

CORNERSTONE

December, 2016

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

7:00 p.m. every other Friday – St. Paul’s Youth (SPY) Group

Inside this issue:

- **Messages from Father John and Rev. Kerri**
 - **God Squad news**
 - **Christmas Bazaar update**
 - **SPY (St. Paul’s Youth) events**
 - **RACK Challenge**
 - **Being Mission Focused**
- ...and more!**

January edition deadline:
Tuesday, January 10, 2017

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John Fear Not!

When the angels appeared to the shepherds in the fields outside of Bethlehem, they began their proclamation with these words of comfort. Life can seem overwhelming and, just like the shepherds, we can be so preoccupied that we are fearful of the coming events. The shepherds hoped and prayed for the new Messiah as a means to liberation. Sometimes, we place unrealistic expectations on ourselves and others. Christmas preparations are about getting our hearts and minds ready for the celebration of the Birth of Christ.

It is my hope and prayer that this letter finds you and your family in good health. In addition, I pray that your homes may be filled with the peace of the Christ Child. I know that this is a hectic time, packed with many expectations and anxieties. I encourage everyone to find opportunities for quiet and peaceful reflection.

We also need time to reflect and marvel at the presence of God in our history. The season of Advent gives us time to open our hearts to the Actions of

God in our lives. The Christmas story is not just some event that happened two thousand years ago. The God we worship is still active in the lives of people, and He offers hope and purpose to our existence. We must take time to contemplate and celebrate this reality.

We are constantly bombarded during the Christmas season with images and ideas that conflict with the true message of Christmas. Commercialism, overindulgence, and greed are not the message of Christmas. God's unrelenting love and action are. The Birth of God's Son, as a free gift of Love, brings Hope and Joy to our human condition. As His Church, we encourage all of you to take time to pray for the world, support the less fortunate, and strengthen your relationships; doing this because we have experienced God's Love in Christ.

Jesus is the Reason for this Season. Let us all proclaim this by our actions and our words. I wish you all the Peace and Joy of Christmas.

Christmas Services at St. Paul's

Please join us this Christmas to celebrate the birth of Jesus Christ our Lord.

CHRISTMAS EVE (December 24)

4:00pm Children's Service and Pageant

7:00pm Candle Light Service and Carols

11:00pm Candle Light Service and Carols

CHRISTMAS DAY (December 25)

10:00 a.m. Christmas Day Service





From the desk of Rev. Kerri

New beginnings

I greet you as my first month with you comes to a close. While being the new girl in town has its hurdles — learning the ropes (and names!), finding a new balance in the leadership team, and adjusting to two very different parishes — I have been warmly welcomed into your Church family and I am thrilled to be serving as your new Associate Incumbent. These adjustments make me more sensitive to the changes already underway before my arrival — new team ministry between St Paul's, Kanata and Christ Church, Ashton, and an unexpected departure of a member of your clergy team whom you enjoyed. The reality is, change can be a strain for some of us.

With the dawn of a new liturgical year, with the flame of the first candle igniting the season of preparation and anticipation, wakefulness and watchfulness, and with my arrival this month as your new rector, it seems appropriate we find ourselves in the midst of a season in which we respond to abundant new creation!

In Advent, we ready ourselves for a God who comes

to us in the form of a lowly baby whose way was prepared by a wild man in the desert, a God in human form who turns our expectations on their heads while still offering the hope we discover in God's kingdom. It is at this time of year that we discover God, who we seek and reach for, continues to come to us in the midst of these unexpected changes and uncertainties. Just as we discover what new relationships we will create together through my service to Christ Church and St Paul's, Advent seems an obvious time for us to question, encourage, and to prepare to delve into the possibilities before us. I, for one, remain excited to be joining you on this journey of re-positioning ourselves, awakening ourselves to a new time, a new generation.

I am eager to uncover the story this community has already written, and to establish my place in its next chapters. As Advent unfolds, may you know the presence of this God who is still doing new things in our lives, the One who makes a way for us, the One who came as light and love to share our humanity in Jesus Christ.

