

CORNERSTONE

February, 2012

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. Sunday Morning – Holy Communion Said service

9:15 a.m. Sunday Morning – Traditional/Choral Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games

11:00 a.m. Sunday Morning – Praise Music Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games

Other Services

9:45 a.m Wednesday – Eucharist and Bible Study

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

7:00 p.m. Friday – EPIC Youth Group

Inside this issue:

- **Messages from Father John and Father Craig**
- **Turn On The Tap**
- **How Do I Love You?**
- **Volunteer Corner**
- **Adult Education**
- **Parish Council News**

...and more!

February edition
deadline:

Tuesday, February 28, 2012

Please send submissions to:
cornerstone@stpaulshk.org



A Message from Father John

Jerusalem the Golden

Someone asked me the other day why I was so connected with the Holy Land and Jerusalem in particular. I have had the privilege to travel throughout the Middle East and work with the Christian Church there. I have learned a great deal about their situation and have experienced many faithful and devout Christians. I originally went to the Holy Land to see the places that Jesus encountered in His ministry. I had hoped that the trip would ground my faith journey and contextualize my reading of scripture. I can tell you that those hopes were realized.

In addition to seeing the dead stones (the ruins of many important venues), I discovered the living Stones. The people of the Middle East are unique and wonderful. Their culture and traditions are family and community centered.

The Church in Jerusalem finds itself in the Minority. Christians make up about 2% of the Arab population in Palestine. They have learned to be effective and faithful even with diminishing numbers. They run schools, hospitals, clinics, senior's homes, and many other outreach projects. I believe that they have much to teach us about being remnant

church. Sometimes we in North America equate our decline in attendance with permission to do less. Our strength and commission is from God not from our position of power. The Church in the Middle East has many years of history and tradition that have been passed down through generations. They can trace their faith roots back for 2000 years. I love the old city of Jerusalem where the three monotheistic religions (Judaism, Christianity, and Islam) have lived and worked together for many years. If you ever get a chance to travel, or want to know more, I invite you to make an appointment with me and I can help you to discover the beauty of the Land of the Holy One.

I believe that our partnership with the Diocese of Jerusalem will lead to a mutually beneficial arrangement on both sides. The Diocese of Ottawa and the Diocese of Jerusalem are starting to work on some partnership projects that will give parishes the opportunity to learn from each other. I hope that we at St. Paul's might be able to partner with a parish in their diocese.

Fr. John

From the Desk of Father Craig

Good News in Christ!

If you haven't heard already our very own Michel Gagne will be ordained to the diaconate March 28th. I would invite all that are able to come out to the cathedral, 7 p.m. to celebrate this wonderful step in Michel's life and the life of the Church.

Remember the words to the hymn, "I am the Church! You are the Church! We are the Church together! ..." We, people who look to Christ in faith, are a royal priesthood 1 Peter 2.8-10. Although, we play different roles in this ministry, we must be together in Christ.

What is that all about? Some will need to begin very intentionally praying for Michel... praying that when he enters into the "dark places" that God's light shines even more brightly. Those called to pray for him will need to pray that in times of joy he reminds all that true joy comes from this loving and life-giving God.

Others may be called to vest him with stoles or purchase him bibles or write him a word of encouragement or ... you can fill in the blank. This is done to remind him, you, I and others of the work Michel is called to complete.

Ordinations can be an important sign of hope in our own renewal. They can challenge us a new! At best they have us consider our own calling or own confirmations. Maybe there was a time when people didn't need to worry about their role in the church. Many might just say, "That's the priest's job".

But we aren't on a pedestal anymore and that's a good thing!

I do love winter and not just because I don't have to cut the grass. It is a good time to make ready. Make ready how we are going to work on being more of the person and people we are suppose to be!

It always helps to remember where we come from. You might think I was going to say God. Well actually, that is correct, but not where I was going. Take time to explore your roots, not to become nationalistic, but in joy at your heritage and to see the diversity of this great land.

I was telling my mother that I had found where one of her great grandparents was from, Monkland, Scotland. She became amused. She went on to tell me how that made perfect sense. I asked why? She said that her cousins, the Brodie family, a wee bit Scottish, used to own a farm in Montreal. Much of the farm had been sold by my mother's time, but the farm house and a nice bit of land sat on "Monkland Avenue".

May this winter, this Lent, and being part of the faith community at St. Paul's remind you of where you come from and in God's care, where you are heading!

In joy,
Fr. Craig



How Do I Love You?

by Len Dent

It is difficult to find words that adequately portray how I feel about you.

But it wasn't always that way.

When we met, you were a beautiful, talented, vivacious young woman already pursuing your career teaching nurses.

I was a just turned 22, newly-graduated RCAF officer with new wings on my chest. I had money in my pocket for the first time and lots of attention from young ladies.

