rosemary's loving and understanding friend.

Slowly, characters developed. I wanted this book to be funny, too, and decided this must be for young people.

My characters became real after a while and I'm always surprised when readers talk about my characters as if they know them. "Hey, you're acting just like Dirklee." "What would Rosemary say?" So I know my characters have become alive.





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We left the mission in the late afternoon and raced towards the waters of the mighty Chambesi, hoping to make the crossing before night fall.

On reaching the bridge, again I perched on the shoulders of a prisoner and was carried across. We led the charge followed by the other prisoners carrying their cargo of piglets. The Scotch, or perhaps a sudden attack of malaria, had obviously affected both my Dad and Father Bonar as they were observed making the crossing on their hands and knees.

I have heard that writing is hard work. My first draft was over a thousand pages long — way too long. Beginner writers rarely know what to leave out! After six more attempts, a publisher provided an exhaustive critique. After a few days of shock, I re-wrote it from scratch in three days and here it is — a book to enjoy.

I belong to a book club of retired teachers. (I'm a nurse.) They have all read my books and love them. They insist that they're not just for pre-teens and early-teens — they're for the young-at-heart of all ages.

Members of the St. Paul's Praise Team have read early drafts and offered helpful suggestions. I thank them for their encouragement.

In my first book, *Rosemary's Ottawa and Beyond*, Rosemary discovers who she is, survives bullying, a desert and feelings of being different. In the second, *Rosemary and the Tree of Trees*, she writes a song and saves the Greatest of Trees.

The books are available at Chapters and on Amazon. Chapters has a special shelf for local authors. The first book is in the Ottawa Public Library and in a number of school libraries. I will be offering these first two books of a series of three for sale on Sunday, December 7, after each service, with all profits going to St. Paul's.

Georgina

Shortly after starting the final leg of our journey, night fell and the prisoners started singing carols as the big Bedford raced towards home under the cool star lit Africa sky.

Ken Miller



Christmas hampers for families at Waupoos

by Zdena Harder

Christmas is a time when many families enjoy the holiday festivities and are thankful for all the blessings they receive. Unfortunately, there are many needy families in our own communities who struggle financially, emotionally and/or spiritually during this season and don't always look forward to Christmas.

At Waupoos, we invite 10 low-income families to stay at the farm. We hope this experience will help them create wonderful Christmas memories with their families. To surprise these families, we place Christmas hampers in their reserved cottages at the farm so they feel blessed from the moment they arrive.

This year, we are reaching out to you, the generous members of our church community, hoping that you would consider assembling a hamper for one of these families. Below you will find an easy list of requested items. We will provide you with the age and gender of the family members receiving the hamper should you feel called to add a personal touch to the package, such as home-baked treats, ornaments or cards.

Please prayerfully consider blessing a local family this Christmas that may have yet to experience a hopefilled holiday. In doing so, you will be sharing Christ's love with those who need it the most. Also, please include 1 or 2 small gifts per person, for example:

Adults — Gloves, Mitts, Nice Scarf, Candles, Kitchen Towels, Utensils, Oven Mitts, Crossword Puzzle/Suduko, Outdoor Magazines, Flashlights, Comfy Throw.

Youth — Small age appropriate gift, and gloves, mitts, scarf

Gift Cards for groceries are a great addition as well, and are very appreciated by the families.

If you have questions or are interested in making a real difference in a family's Christmas, please contact Zdena Harder at 819-360-7834 or email me at: zeeharder@rogers.com.

Thanks, *Zdena*

Waupoos Family Farm Resident 2050 Rideau Rd. Gloucester, ON, K1X 1B1 www.waupoos.com

WAUPOOS CHRISTMAS HAMPER ITEMS

Ready Made Icing
Boxed Chocolates
Boxed Hot Chocolate
Cranberry Sauce
Turkey Gravy Mix
Box of Turkey Stuffing
Tins of Coffee/Tea
Mints/Candy/Candy Canes
Boxed Fancy Crackers
Boxed Fancy Cookies

Tape Christmas Bows/Tags Wrapping Paper Christmas Crackers for the Table Christmas Tree Ornaments



The Kingdom, Power and Glory

by Douglas Beyer (2001), submitted by Ray Brule

"The Lord giveth and the Lord taketh away." Education does the same. Sometimes it gives and sometimes it takes away. Learning to read the Bible in the original Greek sometimes adds to our appreciation of the text and sometimes it takes it away. To be very honest, we sometimes prefer the English version to what the Biblical writers actually wrote. For instance, my favorite part of the Lord's prayer is not found in the oldest and best manuscripts of the New Testament. It was apparently inserted by a scribe late in the sixth century who when he finished writing, "Lead us not into temptation, but deliver us from the Evil One," added the words, "For thine is the kingdom, and the power and the glory forever, Amen!" Other scribes continued to copy this paean of praise until it was included in the classic King James Version.