Be well in service,
Rev. Kerri

Christmas Bazaar update

Another successful year!

Bazaar news and memories: Thank you to all who helped to make this year's bazaar another wonderful, successful fundraiser and fun-filled social event. The unofficial total raised is just over \$11,000!

The annual Christmas Bazaar has been a tradition at St. Paul's since before my time of joining the church in 1977! From the small basement of the old stone church (with real live church mice running around), to the newly-built extension named Rutter Hall in the 1980s, to the wonderful new building we have today, St. Paul's has faithfully hosted a well-known community church bazaar.

Some of the tables have changed over the years, and

for the past few years we have added the Friday night with a dinner to make the Christmas Bazaar a 2-day event. We continue to enjoy the generous support of the parish and the surrounding community. St. Paul's continues to be an example in this community, to show what a welcoming parish we are... not to say anything of the wonderfully gifted, talented, fun people we are!

As I step down from my role as Bazaar Convener, I encourage you all to form a committee/group to consider continuing the Bazaar tradition. I will accept an invitation to meet with you to pass on my 'lowly' expertise and well-scribbled notes to aid in the process.

Thanks to all of you for your continued support.

Minx Mulhall

God Squad update

Epiphany Party January 1, 2017

January 1, 2017 at 10 am
 Children 4—12 years of age
 Come and join God Squad on their
Epiphany Adventure!

The fun starts in
 the God Squad Room
 on the lower level.



Paint Night in February

Christmas gift opportunity

Thank you all for making the recent Paint Night so much fun. We had 6 men and 28 women at the event. If you missed it, you have another opportunity!

There will be a Paint Night on **Thursday, February 23**, and I hope even more people will come. I will have the tickets soon. If you are looking for a special gift for someone, consider giving them a night of creativity, fun and fellowship: a Paint Night gift card! The cost is only \$35. Please contact Marilyn Holden-Pritchard at 613-836-5308.

Happy Painting!
Marilyn



SPY group in action! Pictures by Zdena Harder.



SPY Group upcoming events

St. Paul's Youth meet every other Friday

Every other Friday night from 7 to 9 p.m., the halls of St. Paul's are filled with a special kind of energy. By the dim light of the sanctuary, it is a remarkable sight when a dozen or so 9-14 year olds sit in perfect stillness and silence in the church pews... so they don't get caught during hide-and-seek.

It seems that the church has a certain appeal at night when everyone is gone and the lights are out. The youth are determined to explore every corner of the hall and sanctuary - of course, being careful not to disturb anything. Perhaps they feel like, for a brief time, it is *their* space, *their* church. Besides, what better place to hide than under the altar when playing hide-and-seek? It exudes a certain sense of safety and protection. It's one of those things that you can't quite do on a Sunday morning during the sermon.

In late September, we started off with a small group of youth and a handful of dedicated youth helpers from both the 9:15 and 11:00 services who may not have known each other very well. However, after just a few meetings, we have steadily grown. The youth (and helpers) are getting to know each other more, and look forward to seeing one another on Sunday morning. Connections are being formed. Friendships are developing.

Over the past couple of months, SPY group has gathered about 5 times to engage in games and fellowship. So far, we have worked on getting to know each other and having fun. We have focused on fostering those relationships that flourish in a relaxed and light-hearted atmosphere. As time goes on, we will begin to serve more together, finding places where we can make a difference in the lives of others and in the community. Coupled with more deliberate prayer and study, our hope is that, down the road, SPY group will become a place where the youth of St. Paul's will gather regularly to connect, serve and reflect.

So far though, the pool noodle hockey, the pumpkin carving, capture the flag (outside in the dark), cooking and eating a meal together, and packing Samaritan's Purse shoeboxes, among other activities, has successfully sprouted those seeds of connection. Or, per-

haps it is just having a safe place to meet, laugh, talk and have fun that is the key. Either way, SPY group is a great place to hang out with awesome youth from our church, and we always welcome new members!

Turn the page for information about our upcoming sleepover, and the RACK Challenge.

For more info about SPY group, contact Zdena Harder at spy@stpaulshk.org.