Strange circumstances led me to the door of your mother's Bed and Breakfast that day in early August, 1961. Fate, or was it God's hand, had you home for a rare weekend visit.

I thought you were cute and enjoyed our date. I moved on to the next city for my assignment, but didn't stop thinking of you. I sent you a few short letters.

Only when I came back earlier than announced and found you having dinner with another man did I realize how strongly I was attracted to you. Perhaps it was infatuation. But I knew then you were the woman I wanted to spend the rest of my life with.

Six months later, on February 3, 1962, you agreed to be my wife. From that point on, we began to grow together, to learn what love really meant. We have always pulled together in the same direction, as a team.

We had a girl and a boy who became the centres of our lives. But all too often my career took me away - sometimes for a day, a week, or even months at a time. On those occasions, you had to be mother, father, friend, cook, driver, as well as working at your profession. Yet, when I came home, you stepped aside so that I could resume the role of father and head of the household. These separations seemed to make our relationship stronger.

Eight times we had major moves while the children were growing up and each time you had to bear the brunt of the load, looking after packing and the many

other issues associated with moving, as I was often sent ahead of you to our next posting.

We didn't always see eye to eye. And sometimes we had heated discussions. The stress of our jobs, raising our children, and just dealing with life's daily problems were sometimes taken out on each other. But we learned that communicating our problems and feelings to each other went a long way towards solving disputes.

You always give 100% to our marriage and expect nothing in return. I try to do the same.

One day the children grew up and left home. For the past 20 years, our lives have been more intertwined, particularly after we both retired.

Now we do not like to be apart. We travel together, cook together, shop together, exercise together, and spend quiet evenings at home unless we are entertaining or being entertained by friends, which we also do together.

How do I love you?

I love you more today than I did yesterday. I will love you more tomorrow than I do today.

I believe God has a plan that we will be together always.

Editor's Note: Shirly and Len Dent celebrated their 50th Wedding Anniversary on February 3, 2012. They will renew their vows at a ceremony at St. Paul's on July 7, 2012.



Turn On The Tap

by Sheila W. Evans

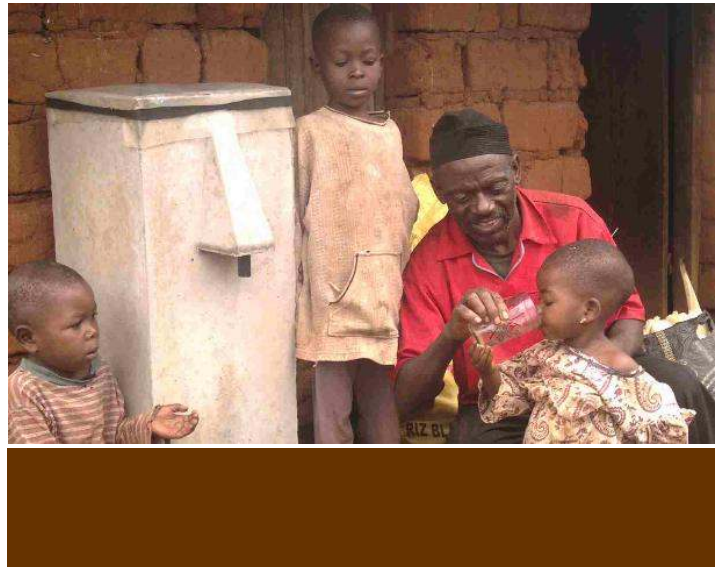
Last summer, Marie Vasic came to our church to talk about the Samaritan's Purse "Turn on The Tap" project. The project distributes the Bio-Sand Water Filter to people in undeveloped countries, who do not have access to safe, clean drinking water.

To give you a little background on the project: In 2006, a survey by the World Health Organization shockingly discovered that there are 886 million people struggling to survive while drinking water fetched from fouled water holes, stagnant creeks and polluted rivers. Pathogens in these polluted water sources were found to be the reason why thousands of their young children die from dysentery.

Kofi Annan, the Secretary General of the UN when survey was published, was shocked. He put out an edict saying, "Access to safe water is a fundamental human need, and therefore must be a basic human right." He went on to challenge the developed nations of the world to work together to cut that number in half by the year 2015.

Franklin Graham, the Director of Samaritan's Purse, rose to the challenge. With his God's Call coming from Matthew 25, "When I was thirsty you gave me something to drink," he founded "Turn on the Tap," and bought the rights to build and market the Bio-Sand Water Filter from Canadian Inventor Dr. David Manz.

This invention is perfect for hot, sandy countries where access to fresh water is rare because most of the components needed to build it are readily available. It is built by Samaritan's Purse Field Workers on site with the help of the receiving family. The staff teach the family sanitary habits and how to maintain their filter, then they come back to monitor its success at 3-month intervals for a year.



