

# CORNERSTONE

December, 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. 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
  - Christmas Bazaar Update
  - GIFT 2nd Anniversary
  - E100 Challenge
  - God Squad Party Jan 4
  - Gift Card Program
- ...and more!

January edition deadline:  
**Tuesday, January 6, 2015**

Please send submissions to:  
[cornerstone@stpaulshk.org](mailto:cornerstone@stpaulshk.org)



## A message from Father John

### Our God is an awesome God

Like many of you, I have seen the pictures and watched the videos. Countless numbers of people told me that I had to see it at least once in my lifetime. Seeing it was the main reason why Gayle and I took a vacation to the region. But despite the buildup and the anticipation, when I first saw it I was speechless for about 20 minutes. It is truly a one of the most amazing places in the world and a place where you stand in awe of creation. Not many things cause me to stop talking, or make me wonder about a mystical experience of God. The Grand Canyon did.

The Grand Canyon is a place where millions of tourists go to see the beauty of creation and be amazed at the beauty of this world. As a believer, I was struck by the beauty and awesomeness of our God. As I stood and took a look at the panorama I became fully aware of God's love and delight in His creation.



## From the desk of Father Craig

### The Word became flesh, and dwelled among us

“The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognize him. He came to that which was his own, but his own did not receive him. Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— children born not of natural descent, nor of human decision or a husband's will, but born of God.

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.” John 1:9-14

E100 kicked off this past Tuesday night! Fantastic night where we began a journey into the hope and challenge of the “Word made flesh.” We looked at the many forms of scripture: liturgy, poetry, command,

Advent is a time of anticipation and excitement. During Advent, we get our hearts and minds ready to celebrate Christmas. We tell the story of Mary and Joseph, John the Baptist and all those that lead up to birth of God in time. The wonder of this loving action is almost impossible to comprehend. Yet we wait with hope and expectation that God will continue to journey with us in our history.

May this advent be a time that turns your mind and heart towards a God who is reaching out to us. A God who is willing to enter into our lives, so that our life might be made whole. May your journey towards Christmas be filled with the beauty of God.

Peace,

prose, and parable, just to name a few.

Scripture challenges us to understand the beauty and wonder of God, to receive Him, to recognize Him. As John makes clear, we don't often recognize Him. They didn't in the first century, many don't today.

It really isn't about biology, it's about believing, having faith, living gently in this world. All things came into being through Jesus, God, and all of us can be a new creation in Him as well. This is pretty amazing, pretty transforming — all-transforming in fact! Resurrection is the first fruit of the new creation in Christ.

What might that mean to me? Maybe it means buying far less this Christmas! But for me it means tackling the strongholds that I have let the Devil get a foothold in, so that only God's Word reigns. E100 will be key

*(Continued on page 3)*

(Continued from page 2)

to that happening. For it can't be my opinion that wins the day, but God's Word. Imagine being re-made in the image of Jesus! It will be amazing, but I can't expect that image to be all Norman Rockwell; remember, Jesus was born in a stable. ☺

But the Word made flesh so long ago, can free me to be born again today! That would be something that definitely would bless my wife and family! I know that I am closer to them when I am closer to that infant child.

It is awesome that 200 friends have joined E100 looking to get closer to that infant child. If you have not yet joined, you are hereby invited to read the

scriptures, discuss the questions posted in the hall, and be blessed as you draw closer to God.

A Blessed Advent and a Happy Christmas!  
*Fr. Craig+*



## CHRISTmas bazaar update

### Blessing and being blessed by our community

What a wonderful show of spirit and community was shared recently this year during the CHRISTmas Bazaar.

The Bazaar took place on Nov 21 and 22. Before opening the doors, all those involved with the Bazaar gathered in the Narthex for a special blessing from Father John. In his blessing, he reminded us that our main purpose was to invite and welcome the outside community into the community of St. Paul's (and of course with hopes of welcoming some "deep pockets")!

As we were gathered, I looked around at the 50+ parishioners who had been working for weeks, if not months, to be ready for this event. I was taken with a feeling of awe at such a wonderful, committed, loyal and, yes, fun group! We were ready to greet and meet fellow parishioners, family, friends and neighbours, and hopefully people from afar.