I love it! And even though it was not in the original, it's still true. It answers three important questions about God.

WHAT IN THE WORLD IS GOD TRYING TO DO?

"Thine is the Kingdom"

The most important matter on which you need to make up your mind is, "Who is running things?" Who is the King? If world affairs are controlled by blind chance or human whim, we are at the end of things. There is no hope for survival through the twenty-first century. On the other hand, if world affairs are controlled by the sovereign will of a loving God, we are the beginning of things. And the very best is yet to come.

History is "his story." It is a grand epic with a big beginning, a muddled middle and a fabulous final chapter.

Ancient Israel kept forgetting who the King is. They wanted an earthly king like the other nations. Despite stern warnings by the prophets, they enthroned a series of kings who were as inept in their rule as other nations, including our own. They and we have to learn the hard way that if our ultimate hope is in political leaders, we will always be disappointed.

"Who is the King of Glory? The Lord of Hosts, he is the king of glory" (Psalm 24:10). And throughout history he has been building his kingdom. Granted, it has been a long, slow process and he is nowhere near finished. But he is in no hurry. "With the Lord a day is like a thousand years and a thousand years are like a day" (2 Peter 3:8). He can cram into a single day the work of a thousand years. He doesn't count time the way we do.

Jesus came preaching the good news of the long awaited Kingdom of God (Luke 4:43). But people were still not ready for it. They crucified the king of Glory shouting, "We have no king but Caesar" (John 19:15). The problem was Jesus was not the kind of king they wanted. They wanted a political ruler who would feed them (John 6:10-15) and lead them in victory over their enemies. When Pilate asked him if he were a king, Jesus said, "King as you use the word or as the Jews use it?" (John 18:34 Living Bible). Then he explained, "I am not an earthly king. If I were, my followers would have fought when I was arrested by the Jewish leaders. But my kingdom is not of this world" (John 18:36 LB).

What in the world is God trying to do? He is building his kingdom. Where is it? The geography of the kingdom of God is not in heaven, that is only its capital; it is not in the Bible, that is only its road map; it is not in the church, that is only part of its subjects. "The kingdom of God is within you" (Luke 17:21). It is God's reign in the hearts and lives of his creatures.

The commerce of the kingdom of God (its exports and imports), is not meat and drink. Kingdoms of men provide for that. The commerce of the kingdom of God is justice, peace, and joy in the Holy Spirit (Romans 14:17). These are three commodities which the kingdoms of men cannot provide. Philosophers can't agree on what is justice. Politicians can't deliver the peace they promise. Psychologists can't give the joy of the Holy Spirit. Justice, peace and joy are exports and imports of the Kingdom of God.

What in the world is God trying to do? "Thine is the *kingdom*."

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HOW IN THE WORLD DOES GOD HOPE TO SUCCEED?

"Thine is...the *power*"

Just as we forget who the true King is, so we forget where the real power lies. Paul said, "I proclaim a message of wisdom to those who are spiritually mature. But it is not the wisdom that belongs to this world or to the powers that rule this world – powers that are losing their power" (1 Corinthians 2:6 TEV). There are two kinds of power in this world: material and spiritual. The material powers are "powers which are losing their power." They are powers all right. They crucified the Lord of glory (1 Corinthians 1:8), but their days are number and coming to an end. They are toothless tigers: fearsome to look at, but ultimately

harmless.

P. T. Forsythe said, "We have grown in our power over everything except the power to control our power over everything." The international nuclear arms race is beginning to look like a do-it-yourself annihilation kit.



Meanwhile, God turns our power-hungry generation on its ear. For he uses the small things to overthrow the great things and the weak things to overthrow the mighty (Zechariah 4:6-10; I Corinthians 1:25-28). With God there is more real power in Bethlehem's manger than in Rome's Senate.

He is the King of Kings, the Lord God Almighty. With him "all things are possible" (Matthew 19:26.) With him "nothing shall be impossible" (Luke 1:37). Our God is *able*. He is able to perform that which he promised (Romans 4:21). He is able to deliver us (Daniel 3:17). He is able to give us grace to bear temptation (1 Corinthians 10:13). He is able to subdue all things. He is able to keep that which I have committed unto him (2 Timothy 1:12). He is able to save to the uttermost (Hebrews 7:25). He is able to keep us from

falling (Jude 24). He is able to do exceedingly abundantly above all that we ask or think according to his power that works within us (Ephesians 3:20).

When a Sunday School teacher asked her class if there was anything God couldn't do, a little boy said, "Sure. I know something God can't do."

"What is that?" the teacher asked?

"He can't keep everybody happy!"

"Thine is the power." Therefore, "be strong in the Lord and in the power of his might" (Ephesians 6:10).

WHY IN THE WORLD DOES GOD BOTHER ABOUT IT?

"Thine is...the *glory forever*."