The shell of the filter is concrete and the interior contains four filtering levels, composed of varying densities of sand and gravel. The polluted water goes in the top and 95-99% of bacteria and pathogens are removed. As long as they are maintained, these filters have an infinite life expectancy.

This life-saving filter can produce up to 40 litres of clean water per hour, servicing the washing and drinking requirements of a building housing up to ten people. When filled, the Bio-Sand water filter weighs a theft-d discouraging 400 pounds!

The World Health Organization recently designated it the most viable filter in the World. The cost to provide this filter to a household and give them the gift of clean water and a healthy life for their children is just \$100! To date there have been 514,774 water filters distributed in Africa Asia and Latin America by Samaritan's Purse. Let's all try to donate to keep these numbers growing and let everyone have the right to clean water.

This Lent, as we pray and prepare ourselves to walk beside the Cross, how can we forget our tortured Savior's cry, "I am thirsty," and the beautiful words from the Parable the Sheep and the Goats, "what you have done for the least my people you have done for me."

By giving clear, clean, life-giving water to the poorest of poor, we are also giving it to our risen Lord.

The Wrong Funeral

Consumed by my loss, I didn't notice the hardness of the pew where I sat. I was at the funeral of my dearest friend - my mother. She finally had lost her long battle with cancer. The hurt was so intense; I found it hard to breathe at times. Always supportive, Mother clapped loudest at my school plays, held box of tissues while listening to my first heartbreak, comforted me at my father's death, encouraged me in college, and prayed for me my entire life.

When mother's illness was diagnosed, my sister had a new baby and my brother had recently married his childhood sweetheart, so it fell on me, the 27-year-old middle child without entanglements, to take care of her. I counted it an honor. 'What now, Lord?' I asked sitting in church.

My life stretched out before me as an empty abyss. My brother sat stoically with his face toward the cross while clutching his wife's hand. My sister sat slumped against her husband's shoulder, his arms around her as she cradled their child... All so deeply grieving, no one noticed I sat alone. My place had been with our mother, preparing her meals, helping her walk, taking her to the doctor, seeing to her medication, reading the Bible together. Now she was with the Lord. My work was finished, and I was alone.

I heard a door open and slam shut at the back of the church. Quick footsteps hurried along the carpeted floor. An exasperated young man looked around briefly and then sat next to me. He folded his hands and placed them on his lap. His eyes were brimming with tears. He began to sniffle. 'I'm late,' he explained, though no explanation was necessary.

After several eulogies, he leaned over and commented, 'Why do they keep calling Mary by the name of 'Margaret?'" 'Because, that was her name, Margaret. Never Mary, no one called her 'Mary," I whispered.

I wondered why this person couldn't have sat on the other side of the church. He interrupted my grieving with his tears and fidgeting. Who was this stranger anyway?

'No, that isn't correct,' he insisted, as several people glanced over at us whispering, 'Her name is Mary,

Mary Peters.' 'That isn't who this is.'

'Isn't this the Lutheran church?'

'No, the Lutheran church is across the street.'

'Oh.'

'I believe you're at the wrong funeral, Sir.' The solemnness of the occasion mixed with the realization of the man's mistake bubbled up inside me and came out as laughter. I cupped my hands over my face, hoping it would be interpreted as sobs. The creaking pew gave me away. Sharp looks from other mourners only made the situation seem more hilarious.

I peeked at the bewildered, misguided man seated beside me. He was laughing; too, as he glanced around, deciding it was too late for an uneventful exit. I imagined Mother laughing.

At the final 'Amen,' we darted out a door and into the parking lot. 'I do believe we'll be the talk of the town,' he said, smiling. He said his name was Rick and since he had missed his aunt's funeral, asked me out for a cup of coffee.

That afternoon began a lifelong journey for me with this man who attended the wrong funeral, but was in the right place. A year after our meeting, we were married at a country church where he was the assistant pastor.

This time we both arrived at the same church, right on time... In my time of sorrow, God gave me laughter. In place of loneliness, God gave me love. This past June, we celebrated our 22nd wedding anniversary. Whenever anyone asks us how we met, Rick tells them, 'Her mother and my Aunt Mary introduced us, and it's truly a match made in heaven.'

If you Love God, and are not ashamed of all the marvelous things he has done for you, send this on to others. REMEMBER, God doesn't make mistakes. He puts us where we are to be.

Signed,
A Daughter

Parish Council News

Highlights of the January 18th, 2012 Parish Council Meeting

by Francis Christensen

Operations:

- Sanctuary Sound System: - is now fully operational
- In late March, there will be an Indoor Spring Clean-up
- In May, an Outdoor Spring Clean-up will take place as a family event
- The kitchen has been inspected by the municipal health department who were very impressed by the cleanliness and tidiness. Thanks to all those who so ably look after our kitchen facilities.
- The parish e-mail and phone systems are causing some current service issues. Alternatives are being looked at.