Some of us wondered if we'd be busy enough, and have enough people come. On Friday at 4:00, we opened our doors to a lineup of people waiting at the doors. Well from Friday evening to Saturday at closing we were very pleased to have been busy throughout the 2 days!

We sold, we fed, we sold, we talked, we sold, we

laughed, we cleaned, and we shared. Yes, we made a hefty sum from our sales (just over \$13,000!), which was awesome; but most of all, we truly welcomed a community into the blessed community of St. Paul's church.

Job well done, you good and faithful servants of God!

Thank You,  
*Minx Mulhall*



# The E100 Challenge has begun!

It's not too late to join us — won't you take the challenge?

by Maureen Anderson

Why do I read the Bible? I read the Bible because...

## ...God gave me a thirst for His word

About 30 years ago God poured into my heart a thirst for His Word.

Joining a small Bible study group helped me to meet people who would become friends and mentors to me for many years. Bible reading throughout the years has helped me to stay on my path of faith.

## ...God called me into a closer relationship with Him

Through His Word I get to know Him better and to know His will for my life.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." 2 Timothy 3:16. God uses His Word in this way with all of us and certainly has done so with me. God's Word gives guidance, encouragement and comfort and helps our faith to grow stronger.

## ...it is truth

If we know truth, we can recognize falsehood.

Bank tellers are taught to recognize counterfeit money, not by examining fake bills, but by familiarizing themselves with the real thing. So it is with Truth. The more we know God's Word the more we can recognize when things in our world are "off", when they go against His Word. It helps us to recognize sin and gives us the willingness and the courage to do the right thing.

## ...I want to be able to share it with others

One of my children, then in his teens, once joked "Mum, you have a Bible verse for everything!"

It wasn't quite true, but it did make me realize that I had indeed written much of God's Word on my heart and was able to pass it along to others. It is our manual for living and I try to encourage others to read it.

Reading it and studying it with others has brought many blessings in my life. Reading the Bible with other Christians helps us to get to know God and to better know His will for our lives. It helps in strengthening friendships. It increases fellowship in a community and strengthens the Body of Christ. We grow and mature as individuals and as a community.

## ...God isn't finished with me yet!

God's Word transforms lives! God's Word transforms churches! Please join the over 180 St. Paul's parishioners who have taken up the challenge to read more of His Word this coming year.

The Challenge has started, but it's not too late to sign up! Take 20-30 minutes per week to read 100 Essential Bible passages in 50 weeks.

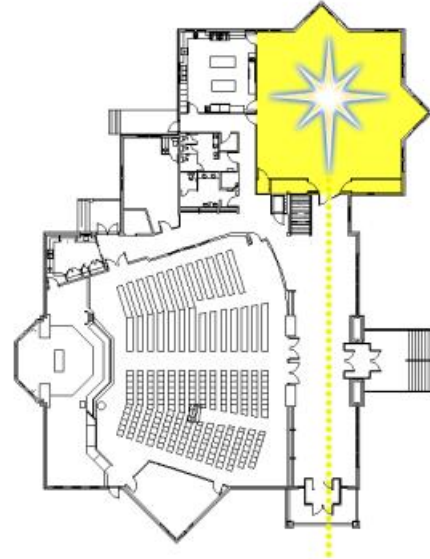


# COME JOIN US FOR AN EPIPHANY PARTY



JANUARY 4TH, 2015  
 9:15 AND 11:00 SERVICES  
 ST. PAUL'S RUTTER HALL  
 GAMES, ACTIVITIES, AND SNACKS!

**St Paul's**  
 ANGLICAN CHURCH



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## Gift Card Program The gift that keeps on giving

Those people standing at a table in the Narthex after service each Sunday are helping to raise money to keep the lights on in the church.

Pardon me!?!? How?

They are selling Gift Cards. When you buy a Gift Card from the church, you get the full value of the card and St. Paul's gets a percentage of the value. To date, the Gift Card program has earned about \$9,000, of which **\$5,200 has been raised for St. Paul's.**

The next time you go out for groceries, consider eating and helping the church at the same time. And you are not limited to groceries! For example, you can use the same PC card to buy gas at Refuel on Baseline at Merivale, as well as food at Loblaws or Your Independent Grocer and clothing or household items at The SuperStore.