Earth's glory is temporary. Listen to Thomas Wolfe's

character in You Can't Go Home again:

"There came to him an image of man's whole life upon the earth. It seemed to him that all man's life was like a tiny spurt of flame that blazed out briefly in an illimitable & terrifying darkness, and that all man's grandeur, tragic dignity, his heroic glory came from the brevity

and smallness of this flame. He knew his life was little and would be extinguished, and that only darkness was immense and everlasting."

"Swift to its close ebbs out life's little day. Earth's joys grow dim; its glories pass away." (Henry Lyte)

From the sixteenth century John Webster reminds us: "Glories, like glow-worms, afar off shine bright,"
But look'd too near have neither heat nor light."

Those who provide for this life, but make no provision for eternity are wise for a moment, but fools forever. Earthly glory is temporary, but...God's glory is forever. "Unto him be glory in the church by Jesus

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Christ throughout all ages world without end, Amen" (Ephesians 3:21).

"O worship the King, all glorious above, And gratefully sing his power and his love; Our Shield and defender, the Ancient of Days, Pavilioned in splendor and girded with praise." (Robert Grant)

God seeks our praise of his glory not because he is a super egotist, but because our failure to do so diminishes us. Those who fail to respond to the genius of Shakespeare, or the artistry of Michelangelo, or the music of Vivaldi are impoverished by their inability to respond. We stand at the singing of the Hallelujah chorus not just for Handel's sake, nor for the conductor's sake but for our sake. It enriches us. If our soul spontaneously resonates to human excellence, how much more to divine excellence. Either we glorify God, or our name is Ichabod, "the glory has departed" (1 Samuel 4:21).

"All of us, then, reflect the glory of the Lord with uncovered faces and that same glory, coming from the Lord who is the spirit, transforms us into his very likeness, in an ever greater degree of glory" (2 Corinthians 3:18).

What in the world is God doing? He is building his kingdom. "For thine is the kingdom." How in the world does he hope to succeed? Through his almighty power. "For thine is...the power." Why in the world would he bother about it? To bring glory to himself through his people. "For thine is...the glory forever, Amen."

In name of God I invite you into his kingdom, power and glory forever.

I CANNOT SAY IF...

I cannot say "OUR" if I have no room in my life for others and their needs.

I cannot say "FATHER" if I do not demonstrate this relationship in my daily living.

I cannot say "WHO ART IN HEAVEN" if all my interests and pursuits are in earthly things.

I cannot say "HALLOWED BE THY NAME" if I, who am called to bear His name, am not holy.

I cannot say "THY KINGDOM COME" if I am unwilling to give up my own sovereignty and accept the righteous reign of God.

I cannot say "THY WILL BE DONE" if I am unwilling or resentful of having God's will in my life.

I cannot say "ON EARTH AS IT IS IN HEAVEN" unless I am truly ready to give myself to His service here and now.

I cannot say "GIVE US THIS DAY OUR DAILY BREAD" without expending honest effort for it, or by ignoring the genuine needs of others.

I cannot say "FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US" if I continue to harbor a grudge against anyone.

I cannot say "LEAD US NOT INTO TEMPTATION" if I deliberately choose to remain in a situation where I am likely to be tempted.

I cannot say "DELIVER US FROM EVIL" if I am not prepared to fight in the spiritual realm with the ultimate weapon of prayer.

I cannot say "THINE IS THE KINGDOM" if I do not give the kind of disciplined obedience of a loyal subject.

I cannot say "THINE IS THE POWER" if I fear what my neighbours may say or do.

I cannot say "FOREVER" if I am too anxious about each day's events.

I cannot say "AMEN" unless I can honestly say, "cost what it may, this is my prayer."



The 23rd Psalm in the 21st Century

The Lord is my Shepherd – that's Relationship

I shall not want — that's Supply

He maketh me to lie down in green pastures — that's Rest

He leadeth me beside the still waters — that's Refreshment

He restoreth my soul — that's Healing

He leadeth me in the paths of righteousness — that's Guidance

For His name's sake — that's Purpose

Yea, though I walk through the valley of the shadow of death — that's Testing

I will fear no evil — that's Faithfulness

Thy rod and Thy staff they comfort me — that's Discipline

Thou preparest a table before me in the presence of mine enemies — that's Hope

Thou anointest my head with oil — that's Consecration

My cup runneth over — that's Abundance

Surely goodness and mercy shall follow me all the days of my life — that's Blessing

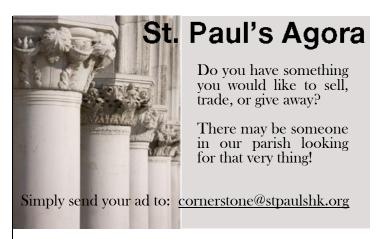
And I will dwell in the house of the Lord — that's Security

Forever — that's Eternity.

What is most valuable is not **what** we have in our lives, but **whom.**



Merry Christmas!



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