Program:

- Vestry: The annual Vestry Meeting is scheduled for Sunday, February 12th, 2012 following the 11:00 am worship service (12:30 pm). Don't miss it!
- Outreach: - Parish Council has endorsed a Lenten Outreach initiative for the Samaritan's Purse "Turn on the Tap" program to provide water filters for families in need. The BioSand Water Filter can produce up to 40 litres of clean water an hour. Families provide part of the labour and utilize local materials for construction. Over 500,000 of these filters at \$100 each have already been built by Samaritan's Purse in the last four years.
- Hospitality:
 - Robbie Burn's events were sold out and very successful.
 - Shrove Tuesday Pancake supper is scheduled for Tuesday February 21st.

Education:

- The Lenten Luncheon series will run from 22 February to 28 March. If demand warrants, it may be videotaped and replayed in the evening.
- A preaching and teaching series on prayer is being planned.

Finance:

- Treasurer's Report: A projected deficit at year end 2011 was avoided due to the generosity of many parishioners following the wardens' appeal in November. Parish Council acknowledges this accomplishment with a sincere vote of thanks to all parishioners. Well Done!
- The Corporation has issued a letter to the Diocese expressing our deep concern over significant and unexpected increases in ECOPS (Equalized Cost of Priestly Services) assessments for 2012 and potentially beyond. Further clarification and explanation of the increase has been requested before Vestry on Feb 12th.
- The final draft of the 2012 budget as prepared by the Treasurer and Corporation was reviewed and endorsed by Parish Council for presentation to Vestry.



Other Christian Sources

by Bill Colls

As Christians, we believe that the Bible is the divine word of God, and contains all that we need to know to be accepted as children of God, and to enter into his kingdom. The Bible as we know it, began to take shape about 180 AD, when the four gospels that we have were first identified as authoritative. By 367 AD, Athanasius, Bishop of Alexandria was able to publish a list of the writings which he described as “being canonized” and is identical to the contents of our Bible. In 382 AD The Council Of Rome, under the authority Pope Damasus I, issued an identical canon. In 383, the same pope commissioned the Latin Vulgate edition of the bible using this list, and this instrumental in defining the canon as we now know it.

However the gospel writers are not the only ones who have written about Jesus. Although we may reasonably assume that Jesus could write (we know he could read), we have no surviving documents that are directly attributed to him, nor is there any evidence that he wrote any. None of the disciples had smart phones with which they could record his teachings. Thus what comes to us comes from oral traditions, and the writings of the earliest Christians as they spread the message through the world in the years immediately following Christ’s life.

The synoptic Gospels themselves are interesting in this regard. Mark is generally considered as first to be written. Both Luke and Matthew draw heavily on him for their own accounts. Indeed large parts of Mark’s writing are quoted verbatim by both. However, both Matthew and Luke have clearly draw on at least one other common source. This source, often referred to a Q, is also quoted almost verbatim by both of them. Scholars disagree as to whether this was one document, or a small collection of documents, and we have no surviving copies of the material. But we can reasonably assume that it existed.

There are few surviving Jewish documents from the period. Flavius Josephus was a first century Roman-Jewish historian who lived about 37 – 100 AD. The “Antiquity of The Jews” covers the Jewish history, apparently written for a roman audience, and “The Jewish Wars” Jewish revolt of 66-70 AD. In this context they give us a useful and authoritative view of the times in which Jesus lived. In “The Antiquity of the Jews” he makes direct references to events that are also recorded in the Gospels.

The first event refers to the imprisonment and execution of John the Baptist by Herod Antipas, together with the observation that many Jews of the time considered this to have been unjust. Book 18 of the Antiquities contains the following passage:

“Now there was about this time Jesus, a wise man, if it be

lawful to call him a man; for he was a doer of wonderful works, a teacher of such men as receive the truth with pleasure. He drew over to him both many of the Jews and many of the Gentiles. He was [the] Christ. And when Pilate, at the suggestion of the principal men amongst us, had condemned him to the cross, those that loved him at the first did not forsake him; for he appeared to them alive again the third day; as the divine prophets had foretold these and ten thousand other wonderful things concerning him. And the tribe of Christians, so named from him, are not extinct at this day”

This passage is subject to much discussion among scholars, who divide into three main group:

- The passage is entirely authentic.
- The passage is mostly authentic, but has had some Christian “enhancement” added at a later date.
- The passage is entirely a Christian forgery.

The earliest reference to the passage dates from about 324 AD. However, all the surviving copies of the text were made by Christian monks, and mostly date from the 11th century. The Jews of the time considered Josephus as a traitor, and did not preserve his writings.