Here's how it works: the church has bought the

cards at a discount. You pay the face value for the card; you get the full value on the card to buy groceries or whatever the store sells. The difference, our cost to your cost, goes to the church.

- Farm Boy earns 5% (5.5% after returned empty cards are factored in.)
- Food Basics/ Metro earns 4%
- PC / Loblaws earns 5%
- Sobey's earns 5%

If airmiles and point programs are a concern, please consider allocating say \$100 of your food budget to this program.

Questions? Please contact Darell at 613-831-7580.

# Community Breakfast update

## Feedback from October 22, 2014

by Francis Christensen

On October 22, as an important step in the process of identifying what new ministry we might consider undertaking, St Paul's hosted a Community Breakfast for 25 members of the Kanata community. These community leaders were invited to share their personal perspectives on the most significant needs currently facing our community.

Representation came from almost all sectors, including social and employment agencies, fire and police, arts and sports groups, business and retail, municipal politicians, and schools. This diversity lent itself extremely well to facilitated table discussion groups. Participants at each table were asked to identify, in their own opinion, the most significant need facing the community and what they would suggest to address it.

Various angles through which the participants approached the topic were observed and yet, even with these differing points of view, a number of similar issues emerged. Overall, ten "community need" categories, with associated suggestions, were identified. The most significant issues included seniors, youth, mental illness, the rapid urbanization of the community, and ease of access to existing community services and activities.

Here is a brief synopsis of the areas of need identified:

- Seniors (programs, activities, transportation)
- Adult/Parent Literacy and Numeracy
- Youth (programs, support, employment)
- New Canadians (integration)
- Community Safety
- Community Services (awareness and availability)
- Anxiety and Mental Health
- Community Change and Rate of Growth (rural/urban, socio-economic gap)
- Affordable Housing
- Public Housing

The identification of these needs from an external, non-church perspective brings significant value to St Paul's journey of discernment. The data collected

will be analyzed and integrated with our own, internal identification of needs which then will hopefully point to the most beneficial opportunities for us to consider.

We still have some way to go before this initiative becomes a reality. The parish will be consulted throughout this process and will ultimately approve, through Vestry, whatever ministry program is selected. Proposals for a new or enhanced ministry program will need to be developed, including a volunteer resourcing plan, a financial plan, an implementation plan, and a check-in with our community partners to ensure we are not duplicating any existing programs, and to ensure that coordination, if required, is properly established.

By late 2015 or early 2016, St. Paul's is looking forward to implementing a new ministry benefiting our community. In the meantime, you are heartily encouraged to get involved throughout this period of discernment. Ultimately, it will be up to the dedication and faithfulness of our parishioners to successfully promote and deliver this ministry to our community.



# GIFT update

## Second Anniversary of our 5-year campaign

by Alison Stortz and Francis Christensen

On November 23, the Feast of Christ the King, we celebrated the 2nd Anniversary of our 5-year GIFT Campaign. We give thanks to God for the generosity of our parish and the blessings that have come to our church, our community and our diocese.

Some highlights:

As of October 31, 2014, we have paid \$271,400 towards our target of \$300,000 mortgage reduction. At this point, we are on target to complete the mortgage repayment portion of GIFT by the end of 2014. This will bring our remaining mortgage to less than \$600,000, down from \$3.3 million in 10 years. God really does allow us to achieve more than we can ask or imagine!

Throughout 2015, we will honour our partnership commitment of \$50,000 with the Diocese. The Diocesan component is going towards meeting a variety of mission and ministry needs. Recently, the diocese gave a grant of \$25,000 to the new Ruddy-Shenkman Hospice located just up the road at the corner of Maple Grove and McCurdy Drive to help build a Reflection Room. Please take a look at the Diocese of Ottawa website for more info about GIFT.

Our half of that \$100,000 will be used to pay for the new roof (just under \$50,000) which was completed at this time last year. Replacing the roof wasn't in our original plan for GIFT, but thanks to the generosity of this parish, we were able to use GIFT Campaign funds to meet this unexpected need.