SPY GROUP CHURCH SLEEPOVER AND YOUTH BREAKFAST

Connect. Serve. Reflect

St. Paul's Youth Group is journeying through Advent by connecting with the community, serving seniors, creating fun memories and preparing for Christmas through prayer and reflection.

Interested in joining us for 16 hours of non-stop fellowship and fun?

Contact: Zdena Harder, spy@stpaulshk.org

Friday, Dec 16 at 7pm-

Saturday Dec 17 at 11am

Christmas Caroling

Movie Night

**Evening/Morning
Prayer/Worship**

Games (in the dark)

Breakfast!!!

**MEET AT THE CHURCH
AT 7PM**

Walk to Fairfield Manor for
caroling

Movie and morning
breakfast in Rutter Hall

Bring your pillow, mat
and sleeping bag!

Take the RACK Challenge

Random Acts of Christmas Kindness — do you accept the challenge?

The SPY group will be embarking on Random Acts of Christmas Kindness (RACK) this December.

What is RACK? It is a way to spread kindness during Advent to friends, family, neighbours and strangers. It is kindness that is unprovoked, unconditional and even shocking! What is involved? Buy the person behind you in line at Tim Horton's a coffee or offer to help someone elderly load their groceries into their car. The calendar below can give you ideas... or you can come up with your own!

We challenge all St. Paul's Parishioners to participate in RACK this month. Keep track of your acts of kindness, write them on sticky notes and attach them to the Manger located in the church.







Let's see if we can meet a goal of 1000 RACKs by Christmas!

If you have any questions, find a youth and ask them about it!

Zdena Harder (SPY group)

Random Acts of Christmas Kindness 2016

"No act of kindness, no matter how small, is ever wasted." -Aesop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join the kindness conversation! #24RACKs on twitter and instagram				1 Make a card for a soldier	2 Pick up litter	3 Make cookies for a neighbor
4 Donate toys to your favorite charity	5 Tell silly jokes to make someone laugh	6 Make a hug coupon for someone	7 Donate food to your local food pantry	8 Let someone go ahead of you in line	9 Take coffee to your teacher	10 Candy cane bomb a parking lot
11 Tape change to a vending machine	12 Call a faraway friend or relative to say hello	13 Take supplies to the animal shelter	14 Do a chore for someone in your family	15 Give a compliment to a friend	16 Take treats to the fire or police station	17 Leave a popcorn surprise on a DVD rental machine
18 Feed the birds	19 Pay for a stranger's coffee	20 Leave a happy note for someone to find	21 Pass out stickers to kids in line	22 Give treats to the mail carrier	23 Smile at everyone you see today	24 Do a secret act of kindness for someone
25 Merry Christmas!	26 	27 	28 	29 	30 	31 

CoffeeCupsandCrayons.com

Being Mission Focused: Stop for the One

by Laurie-Ann Copple

I shared a talk at St Paul's on October 16, which ended up as part of a very special missions Sunday. Not only did I preach via the lectionary (flavoured with African lessons and experiences), but various members of St Paul's SchoolBOX outreach shared as well. We are all ordinary St Paul's people, learning to do extraordinary things for God. If you missed my talk, its available on waystogrowingod.org.

The SchoolBOX clan are looking forward to returning to Nicaragua and build a school in Fr. Rick Marples' name. Tony and I also are planning to be long-term missionaries in South Africa hopefully by the summer. But you don't have to go to Africa or Central America to reach out - although if you do go, it forces you to rely on God so you can minister to others more effectively. You trust God, since you are out of your comfort zone. However, if you reach out to others where you are, you are needed just as much. It's just that you have to intentionally step out of your comfort zone and trust God. Many of you prayed for and supported Tony and I in Africa, and the team in Nicaragua. Some of you even had stirrings in your heart that you would like to do some sort of outreach, whether in Kanata, Ottawa, or further afield. But where does one start?