There are also some Roman writers who make reference to Jesus and the early church. Tacitus, in his “Annals” written about 116 AD makes reference to Christians in reference to the Great Fire of Rome in 64AD. The Emperor Nero blamed the Christians for the fire, and subsequently persecuted them. Although the oldest surviving copies of the Annals date from the 11th century, most scholars regard them as authentic and reliable.

Pliny the Younger, a Roman provincial governor, wrote to the Emperor Trajan about 112 AD, concerning the treatment of Christians who refused to bow down and worship the Emperor. This passage, while it serves to confirm the spread of Christianity, makes no direct reference to the life of Christ.

Gaius Suetonius, in his work “Lives of Twelve Caesars” notes in passing the riots that broke out in the Jewish community when Claudius was emperor, and The resulting expulsion of the Jews from Rome. This also mentioned in the Acts of The Apostles (18:2).

As a final note, Wikipedia, on the page “List of Gospels”, list some 60 ancient gospels (including the 4 canonical Gospels). Many of these were written in the early time of the church, but were written after the canonical books were established, or the origins are so suspect as to make them unreliable sources. It also lists 24 “modern” gospels, including books such as the Book of Mormon.

Volunteer Corner

by Mathias Joost

(This is the first in a series about the many volunteers that make St. Paul's such a wonderful place.)

Most people know Carol Spencer as the lady behind the desk when Lorna is not there. Besides this work, Carol is also quite active in a number of volunteer activities at St. Paul's. Even as a teenager she taught Sunday School, sang in the Westminster Church Choir and in a church choir that involved several churches in the area. She became a member of this parish in 1987 and been active in volunteer positions since the early 1990s.

As she puts it: "Volunteering is a blessing to me." She has been preparing the powerpoint for the 11:00 service, and is a server at the 8:00 as well as a lay assistant. Sunday mornings are a busy time for her as she marks the Lectern bible, the altar prayer book, Fr. John's and Fr. Craig's (and visiting clergy) prayer books, and the bible to be read. There's also getting the ice water for the altar area, double-checking

the set up and the church colours, setting out the priest's chasuble and then checking the ambry. If there has been a wedding late Saturday, she also sets up the altar. And to prepare you for Sunday's services and provide you with parish information Carol has been putting together the Bulletin since October 2004. The hardest part, as those who have helped her can attest, is folding the several hundred copies and ensuring that each has an insert. So if you have a moment on a Thursday morning, give her a hand.

Carol's efforts are very much appreciated and are just a small part of what our many volunteers do. The last word, however, should go to Carol: I can remember when "I can't," "I don't have time," and "other things come first" ruled my life. You may not see the talents you have but others around you do. If you open yourself to the possibilities, who knows where you and St. Paul's can go.



Hear Ye, Hear Ye!

by Mathias Joost

The men's group will be having a breakfast and church clean-up on Saturday, March 24th starting at 8:00 AM. All men and friends are invited to attend and help in cleaning the inside of the church before Holy Week.

Men - here's your chance to show that you take second place to nobody when it comes to cleaning. Spectators are welcome and will be put to work!



Adult Education

Spring Activities

by Lewis Kruger

The start of a New Year and Adult Education is planning two events to take place at St. Paul's during the coming months.

The first event is titled "A Journey to Easter - Lenten Reflections". The format and subject matter is taken from the Ash Wednesday Liturgy that states "I invite you therefore, in the name of the Lord, to observe a Holy Lent by self-examination, penitence, prayer, fasting and almsgiving, and by reading and meditating on the word of God." These "Lunch and Learn" events that are open to the larger community will take place on Wednesdays from 11:30 a.m. to noon when leaders from different Kanata Christian churches will speak on the subjects of Self-Examination (February 29th), Penitence (March 7th), Prayer (March 14th), Fasting (March 21st), and Almsgiving (March 29th). After each service there will be a "Monk's lunch" of bread and soup. There is no fee for these events but a free will offering will be accepted.

Not everybody can attend mid-day events so for St. Paul parishioners, if there is sufficient demand, a recording

of each event will be made and played on subsequent Tuesday nights. Look for posters and sign-up sheet in the church mid February.

The second event is a preaching series on PRAYER. Some people pray regularly in a structured way, others pray occasionally in an informal way. However we do it all of us, in our own way, pray. At our three regular Sunday services starting Sunday April 22nd for four consecutive weeks speakers will preach on different aspects of prayer. The program is Contemplative/Centering Prayer (April 22nd), Journey of Prayer (April 29th), Prayer of the Cross (May 6th), and Prayer of Forgiveness (May 13th). These subjects will be of interest to many people, and as homily time at our regular services is restricted to 10 - 15 minutes, the speakers will be returning to St. Paul's on the Tuesday evening after the Sunday service to speak at greater length and expand on their subject matter. Everybody welcome.