Part of our Case for Support in 2012 for the GIFT Campaign provided for a portion of our donations to either grow or enhance ministry and mission in St Paul's (this was the original intention of the \$50,000 split with the diocese). We identified 3 priorities for this money:

- seniors (specifically transportation),
- youth ministry, and
- facility upgrades (specifically, air conditioning for the hall).

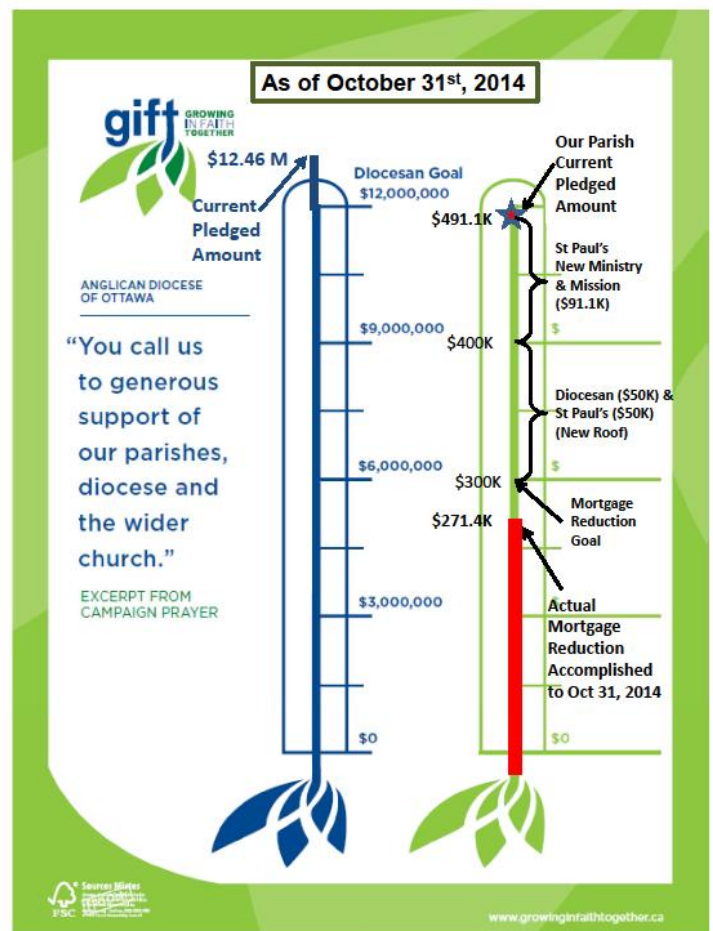
We are now in a position to think about what added

or expanded ministry might look like.

In addition, we are blessed to have an additional \$41,000, so we have before us the fantastic problem of figuring out what to do with that. A first step in that direction was the Community Breakfast on October 22, which invited feedback from the community concerning areas of need that St. Paul's might want to consider for future ministry.

And there's more good news! We still have 3 years to go in our campaign, and we are less than \$10,000 away from \$500,000. It is not too late to be a part of this campaign. If you haven't participated in the GIFT Campaign and would like to, please feel free to contact Alison Stortz, Francis Christensen, or the church office.

Thanks be to God!



## “... and to all a good night!”

by Ken Miller

Christmas Eve 1964 was a personal milestone in my life. Having turned eighteen three weeks earlier, I was confronted with the question that perhaps there was no Father Christmas. This was indeed a painful moment for a young man who had led a protected and sheltered life in Northern Rhodesia/Zambia. I even started to have doubts about the Easter Bunny and the Tooth Fairy.

There had been great excitement earlier in the day aboard the British India Steam Ship *Kenya* as she sailed North in the tranquil tropical blue waters of the Indian Ocean just off the coast of Tanganyika. The children excitedly awaited the arrival of the Jolly Old Elf himself at their Christmas party.

Shortly after four in the afternoon, Father Christmas - dressed in his familiar red and white suit with flowing white hair and beard - arrived in a life boat that had been lowered from the bridge deck, where we were led to believe Rudolph and the other reindeer had parked the sleigh. The excitement grew to frenzy as he gave each child a wonderful gift.

