

CORNERSTONE

December, 2015

20 Young Road
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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
 - God Squad Epiphany party
 - Christmas Bazaar update
 - Worship Team news
 - GIFT Campaign update
 - St. Paul’s curling
 - Synod reflections
 - Cursillo events
- ...and more!

January edition deadline:
Tuesday, January 5, 2016

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John Refugees — how can we help?

Sometimes we face situations and problems that are so big and complex that they overwhelm our ability to even begin to address them. The world has a growing crisis. The number of displaced and vulnerable people is growing. The Refugee crisis in the Middle East is beyond our comprehension. We cry out in hope and concern “What can we do?” How can we make a difference to such an enormous problem? It is my belief that St. Paul’s and many other congregations will rise to the issue and find ways to make a difference.

As we prepare for Christmas, we need to be mindful that Mary and Joseph and the Child had to journey into Egypt as refugees to flee the persecution of Herod. The plight of refugees needs to be in our minds and thoughts this Christmas season.

St. Paul’s is looking to ask parishioners to help out with our work with the Kanata Stittville Refugee Sponsorship Group (KSRSG) to sponsor more refugees. In addition, we are looking at the resources needed to sponsor an additional individual or family.



From the desk of Father Craig The gift of love

Advent is such a joyful time in our household. Chloe and my mother love decorating and baking. Mary is busy organizing things and making plans for all the family coming, and all the Church preparations. Being with family, both biological and church, is such a gift.

But ... as much of a joy as that is, it is equally important that we share the gift of the season with the world. The former Archbishop of Canterbury once said, “Christmas is the Christian’s Christmas present to everybody else. Christmas, for a Christian, tells us why people matter. They matter be-

Our hope is to have our plans put into action early next year. Many people have asked me to allow us to start taking donations so that they can make contributions for this fiscal year. I will set up an account to accept those contributions.

In the New Year, we will need your support to help these refugees as they get set up in Canada and begin to make their new homes. I invite each of us to consider how we might help with the challenge and, together as a community, respond to the need that seems so large. As we prepare and make ready our homes and our hearts for the Birth of Christ may we make ready our plans and resources to support those who have no home or security.

May the God who came as a Child and will come in Glory bless you and your family this Advent.

Peace,

cause God took us seriously, seriously enough to get involved with our lives to suffer with us and change things. That’s what I believe, that’s what Christians believe and Christmas exists because of that belief. You may or may not believe that; you may think people matter for other reasons, but never mind; that’s what we’re saying and that’s our present, that’s our gift to the rest of the world.”

In part, we, like Jesus, have to be the “gift” of love. We need to spend less time at the shopping mall and more time with family (biological and faith).

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(Continued from page 2)

And we need to share time with those who may have neither.

Each human soul feels deeply the need to be loved. The Good News we are to share, that God shared in the person of Jesus, is that God's love is present, with us. The widespread sense that life has no meaning, which plagues many today, is to be blamed on the absence of love. We so often get trapped within individual pursuits and seek to fill the emptiness caused by the lack of love with the acquisition of material goods, physical pleasures and personal affirmation. Our souls are only satisfied with true recognition and love, and not these other things. Love exists in Jesus and holds the world and us together, for He knows us by name.

Advent is a time to prepare our hearts to welcome Jesus and our neighbours more fully into our lives. "The mysteries of the manger and the

Birth, the Cross, the Resurrection, the Ascension and the continuing presence of Christ on earth, in general, point to love. The hymn of the angels chanted during the Nativity service, 'Glory to God in the highest heaven, and on earth peace, good will among men' (Luke 2: 14) is an expression of the admiration angels felt when they realized the inconceivable love of God... All God's actions are filled with love for every single person."

Let us, then, as beloved children turn away from the "stuff" of Christmas; let us return to Jesus Christ, who came to our world out of love. His love for us is a fact. In His presence there is no fear, only forgiveness, peace and joy.

May the grace, blessing and abundant mercy of God be with you during the Advent and Christmas seasons and always!

A Blessed Christmas,
Fr. Craig

God Squad news

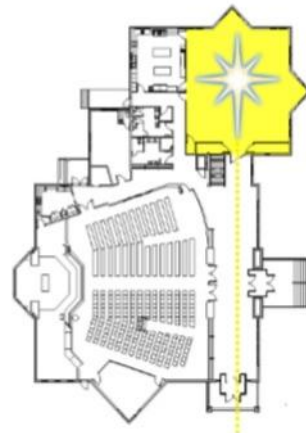
Epiphany party, January 3, 2016

COME JOIN US FOR AN
EPIPHANY PARTY



Sunday January 3, 2016
Rutter Hall at 9:15 & 11
Ages 4-12 years

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Christmas Bazaar update Thank you!