Posters and information on the Prayer Preaching series will be placed in the church at Easter time.

Water In Central Sudan

by Mathias Joost

From January to July 2007 the Canadian Forces sent me to Sudan as a military observer. My post was in the state of South Kordofan, a sub-Saharan region to the east of Darfur in what is now the southern part of Sudan. The state is dry most of the year but experiences rains, sometimes very heavy, in May to August. One would think that in a region that gets ample rainfall, drinking water would not be a problem; however, such is not the case.

During eight months of the year, clean water is scarce. What wells exist are normally open, dug by hand with buckets used to haul the water to the surface. With the water table shifting downwards as the dry season progresses, water becomes scarce. Then there are water holes. By the time March rolls around, water holes cannot be distinguished from the surrounding sandy landscape expect for the existence of a depression in the ground. Yet, for the many small villages that dot the state most water comes from these water holes. This water is used not only by people, but also by the cattle, sheep and goats of the village that wander into the water, drink, roll around and defecate.

Compounding the problem of animal water use is the fact that the 20-year civil war resulted in the destruction of many water holes. Before the civil war, there were water holes for villagers and water holes for the nomads who

herded cattle in large-scale migrations that followed the rain. With the loss of their water holes, the nomads are now forced to use the water holes traditionally used by the villagers. With limited water supplies, the villagers do not wish to share with people who provide no support to the local community. The result is continued conflict.

The situation in South Kordofan is not unique. Clean drinking water is a luxury that many people cannot obtain.



From The Kitchen

by Heather Colls

No plastic, please!

We are pleased to announce that St. Paul's kitchen is a plastic free zone! We now have over 150 glass wine glasses, 10 dozen water glasses, over 150 dinner plates and 275 small plates available. Thank you to Ann Faurbo, who helped me remove all remaining plastic cutlery, glasses and plates from the kitchen. Rental and church groups are still welcome to use plastic items for their events, but please do not leave any leftover plastic in the kitchen. Please take it home to recycle, or donate it elsewhere.

Tablecloths

Often when the hall is rented to someone outside the parish, they also rent the use of the tablecloths. It is important to have all the tablecloths clean and neatly stacked in the cupboard to the left of the washing sinks. We now have a sign-up sheet posted inside the cupboard. Please sign your name and phone number when you take tablecloths home to wash them, and return them to the cupboard as soon as possible. If you have trouble removing stains, please contact me.

Inventory

We are lucky to have such a beautiful kitchen and we are now building up the inventory so that we can operate without having to bring so much from our homes when we cater or do big dinners. If you have a kitchen-ware item that the church may be able to use, please come and talk to me. Thank you for thinking about us.

Thank you!

Our kitchen is now inspected every year by the City of Ottawa Health Department, and we have passed every time. Thank you to those who keep our kitchen so clean and tidy. To all of you who have volunteered this past year and or stepped up and provided food on many occasions, thank you. The church appreciates your help. I try not to ask the same people all the time. If you would like to help the odd time, please let me know.

Heather Colls

heather.colls@rogers.com

613-226-6813

True Love

For God so lo **V**ed the world,

That He g **A**ve

his on **L**y

Begott **E**n

So **N**

That whosoever

Believeth **I**n Him

Should **N**ot perish,

But have **E**verlasting life."

John 3:16

Kanata Travel Club Bug News

by Nigel Kilby

Why stay home next January?

Join your friends on a Hawaiian Inter-Island 7 day cruise on NCL's Pride of America, leaving January 12th, 2013 (optional pre/post-island extensions available).

Mark your calendar for a photo show presentation, **Sunday February 26th, 2pm-4pm**, in Rutter Hall at St. Paul's Anglican Church, 20 Young Road Kanata.



Shrove Tuesday Pancake Supper

Tuesday February 21, 2012

This is an annual event here at St. Paul's. The doors will open at 4:30 pm and we will keep the serving line open until 6:30 pm. (If you know you will be coming for 6:30 pm, please purchase your tickets in advance and make sure you mention your late arrival to the member of the Music Ministry that sells you your ticket. We want to make sure that we have enough for everyone right up to the end.) You will be able to sit and enjoy your meal up to 8:00pm

As usual, the annual fare includes Pancakes, Maple Syrup, Fruit toppings, Cinnamon Butter,

Sausages, Baked Beans - regular and Vegetarian, dessert and beverages. The price this year is the same as last year: \$7.00 per adult, \$6.00 per Seniors and High School Students, and \$5.00 for Children.

The members of the St. Paul's Music Ministry host this event and hope you will support our fundraising efforts. We are raising funds to cover the cost of the music for our next musical performance - Two Sisters and a Funeral coming this October with Roger Jones.

Come and join us!!!