Now Father Christmas, being a jolly old fellow, continued to enjoy the festive ambience on the ship by attending the Christmas Eve Ball. As the evening progressed the impeccably dressed old man started to become disheveled... I discovered that his portliness was provided by a pillow and, horror of horrors, his white hair and beard were fake! His whiskers had moved around his head and were now situated under his left ear.

When ball was over, Father Christmas and his band of elves, me included, gathered near the swimming pool to continue imbibing in the festive spirit. Then, in a blink of an eye, Father Christmas disappeared, after giving a hearty "Ho Ho Ho."

Then, looking up, we saw perched on the railings of the deck above none other than Father Christmas. Staggering, he waved, shouted, and then jumped into the dark waters of the pool on the deck below, sending up a gigantic plume of white, salty water.

Frantic moments went by, and then his wig and beard gently floated to the surface, to be followed shortly by St Nick himself, floundering in the cool salty water of the pool. The elves rushed forward and helped their leader out of the pool. I was shattered as I questioned in my own mind: who was this wet bedraggled man in a red suit?

The elves hastily placed the wig, beard and red hat on Father Christmas' head and then gently led him through the passages, down into the bowels of the ship to the crews' quarters, leaving a telltale trail of water.

I returned to my cabin, entering quietly so as not to wake my father, and there at the foot of my bunk was a mountain of gifts. The real Father Christmas had been! As I lay slightly intoxicated, yet contented in my bunk to know that there really was a Father Christmas, I believe I heard the Old Elf as he finished his rounds and left the ship shout out " Merry Christmas to all, and to all a good night!"





# New hope for dementia patients and caregivers

## Coconut oil can offer relief

By David Gilbert

It's currently expected that about half of the North American population will develop dementia as they age. Although regular vigorous mental and physical activity can delay and possibly halt onset, until recently there was little hope for those currently suffering. Most adults fear losing their mental faculties far more than they fear death, so any hope is exciting; particularly if it's safe, inexpensive and non-pharmaceutical.

The onset of dementia, including Alzheimer's, may be influenced by a number of factors: the effects of anesthetics, nutrient deficiencies, a lifetime of struggle with anxiety and/or depression and, as is now known, an inability for brain cells to utilize glucose effectively. Essentially, this is diabetes of the brain.

Brain cells are heavy users of blood glucose, but those with dementia seem often unable to process this abundant blood sugar. Happily, there is an alternate source of energy for these critical cells: Ketones.

Ketones are typically produced in the liver in response to fasting, to provide an effective energy source from body fat. In fact, putting epilepsy patients on a fast for a period of time is a medical option for epilepsy going back many decades. It is now known that therapeutic blood level of Ketones can quickly be obtained through the use of dietary medium chain fatty acids (MCTs), of which coconut oil is one of the best sources, being over 60% MCTs.

Coconut oil is unique in safety profile, health benefits, and its property of not causing weight gain since the MCTs are used so differently in human metabolism. If my parents were still alive and suffering from dementia, I'd first have their serum ferritin levels checked to ensure their iron levels weren't an issue, then start slowly with 1-2 teaspoons of coconut oil/day, titrating up daily as tolerated to 6-8 teaspoons/day spread out over 3-4 doses. I'm very conservative, so I always prefer to add anything new step by step.

If not seeing a significant benefit within a couple of weeks, I would consider adding Equilib powder or capsules to provide the non-Ketone nutritional com-

ponents in highly bio-available forms, titrating up to 4 capsules/meal as tolerated. Many years ago, a pilot program was done in a nursing home where this nutrient regime was administered for two months. The administrator's report was that anxiety and agitation levels and medication levels were reduced for many of their clients.

There are no magic bullets, and nothing will work 100% of the time for 100% of the people, but this seems a no-brainer; a high degree of safety, known health benefits, and a reasonable degree of hope for improvement.

It's not just the person with dementia who suffers. Their entire extended family does as well. As a practitioner, I've had a number of clients who hit a brick wall - trying to be everything to their parents, children, partners and co-workers. These emotions of stress, guilt and powerlessness can be overwhelming, and serve no useful purpose. They simply leave us spinning our wheels.