Bazaar news: WOW!!! What a wonderful, busy, fun-filled, successful Bazaar. Thank you to everyone who helped to make it such a success! Friday evening and Saturday were buzzing with activity from beginning to end. The church was filled with many wonderful items. We served well over 200 chili dinners and sandwich & soup lunches.

Our total profit was \$12,560! And we are still adding a few dollars to it from various leftover sales. St. Paul's is truly blessed. A big, big, thank you to all who made it such a success.

Minx Mulhall

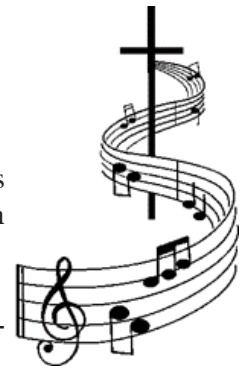
Worship Team New singers wanted!

The Worship and Praise Team is looking for people interested in joining our team!

Has God given you a heart for worship through music?

Has He gifted you with a good singing voice? Do you play an instrument?

If you feel that God may be calling you into the music ministry, please speak to Father John or Maureen Anderson (862-6816).



GIFT Campaign update Celebrating our 3rd Anniversary — 2 years to go!

As we enter Advent and begin a new Church Year, we also celebrate the 3rd Anniversary of our 5-year GIFT Campaign.

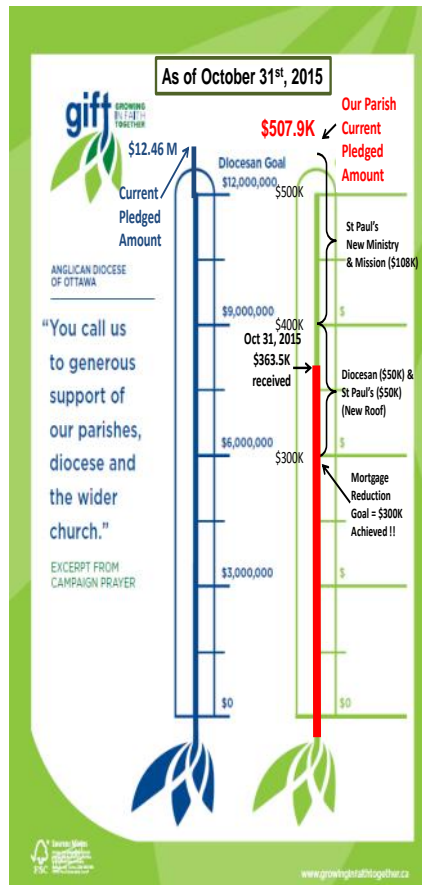
We have continuing excellent news! We have Pledges amounting to almost \$508,000. We have paid down our mortgage by \$300,000, paid \$31,500 for our new Clerestory Roof, and contributed \$31,500 to the Diocesan portion of the GIFT Campaign - an overall total of \$363,000 in donations received. We give thanks to God for His abundant love. We thank God for you and for your generosity.

As you know, St. Paul's recently held four Focus Group meetings to discern where we should be focusing our energy and our resources to fulfill our Mission in the delivery of ministry to our community and beyond. A significant portion of the GIFT funds, beyond what is currently committed, is earmarked for this ministry growth.

There are two years remaining before GIFT completes its mandate; it's not too late to participate if you would like to! Please contact Alison Stortz (613-599-7176), Francis Christensen (613-519-4848), or the church office for more information.

The Anglican Diocese of Ottawa is also reporting excellent campaign results to date. As of October 2015, the Diocese has received pledges totaling \$12.46 mil-

lion (104% of their \$12 million goal). Information regarding Diocesan GIFT projects can be found in the monthly CrossTalk Newspaper, or on the Diocesan Website: <http://www.growinginfaithtogether.ca/>



NOTE: All GIFT Donations recorded as received by December 31, 2015 will be eligible for a charitable tax receipt in 2015.