Not all of us feel called to volunteer with the homeless, although this is a great ministry for those who do. Others go into the prison to lead an Alpha course, or hold one in a seniors centre. We hope to

have one in our condo apartment this January. One way that all of us can reach out is to stop for the divine appointments that God brings our way. This little door of heaven can open up right in the middle of an ordinary day, and in your own neighbourhood. The world is in fact a 360 degree mission field. I will never forget my seminary missions professor telling me that. You don't have to be a professional, full-time missionary to love your neighbour. You can also look for opportunities to love within the church walls. Do you know your pew neighbours? Do you see someone you don't know? You never know how kind words and a touch may impact a life.

Heidi Baker (who co-founded Iris, the mission organization I joined as a Harvest School alumna) often says that we need to stop for the one. This is her way to describe a divine appointment. This is to STOP for the one that God brings you. This person could be anyone. The key I've discovered is that you sense a nudge inside you, and your fears fills with compassion towards that person. You just know that you know this is the person you are to talk to. This is the right one.

Yet, you don't always have to wait for this nudge. There are many obvious opportunities. You may see someone struggling with their grocery bags. You may see someone in obvious physical pain. They need practical help and prayer! People rarely say no, and you'll bring a touch of hope into their lives. You may even be asked why you're filled with love and joy, or they may remark about the peace that surrounds you. It's Jesus!

Many of the encounters Tony and I have had in South Africa, Mozambique and Botswana were appointments set up divinely- especially in Botswana, since that whole trip was an unexpected surprise on our part. Had we stayed longer at the time, these encounters could have led to deeper relationships. Here in Canada, we can be blessed by knowing these people better, because we live right here. Tony is continuing what we learned at the Iris mission school in his outreach here in Ottawa. Shortly before we

(Continued on page 9)



(Continued from page 8)

went to Africa, we downsized into an apartment condo in the Britannia neighbourhood. That opened up a whole new community to us, including the nearby Ritchie Street. We figure that it's an Ottawa equivalent to a South African township. We would like to visit people there. I'm also part of an outreach to help struggling families at Christmas. It's called Holiday Dream. Through this, I hope to do some home visits with those I sense a strong pull towards. Who knows where God could take this?

The key components are to allow God to love others through you, and to trust him to guide you. You don't need fancy words or a formula. Be you, and be willing to be humble. Don't rush. Heidi always says to "go low and slow." This means to be humble and take your time. The person before you is precious, as are you. The journey is a wonderful one, especially at Christmas. People are always more open than you think.

Pray about the opportunities as God opens doors for you. You don't have to go to Bible school or missions school to be active in your Christian faith. I pray you may experience this unique joy this season. I'd love to hear your stories as you step out. Have a blessed Advent and Christmas!

Laurie-Ann

Christmas Concert Saturday, Dec 17, 7:30 p.m.

The Kanata Choral Society
presents

"The Many Joys of Christmas"

When: Saturday, December 17, 2016, 7:30 p.m.
Where: St. Paul's Anglican Church

Come and enjoy some traditional favorites of the season including Fantasia on Christmas Carols by Ralph Vaughan Williams and some newer Pop classics. Sing along to your favourites carols with a brass ensemble and the choir. Music of Rutter, Wilcocks, Hayes, Berlin and others.

Adults \$20 (\$18 in advance)
Students and Seniors (65+) \$15
Children 12 and under Free

Tickets available at the door and from:
The Leading Note, 370 Elgin St.,
Granata Music, 18-1568 Merivale Rd., and
Gaya Java, 1300 Stittsville Main Street.



There will be a silent auction before and after the concert (Cash & Cheques only).

Thank you for wearing a Poppy Support is needed and appreciated

The Royal Canadian Legion runs a Poppy campaign each year from the last Friday in October until November 10. We rely on the generosity and goodwill of the general public and community businesses for our support.

This year, Costco permitted us to man a Poppy table for only four days out of fourteen days. This reduction of Poppy days has led to a very significant decrease in our Poppy donations. As a direct result, the help we can give to our veterans, seniors, youth and community is greatly lessened. Thank you for wearing a Poppy.

Lest We Forget.

Moira M Green

Poppy and Remembrance Chair 2016

Kanata Branch 638 R C L



Kanata Air Force Veteran Connie Taylor (92) and Poppy Chair Moira Green at Rideau Hall.