A number of tools, such as exercise, meditation and taking time out, etc, are highly beneficial. Unfortunately, for many, they're so stressed they can't even think about caring for themselves. When they come to me, I work with them to integrate Emotional Freedom Techniques, initially as clients, then as do-it-yourself at home. These techniques typically defuse the powerful and crippling negative emotions as they arise, allow people to accept what they cannot change, and appropriately prioritize their resources without feeling anxious, overwhelmed and guilty.

Please contact me for further information.

Yours in good health,

*David Gilbert*

613-747-5458

1-800-361-1370

[Wellness@david-gilbert.com](mailto:Wellness@david-gilbert.com)

## Donation ornaments

By Philippa Wilson

Thank you everyone who took an ornament and made a donation to the Anglican Church of Canada's Gifts for Mission. Thank you to St Paul's Sunday School for making the ornaments. Special thanks to Allison and Grace Brooks for taking on the project.

In total, \$2,125 worth of gifts were donated by members of our congregation.

Gifts ranged from providing water for two communities, helping the Diocese of Jerusalem deliver medical services, providing safe places for babies to be born, training youth leaders, vaccinations, supporting small businesses, a goat, chickens, rabbits, mosquito nets and more.

Your generosity in making these gifts, gifts that make a difference to this world, is a gift of love to the baby born in the manger, Jesus, God's gift to us, today and always.



## The Word in music

By Ray Brulé

Many in St. Paul's have taken up the challenge of E100, reading the bible, God's word, through 100 selected passages. I pray that each of us are doing this to grow closer to God, to allow Him to speak to us through His Word. I pray that each of us learn to know our shepherd's voice.

God is very creative, and I am sure He will speak to each of us in a way that is as unique as we are. For me, God most often uses music. I can barely stay focused on what I am reading or hearing without a song 'popping' into my consciousness.

A few years ago, we were coming close to the Christmas season again, and I was getting annoyed with the world (retail in particular) with the focus on Santa Claus, gift buying, extravagant spending and annoyed with 'political correctness' of Happy Holidays and so on. A thought came to mind that "two thousand years have come and gone and we are still celebrating the birth of Jesus Christ." A second thought came that Jesus was/is the most precious gift ever given to us.

Little did I realize at the time that God had planted these thoughts to express to me (and through me) a song. The song is titled "Be Still and Know CHRIST-mas."

My friends in our music group, The Circle of Blessing, listened to it and insisted that we sing it as part of our repertoire at Christmas. I have also been blessed with using the song as a devotion/sermon at a Salvation Army chapel service. The basic content follows. The sermon part is in italics and the song in normal font.

I fervently pray that you are touched deeply by our Lord as you read and accept this precious gift.

*Ray*



## Be Still and Know CHRISTmas

Words and music by Ray Brulé copyright 2012

*Isaiah 55:6-11 Seek the Lord while He may be found, Call upon Him while He is near. Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the Lord, And He will have mercy on him; And to our God, For He will abundantly pardon.*

*“For My thoughts are not your thoughts, nor are your ways My ways,” says the Lord. “For as the heavens are higher than the earth, so are My ways higher than your ways, And My thoughts than your thoughts. “For as the rain comes down, and the snow from heaven, and do not return there, but water the earth, and make it bring forth and bud, that it may give seed to the sower and bread to the eater,*

*11 So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it. Amen.*

A star shone bright on Bethlehem, (Matt 2:9-10)

The night time was like day.

A young girl looked upon her son, (Luke 2:19)

The babe there seemed to say...

*[John 3:16*

*For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*

*1 John 4:18*

*There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.]*

### Chorus #1

Be Still and Know That I am God, (Ps 46:10)

That I have been sent here. (John 3:16)

To save this world with perfect love,

And cast away the fear. (1 John 4:18)

Behold an angel of the Lord, (Luke 2:9-12)

God's glory shone around.

Be not afraid, I bring Good News,

Of joy which will abound.

For born to you upon this day (Isaiah 9:6)

A Saviour, Christ the King.