Francis Christensen and Alison Stortz

A Blue Stone

by Johan de Jong

My library contains two Dutch books with children's rhymes, which I inherited from my sister, a kindergarten teacher. Both books, *Clap-Hands* & *It's Raining, It's blessing*, were staple food in our early childhood. Many of these rhymes are simple nonsense lines that happen to rhyme in funny ways, entertaining children when they clap their hands, ride horse on the lap of parents or dance in circles. But some are ancient and use mysterious words to carry a message.

The meaning of the following rhyme puzzled me as child, but growing up I began to see that the key words used in the rhyme use ancient symbols to tell a story.

*Behind the great Church, there lies a blue stone.
If you step on that stone, then you step on Mary.
What has Mary on her lap? A small, little Child.
What has the little Child in his hand, a golden, golden booklet.*

Translated from: *Handje-Plak*, by Nellie Bodenheim, A. W. Sijthoff's, Leiden

Key Words

"Behind the great Church" - Since ancient times churches were sacred places, housing the divine, and they were build on hallowed grounds, clearly demarcated by fences or stone walls. Within these grounds the sanctuary of the church, the altar, would face east while the entrance to the church and the beginning of the Christian journey, the baptismal font, would face west. And our *"blue stone"* is found east of the sacred altar.

"Blue Stone" - In ancient thought, matter is consolidated spirit. Hence, stones represent concentrated divine energy for the use of mankind in many spiritual traditions. Indeed archaeology has shown that stone tools were used for survival and as treasured objects of veneration by early men. The Hebrew Bible shows many incidences were the Hebrew people used stones to commemorate encounters with their God or his actions within their lives. And in the Gospels Jesus becomes a foundational cornerstone, a rock of spiritual sustenance for those who know him

and a stumbling block for others.

"Mary" - The Bible says little about Mary, but whatever it does tell us has grown into a formidable spiritual presence within the Church. She is the first to receive Christ, the girl who brought the divine into existence, the Mother of God, the Mother of the Church, and the most effective channel towards divine mercy. Among my icons is a 16th century Russian image of the *Mother of God of Umilenie - Tenderness* - holding her child and his scroll to her cheek. In the rhyme, Mary appears both as the *theotokos*, the Mother of God and as the Queen of Heaven robed in celestial blue, and in this rhyme as a *"blue stone"*.

"A small, little Child" - Because Mary appears as the Mother of God, the divine child in her lap is a small mortal. She presents her son, not as God, but as a gift to the world, a beginning towards a new life, a small child holding a *"golden booklet"* containing the seeds towards Christian life! Be aware when you step my child, this stone is sacred!



Achter de groote kerk
Daer ligt een blauwe steen
Als je op dien steen trapt
Dan trap je op Maria
Wat heeft Maria op haar schoot
Een klein klein kindje
Wat heeft dat kindje in zijn hand
Een goud goud boekje



Embracing Synod, or being embraced by Synod?

by Ed Gadd

A summary of the goings on at Synod has already been made available to the parish from your Synod Reps, so I will not burden you with more of that but with an account of my personal impressions.

It has been several years since I have had the honour of representing Saint Paul's at Synod. This year I experienced Synod in a different way than I had in the past. Rather than being a series of activities which were not necessarily interconnected, I experienced a Synod in which there was, indeed, an interconnectedness of all the goings on: from the Bishop's Charge to the guest speaker (The Reverend Canon Dr. Isaac Kawuki Mukasa) to the Notices of Motion. I do not know whether it was that there was a different me at Synod or that this year's Synod was in fact different. Perhaps a little of both.

The message from Bishop John as received by me (perhaps not the same way by everyone) was that the church is unpredictable – not operating like Newtonian predictable physics, but like the unpredictability of a type of quantum physics where the outcome of our actions may not be mechanistically predictable from our input. The outcome of our actions or activities may not be as we expect, or even occur when we expect it, but as God wants. This means that we must be faithful and expecting that God will honour our offerings, but bring about results where and how God sees fit. This often calls us to go into the unknown of faith.

The most notable message I perceived from the Reverend Dr. Mukasa was that the church now resides in a secular society which is not familiar with the stories we all know so well. Phrases like, “washed in the blood of the Lamb,” and “King of Glory,” do not have the same meaning to those who have not grown up in the church. In a secular society, the mission of the church is known only through the activities in which we engage. In the current society, we bring the story of God's love for creation through our actions. This is the real teaching of our God.