10 Bible verses to calm your anxious soul

by Mandy Smith, submitted by Diane Brown

In this life we have two choices. We can go along with the temperature of our environment letting our mind and emotions be led by the twists and turns of the ever-changing scenarios of life, or we can set our hearts and minds on something higher and stable for our soul. I'm choosing the latter.

Calming my heart and mind is a daily action and requirement for my soul to be at peace. Work requirements, relationships hiccups, and daily life stressors are inevitable. So how do I equip myself to take care of my heart, mind, and soul before everything goes out of control?

For me, reading scriptures and meditating on the truth of the Bible helps to soothe my head-aches and heart-aches and prepare myself for the day ahead. Over the past 6 months, I have been taking one scripture at a time that is written out on a note card and focusing on it every morning for one full week.

The monotony of scripture meditation that this entails helps to etch the precious words into my soul and long-term memory. It's also amazing at all of the different insights you can glean from reading the same scripture multiple days in a row.

If you are interested in using some of the scriptures that have brought a sense of calmness to my own soul, here are 10 verses, with my personal commentary, that I have grown to need like the air I breathe:



1. "A person's steps are directed by the Lord. How then can anyone understand their own way?" (Proverbs 20:24)

If I am living in God's will for my life, then life as I see it won't always make sense and that has got to be ok. Sometimes my path seems fuzzy but it's calming to know I don't have to understand everything.

2. "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God." (Romans 8:26-27)

As a Christian, I have the Holy Spirit dwelling inside of me. Sometimes, I don't know how to verbally express the pain, questions, or needs in my prayers. The Spirit helps me when I am weak and speaks right to my Savior for me.

3. "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." (2 Corinthians 4:16-18)

Troubles in this world can make or break us. If we can fix our eyes on the eternity that is set before us after we leave this broken world, we can live a renewed and hopeful life. Getting excited about Heaven is the biggest type of giddy anticipation we can have!

4. "Do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain. (Philippians 2:14-16)

It's very hard to go throughout life without grumbling or arguing. I've found that this scripture helps me to

(Continued on page 11)

(Continued from page 10)

“catch” my bad moods and strive to shine as a positive light in my corner of the world. I want to be different in order to make a difference.

5. “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4-7)

I am going to have hardships and reasons to worry, but worrying does not help a bit. Praying (communicating) with God while remembering my blessings, speaking out what could cause me to worry, and letting God take care of what I don't understand are actions I can take. I then trust that His peace will guard my heart and mind.

6. “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” (Philippians 4:8-9)

What we think about affects our body. It's biological and a known fact. Thinking on what is true, good, right, pure, lovely, and praiseworthy sets up our minds up for healthy positivity. That transfers to our demeanor, our personality, and our relationships with others.

7. “Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” (Colossians 3:16-17)

When we teach, advise, and praise God, it's hard for negativity to slide into our heart. Doing everything in the name of Jesus is an excellent way to work on living alongside others in love.

8. “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since

you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” (Colossians 3:23-24)

Your work is important no matter if you're in the spotlight or behind the scenes. Do everything for God and you can't be disappointed if people don't recognize your efforts. You will receive an overwhelming reward from the Lord one glorious day.

9. “Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.” (Colossians 4:5-6)

The way we interact with each other, fellow Christians and those that don't know Christ, is very important. This reminds me to be graceful in my words and opinions, and to pause before I respond. If I feel a hesitation about saying something, then it's best I probably don't.

10. “Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.” (Hebrews 13:1-2)

This is one of my favorite verses and reminds me to help and show hospitality to everyone I come in contact with - familiar and unfamiliar. Showing love towards others regardless of their background, looks, status, beliefs, and opinions is imperative. Every single person is important and you never know when an angel is looking your way.

Mandy Smith is a joyful 30-something single living in GA. She is a full-time Speech-Language Pathologist. Her loves include Jesus, her family and friends, creativity, playing guitar and singing, coffee, laughing, and of course, writing! You can read more of her writing on her website www.myjoyousheart.com and connect with her on [Facebook](#), [Twitter](#), and [Instagram](#).