Date Night Challenge

Saturday February 11th 6:30-9:00 p.m.

In celebration of National Marriage Week (February 7-14, 2012), Trinity Presbyterian Church is hosting a Focus on the Family webcast featuring world-class entertainment and teaching through a video presentation with marriage experts Greg and Erin Smalley, Christian comedian Jeff Allen and musical guest Michael O'Brien. Trinity is located at

110 McCurdy Drive in Kanata. Dessert will be available beginning at 6:30, webcast starts at 7:00 p.m. No cost to register for the event. To register call or e-mail the church office at: trinitykanata@on.aibn.com, or 613-836-1429.

For more details about the webcast go to <http://www.focusonthefamily.ca/events/date-night-challenge/date-night-challenge>.

“When two or three are gathered in HIS name”

by Minx Mulhall

I remember the first time someone suggested I might want to go for “healing prayer”.

It was before 2004 (before we built the new church building), my sister was visiting for the weekend and the two of us went to church together.

I had been quite sick for almost a year and was still going through tests, more blood work and various doctors. They couldn’t figure out why I was so fatigued and why my blood counts were ‘out of whack’. I was very discouraged and just wanted to get better and get on with my life!!

During the Sunday service they often announced that “if you wanted prayer for yourself or others, you could go for prayer with members of our healing prayer team”. Well, yes I had heard them announce that quite often on Sundays I never really thought about going.....why?

Well I just think at the time I thought it was kind of weird a little strange and a little scary.

My sister asked if I wanted to go back (back in the small cramped space of the coat closet was the only space available in the old church) and have them pray for me. I just looked at her and said no I don’t think so.

The next few Sundays at church I paid more attention to the people who went back to pray for others and watched a couple of people go for prayer themselves. I’m not sure what I thought about all of it, but I knew I couldn’t get brave enough to go myself...it was all a little too strange for my liking.

Well, guess what??? Yep, one Sunday, after I received communion I kept walking down the aisle past my pew and stood at the back of the church looking into the eyes of 2 fellow parishioners. They asked me if I wanted them to pray with me, I said yes, but told them I wasn’t sure what to do.

(In the back of my mind, I wondered if they were going to touch me on the forehead and I’d fall backwards and tumble down the stairs that were only a foot away)... But, no that didn’t happen!

They listened to me explain my frustration & fear of what was happening to me. Then they gently put their hands on my shoulder and prayed for me. What a weird feeling, they repeated a lot of what I said and said some words that made some sense to me in asking God to be with me and help me. I have to admit I waited for a bit to see if I was still going to fall down or shake or something, but I found myself walking back to my pew. I continued on with the service, feeling a sense of peace within, and wondering of what lay ahead for me.

Little did I know, that day would start me on a journey of trust and faith that I could never have imagined..... but most of all it started ‘healing’ in me.

I have gone for prayer numerous times since and have been a member of the healing prayer team now for years. As a matter of fact it was only a few months after I went for prayer for the first time that I joined the team.

I was asked by one of the members of the team if I would consider being part of the Healing Prayer Ministry. When Garry suggested it to me, I thought he was off his rocker.....sorry Garry, but you did throw me for a loop that day.

Garry Pritchard was an active, bright, quiet, gentle man I had known from the parish for quite some time, and I wondered about his “special gift” of being able to pray with others. He seemed so ‘normal’ and I was a little surprised that “he could do that”.

I had known him to be involved around the church, doing the men stuff around, but he had actually prayed for me a few times and he seemed so comfortable with it. I knew, I wasn’t anything like that, so couldn’t understand why he would ask me to join this ministry team. After talking with him more about it and continuing to go for prayer for myself, I began to learn and see things differently.

I was learning that God was using Garry and the others and that THEY were allowing God to do so. I mean I believed God could do powerful things but was really beginning to see He needed me to respond differently.

I truly believe to this day that as I continue being a part of this ministry I feel & see God’s comfort & peace each time we gather to pray. I can only trust and believe that God’s healing is at work each time.

(I still sometimes wonder if I’m ever going to be a part of a prayer time that I may fall backwards or start to shake but so far it hasn’t happened!!)

But it has happened that I continually see God’s peace, love & comfort every time I’ve prayed with others.

Prayer is such a natural part of our Sunday worship but prayer at the Healing Prayer Ministry time, truly is different...and now I see it as different in a good way, not a scary way like I imagined so many years ago.

As I pray with people I see how God uses me to say HIS words and provide HIS peace & understanding to those who come for prayer. God’s healing powers are sometimes so evident it amazes me. At times when I wonder if people have felt healing from the prayers they have come for, I realize that I may never know what God’s words or touch through us has done for others.

But I do know God is happy to see us come together in prayer to HIM to allow us a different opportunity to receive HIS healing touch.