This then brings me to the various presentations of the activities of our Diocese (and parishes) and the

Notices of Motion. There were wonderful stories of the many activities in which we are engaged: our work with the homeless, with marginalized and disadvantaged women, with the aboriginal communities and with refugees, to name only a few. These activities give to the world the tenets of our theology and mission. It is through these activities that the world gets to know our God and how we tick as a caring community.

That is why I said at the beginning that, to me, there was an interconnectedness of all the proceedings of Synod. I would urge all of you to become a St. Paul's Synod Representative. You would find it a very rewarding experience. If you are interested, let your Parish Council know of your desire.

As a Synod Rep, you will get to know more about your Bishop, your Diocese and all the wonderful outreach activities we are supporting. You will also get to appreciate how much the parish of St. Paul's mirrors the activities of the Diocese in faithfulness to the Gospel and mission. You would also get to spend time with members of your parish family. In addition, at every Synod I have been to, as well as the standard coffee, etc, a miraculous happening has appeared: some sort of confection. This may be brought by one of our Reps or, as happened this year, it appeared after Father John went missing for a few moments. Coincidence? I think not.

I would also suggest that, in order for young couples with families to be able to be Synod Reps, we as a parish family should request that child care be made available (within our Parish or at Synod) so that those young couples will be able to add their important voices to Diocesan activities.

So. Is it embracing Synod or being embraced by Synod? For me, it was both.

The history and meaning of Advent

by Ray Brule

The word 'Advent' is from the Latin 'Adventus,' which means "coming." Advent is the beginning of a new liturgical year (in the Western churches), and encompasses the span of time from the fourth Sunday before Christmas, until the Nativity of Our Lord is celebrated.

The first Sunday of Advent is the Sunday nearest the feast of St. Andrew the Apostle (which is November 30th), and so it will always fall somewhere between November 27th at the earliest and December 3rd at the latest. The liturgical color for this season is purple (Usually a deep purple as opposed to the lighter, red-violet shade of purple associated with Lent).

Like Lent, Advent is a preparatory season. It has significance because it is a season of looking forward and waiting for something greater; both for the annual celebration of the event of Christ's birth, and for the time when Christ will come again.

As noted in the New Catholic Encyclopedia, during Advent, the faithful are asked:

- to prepare themselves worthily to celebrate the anniversary of the Lord's coming into the world as the incarnate God of love,
- thus to make their souls fitting abodes for the Redeemer coming in Holy Communion and through grace, and
- thereby to make themselves ready for His final coming as judge, at death and at the end of the world.

Origin and History of Advent

The exact time when the season of Advent came to be celebrated is not precisely known. Of course, it was not in practice before the celebration of the Nativity and Christmastide began; the earliest evidence shows that the feast of the Nativity of Our Lord was established within the later part of the 4th century. There are homilies from the 5th century that discuss preparation in a general sense, but do not indicate an official liturgical season. A Synod held in 590 established that Mondays, Wednesdays, and Fridays from November 11th until the Nativity would be offered according to

the Lenten rite. This and other traditions, such as fasting, show that the period of time now established as the Advent season was more penitential (similar to Lent) than the liturgical season as we know it today.

A collection of homilies from Pope St. Gregory the Great (whose papacy was from 590-604) included a sermon for the second Sunday of Advent, and by 650 Spain was celebrating the Sundays (five at the time) of Advent. So it seems the liturgical season was established around the latter part of the 6th century and first half of the 7th century. For the next couple of centuries, Advent was celebrated for five Sundays; Pope Gregory VII, who was pope from 1073-85, reduced the number to four Sundays.

Advent Today

The themes and traditions of the Advent season have evolved throughout the history of the liturgical season. As mentioned, the early Advent season was mainly penitential, close to the theme of the Lenten season. Today a penitential theme still exists, but it is not as intense as in 7th century. Also, it is blended with the theme of prayerful, spiritual preparation for the second and final coming of the Lord, as well as the joyful preparation for the annual festive remembrance of the Incarnation and Christ's birth.

In recent decades, a trend of wearing blue vestments rather than purple during Advent has emerged. However, purple is the appropriate vestment color, as noted in paragraph 346 of the General Instruction of the Roman Missal, in the section which discusses the prescribed colors for liturgical vestments:

Violet or purple is used in Advent and Lent. It may also be worn in Offices and Masses for the Dead.

Rose may be used, where it is the practice, on Gaudete Sunday (Third Sunday of Advent) and on Laetare Sunday (Fourth Sunday of Lent).

Advent Traditions

Advent celebration and traditions can vary from place

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to place, influenced by culture. However, some traditions have come to be common throughout the Catholic Church.