A CHRIST-mas Creed

submitted by Diane Brown

I believe in Jesus Christ and in the beauty of the gospel begun in Bethlehem.

I believe in the one whose spirit glorified a little town; and whose spirit still brings music to persons all over the world, in towns both large and small.

I believe in the one for whom the crowded inn could find no room, and I confess that my heart still sometimes wants to exclude Christ from my life today.

I believe in the one who the rulers of the earth ignored and the proud could never understand; whose life was among common people, whose welcome came from persons of hungry hearts.

I believe in the one who proclaimed the love of God to be invincible:

I believe in the one whose cradle was a mother's arms, whose modest home in Nazareth had love for its only wealth, who looked at persons and made them see what God's love saw in them, who by love brought sinners back to purity, and lifted human weakness up to meet the strength of God.

I confess my ever-lasting need of God: The need of forgiveness for our selfishness and greed, the need of new life for empty souls, the need of love for hearts grown cold.

I believe in God who gives us the best of himself.

I believe in Jesus, the son of the living God, born in Bethlehem this night, for me and for the world.

God grant you the light in Christmas, which is faith; the warmth of Christmas, which is love; the radiance of Christmas, which is purity; the righteousness of Christmas, which is justice; the belief in Christmas, which is truth; the all of Christmas, which is Christ.

Amen

<https://cpc.on.ca/files/5714/1805/5589/ChristmasCreed.pdf>

Just for fun

"Thanks for the electric guitar you gave me for Christmas," little Chris Cody said to his uncle the first time he saw him after the holidays. "It's the best present I ever got."

"That's great," said his uncle. "Do you know how to play it?"

"Oh, I don't play it," the little fellow said. "My mom gives me a dollar a day not to play it during the day, and my dad gives me five dollars a week not to play it at night."

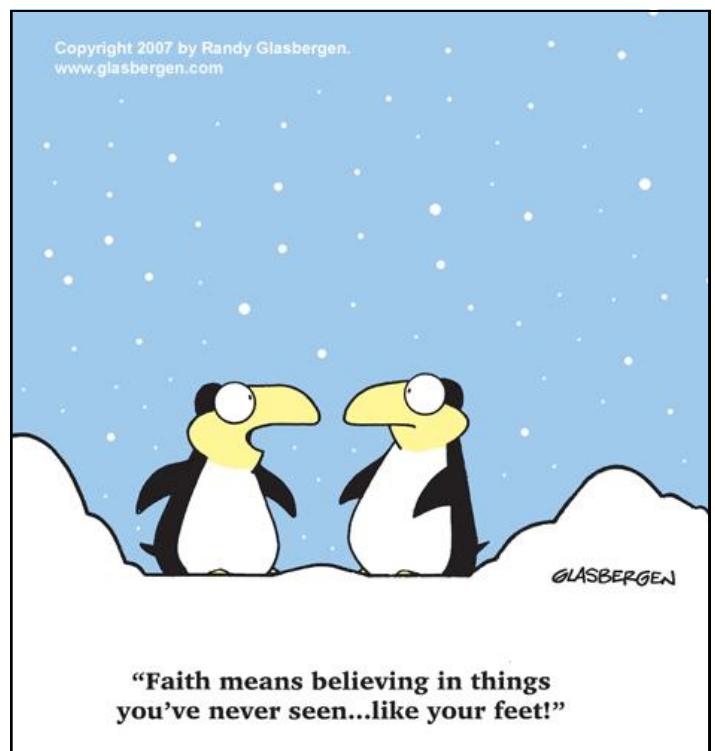
<http://jokes.christiansunite.com/Christmas/>

What do you learn at Santa's Helper School?
The elf-a-bet.

What's the difference between the Christmas alphabet and the ordinary alphabet?
The Christmas alphabet has Noel.

What do you call a singing elf with sideburns?
Elfis.