How do I know this?? Because I believe - Matthew 18: vs 19-20!



Paint Those Winter Blues Away...

Don't let winter make you blue! Let your creativity flow while enjoying an escape day with colourful paint! No experience necessary.

Each workshop will be held at St. Paul's church from 9:15 a.m. to 3:30 p.m. The cost is \$40 for the day.

Workshops:

Tuesday, January 24 - Be prepared to experiment while producing your own masterpiece.

Saturday, February 11 [4 places left]

Tuesday, February 21 - Enjoy a relaxing day painting your own masterpiece, or follow the theme, "Sunrise, sunset."

Saturday, February 25 [7 places left]

Please bring the following supplies with you:

30"x30" canvas

Acrylic paint (or paint can be purchased from the teacher for \$10)

1½" brush

Paper towels

Plastic tablecloth

Newspapers

Your lunch ☺

To register, please contact Angela at 613-836-2233 or angela.1938@yahoo.ca. A deposit of \$20 will reserve your place (cheques can be mailed to 122 Balbair Road, Kanata, ON, K2L 1G6).

Grocery Certificate Program

It's a win-win situation!

When you participate in the Grocery Certificate Program, you get to spend every cent of your money on groceries, and the store gives a percentage of the money spent to St. Paul's. Participating stores include: Farm Boy (5.5%), Bulk Barn (5%), Food Basics/METRO (4%), Loblaws (4%), Superstore (4%), and Independent (4%). Starting September 25, 2011, we will have \$20, \$50, and \$100 Sobeys' certificates for sale.

Smart Card technology allows you to purchase a card, say for \$100. You get the full \$100 to spend at that store. Each time you shop, the amount of your purchase is deducted, leaving the remaining balance on the card for the next time.

We are now able to process debit cards! No need to worry about carrying cash or forgetting your chequebook.

Will you join us in raising money for St. Paul's by NOT giving your money? For more information, come and see us at the table in the hall:

Larry @ 8, Jean @ 9:15, and Darell @ 11.

Or, please call Darell at 613-831-7580.

**You can give \$\$
to St. Paul's
without giving
any \$\$!**

It's true.

**How? Get your
grocery store to
give \$\$ for you!**



Bethesda Boot Camp

The next Ladies' Retreat will be held at Bethesda Renewal Centre on **February 24, 25, and 26**.

Focus: *Joyce's Boot Camp* CDs. Joyce is Joyce Meyer and if you haven't heard her teaching before you're in for a real treat. Full agenda will be emailed in February. Participants will be asked to bring food and share in its preparation and clean up. Your \$50 Cheque payable to Bethesda Renewal Centre Ottawa will confirm your attendance.

We have room for 10 more, so give Lorna a call in the office (613-836-1001) to sign up.

Parenting Course Workshop

Would you be interested in running a Parenting Course? On **Saturday, February 11, from 9:30 a.m. to noon**, there is a training session on how to run The Parenting Course.

Location: Bethel Pentecostal Church, 500 Viewmount, Ottawa. See link: <http://alpha.ncf.ca/parenting.html>.

While Shepherds Watched

A DVD exists of While Shepherds Watched, complete, from 4 Dec 2011 at St. Paul's. Inquiries to Tony Copple at 613-591-3903.

Jam and Jelly Jars

This past year at the Christmas Bazaar many people bought jam and jelly in small glass jars. If you're finished with the jars, please keep them until summer and then return them to the church so we can use them to make more jam and jelly for the Christmas Bazaar, or talk to Heather Colls.

Thank you for helping the church out, and not throwing these bottles in the recycling bins.

Folk Dance 4 Fun

Put your best foot forward in 2012! Come out and join the growing group of dancers at St. Paul's on **Thursday mornings from 10 to 11:30 a.m.**

If you know your left foot from your right, are prepared to relax and have a laugh, you are welcome to join us! All dances have been adapted to easy walking steps and are "walked through" by a very patient teacher (Nigel).

This year marks the Bicentennial Anniversary of the War of 1812. Nigel is working with Spencerville, Ogdensburg, Gananoque, and Chesterville communities, teaching Regency Dances in preparation for their Regency Dress Balls. They are busy organizing special dressmaking classes to make their own outfits in time for celebrations throughout the year, culminating in a Grand Ball in Kingston. Some of these dances will be introduced into the Thursday morning classes, so you too can be ready for the Ball!

2012 Schedule

January 5 to March 1

April 10 to May 24

September 6 to November 29

A donation of \$2 per class to support St. Jude's Iqualuit Rebuilding Fund would be appreciated.

For more information, please contact Nigel Kilby at 613-836-2233.

Please also check out the Ontario web site for War of 1812 Bicentennial celebrations at various locations along the Seaway Valley at www.discover1812.com.

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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!



St. Paul's Agora