Find the babe in swaddling clothes,

He's peacefully waiting.

### Chorus #2

Be Still and Know That I am God

That I have called you here.

To fill you with my perfect love,

And take away your fear.

So let us run to Bethlehem

Like shepherds did that morn

To seek the child as we've been told, (Isaiah 55:6)

And find our saviour born. (Matt 7:7)

Gold and myrrh and frankincense, (Matt 2:11)

The wise men brought the King,

All our heart and soul and mind, (Matt 22:37)

Will be our offering.

### Chorus #2

*[Isaiah 55:3*

*Incline your ear, and come to Me.*

*Hear, and your soul shall live;*

*And I will make an everlasting covenant with you—*

*Revelation 3:6*

*“He who has an ear, let him hear what the Spirit says to the churches.”]*

Two thousand years have come and gone

And still we celebrate

The birth of Christ, God's precious gift

Hear now, it's not too late. (Isaiah 55:3, Rev, 3:6)

*[John 3:3*

*Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.”*

*Hebrews 13:5*

*Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”]*

Accept Christ now into your heart, (John 3:3)

He promised He will stay. (Heb. 13:5)

The season's love will never end

Have Christmas ev'ry day.

### Chorus #3

Be Still and know that I am God

Accept my gift this year

I'll fill your heart with perfect love

And take away your fear. (repeat)

## The children's bible in a nutshell

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, "The Lord thy God is one," but I think He must be a lot older than that.

Anyway, God said, "Give me a light!" and someone did. Then God made the world.

He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet.

Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden... Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel.

Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, yeah, I just thought

of one more: Humor thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore.

There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of The New. He was born in Bethlehem in a barn. I wish I had been born in a barn too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was."

During His life, Jesus had many arguments with sinners like the Pharisees and the Democrats.

Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount.

But the Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

*<http://darrellcreswell.wordpress.com>*



## St. Paul's Agora

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

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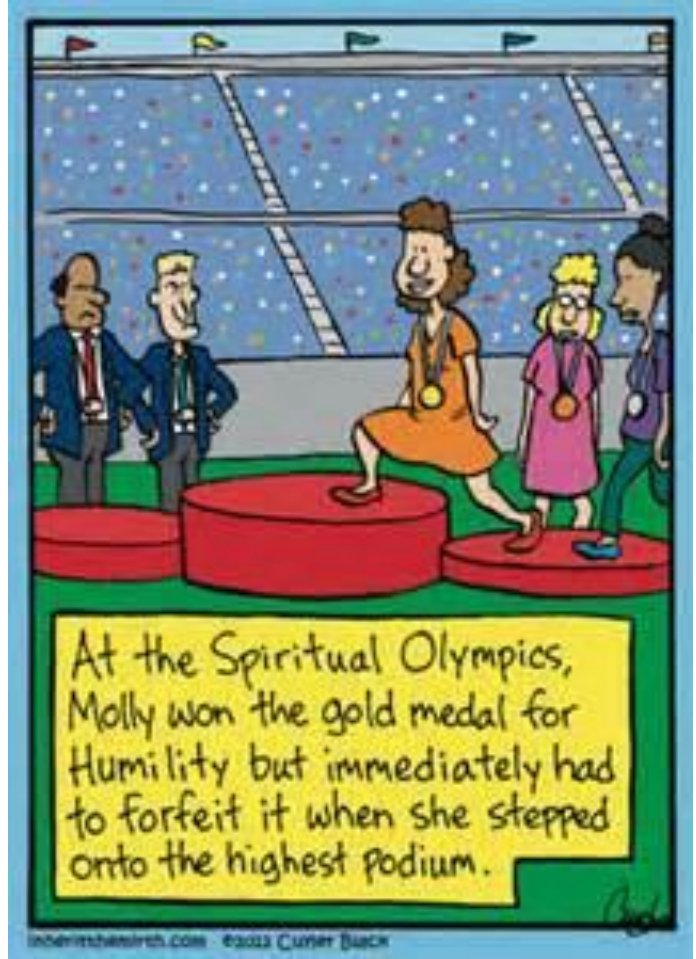
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