<http://www.jokes4us.com/holidayjokes/christmasjokes/christmasjokes.html>



St. Paul's Agora

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

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

Simply send your ad to: cornerstone@stpaulshk.org

For Sale

Nativity Scene, \$150.

Please call Wayne Keech at 613-592-5069.




**Bradley Hiscock McCracken
Lawyers**

Paul K. Bradley
B.F.A., M.F.A., J.D.

Business Law
Wills and Estates
Real Estate

Phone: 613 825 4585
Fax: 613 825 5101
1581 Greenbank Road
Ottawa, Ontario K2J 4Y6

pbradley@bhmlaw.ca
www.bhmlaw.ca

SARAH MORE B.A.
Genealogy & Family History
recce100@gmail.com

Discovering your roots
613-461-0102

Specializing in British &
North American Genealogy

P.O. Box 151, Almonte, ON K0A 1A0



Don Belanger

6569 Harvest Grove Dr., Greely, Ontario, Canada
Phone: (613) 821-4570 • Cell: (613) 292-0187
don@belangerheating.com
www.belangerheating.com



**Bradley Hiscock McCracken
Lawyers**

Richard K. Bradley
B.A., LL.B.

Business Law
Wills and Estates
Real Estate

Phone: 613 825 4585, ext. 111
Fax: 613 825 5101
1581 Greenbank Road
Ottawa, Ontario K2J 4Y6

rbradley@bhmlaw.ca
www.bhmlaw.ca

BRIDLEWOOD TRAILS
RETIREMENT COMMUNITY
by **RIVERSTONE**



A COMPLETE CONTINUUM OF CARE

The PEACE OF MIND You're Looking For

OFFERING INDEPENDENT LIVING,
RESIDENTIAL CARE AND ASSISTED LIVING

480 Brigitta Street
bridlewoodretirement.com

613.595.1116

Sarah Baldwin
Sales Consultant



tel. 613-663-2969
fax. 613-271-7332
sbaldwin@chartwell.com

70 Stonehaven Drive
Kanata, ON K2M 3B4

CHARTWELL.COM

CHARTWELL
STONEHAVEN
retirement residence

If you are paying more than
\$25.00/month for a home telephone
You are probably paying too much!

William Colls & Associates
WilliamCollsAssoc.ca
613 509 1304

Requires high speed internet connection – not included



2848 Carp Rd., Carp, ON, K0A 1L0

Eric Anderson
Marc Charbonneau

Tel: 613-836-9091
Fax: 613-836-9625

Loaner Cars & Shuttle
Service Available

Independently Owned & Operated


EcoSys Holistic Wellness Center



David Gilbert Director
Helping Bodies & Minds Heal

Office: 613.747.5458
Toll Free: 800.361.1370
wellness@david-gilbert.com
www.EcoSysHolisticWellnessCenter.com


59 Westcliffe Rd. Ottawa, ON K2H8A4



Dan Cowley
Owner

290 Rideau St. (at King Edward)
Ottawa, Ontario, K1N 5Y3
(613) 241-6382
doncherrys290@rogers.com

320 Eagleson Rd. (The Annex Mall)
Kanata, Ontario, K2M 1C9
(613) 599-6300
doncherrys320@rogers.com



RBC Wealth Management
Dominion Securities

Professional wealth management since 1901

Melissa Clark, B.Comm, CFP
Wealth Advisor

RBC Dominion Securities Inc.
333 Preston Street
Suite 1100
Ottawa, ON K1S 5N4

Tel: 613-564-4221
Fax: 613-564-4801
1 800 267-7680

melissa.clark@rbc.com
melissaclarkandassociates.ca

PHASE IN
FAMILY SUPPORT SERVICES



Faye Lavergne
FAMILY, CHILD & YOUTH COUNSELLOR

email: phaseinfs@yahoo.ca

613-253-7476




City of Ottawa
110 Laurier Avenue West
Ottawa, ON K1P 1J1
tel.: (613) 680-2752
Allan.Hubley@ottawa.ca
www.CouncillorAllanHubley.ca

@allanhubley_23 | allan.hubley.5

ALLAN HUBLEY COUNCILLOR, KANATA SOUTH WARD