The Advent wreath is likely the most popular tradition, and wreaths are typically present in both the parish church and in the home. It is a more recent tradition, with the modern Advent wreath emerging in Germany and spreading throughout Europe and beyond in the 1930's. It is often circular, representing God's eternity, and it includes 4 candles - one for each Sunday of Advent. Many families have a wreath in the home, and will light the candles each Sunday and say Advent prayers together. A great guide for this practice is the book *Season of Light*.

The Jesse Tree is also a popular Advent tradition. A Jesse Tree, named for the father of David, is a tree that is decorated gradually throughout Advent with symbols or pictures of biblical persons associated with the gradual coming of the Messiah, Christ. This includes, among others, Noah, Abraham, Moses, and

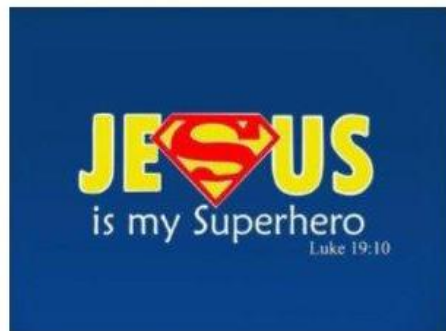
Joseph and Mary. The Jesse Tree tradition provides a wonderful teaching opportunity; it is a perfect way to teach and remind children about the preparatory nature of Advent.

Advent calendars are another popular tradition, although they most often follow the calendar month of December, not the four Sundays which can begin in November.

For other Advent activities and ideas on celebrating Advent in the home, also check out Advent, Christmas and Epiphany in the local Church.

- This article adapted information from The New Catholic Encyclopedia and Catholic Customs and Traditions.

Mark your calendars — another God Squad party! Superhero party, February 28, 2016



Who is Yours?

**Find out at God Squad's Superhero Party
Sunday February 28 at 9:15 and 11 am.
In Rutter Hall on the main floor.**

Ages 4 to 12 years

Calling all curlers

Curling starts January 9

If you like a bit of exercise, friendly competition, and chatting over a beverage, then St. Paul's curling group is for you!

We curl **every second Saturday** evening from November until March. Our next curling night is **Saturday, January 9**. We start at 7 p.m. at Nepean Sportsplex.

After we finish curling, we adjourn to a local pub for some après-curl refreshments.

Our upcoming curling dates:

January 9 and 23

February 6, 20 and 27

March 5

We usually have about 20 curlers every year, with representatives from all three St. Paul's services and even a few participants from neighbouring churches. Invite your friends and neighbours to join us.

You will need clean, comfortable shoes, but you do not require any special equipment – the curling rink supplies the rocks and the brooms. No experience necessary – if you have not tried curling before, we will be happy to teach you.

The cost for the season is usually about \$60 (the exact amount depends on how many people participate).

If you are interested or have any questions, please contact Dave Dobson (dabdobson@gmail.com).

Hope to see you on the ice!

Dave



Cartoon by Cuyler Black

Cursillo upcoming events

Hope to see you there!

WELCOME BACK, Sunday, January 17, 2016 at 3:00 p.m. at Julian of Norwich (formerly St. Richard's), 8 Withrow Ave (at the corner of Withrow and Merivale).

WORKSHOP, Saturday, April 16, 2016, at St. Stephen's, 930 Watson St.

Ultreya!




*Make a friend,
Be a friend,
Bring a friend to Christ.*

Ways of life

submitted by Janet Tonks

1. If you want your dreams to come true, don't oversleep.
2. The smallest good deed is better than the grandest intention.
3. Of all the things you wear, your expression is the most important.
4. The best vitamin for making friends ... B1.
5. The 10 commandments are not multiple choices.
6. The happiness of your life depends on the quality of your thoughts.
7. Minds are like parachutes, they function only when open.
8. Ideas won't work unless YOU do.
9. One thing you can't recycle is wasted time.
10. One who lacks the courage to start has already finished.
11. The heaviest thing to carry is a grudge.
12. Don't learn safety rules by accident.
13. We lie the loudest when we lie to ourselves.
14. Jumping to conclusions can be bad exercise.
15. A turtle makes progress when it sticks its head out.
16. One thing you can give and still keep ...is your word.
17. A friend walks in when everyone else walks out.
18. The pursuit of happiness is the chase of a lifetime!



St. Paul's Agora

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

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