

CORNERSTONE

February, 2013

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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

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

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

9:30 a.m. to noon Sunday – EPIC, for youth aged 10 to 18

Inside this issue:

- Messages from Father John and Father Craig
 - Pastoral Care Courses
 - Gluten Free Food Drive
 - Lemon Almond Cookies
 - Lenten Adult Education
- ...and more!

March edition
deadline:

Tuesday, March 5, 2013

Please send submissions to:
cornerstone@stpaulshk.org



A Message from Father John

Lent: Denial — a journey into faith and hope

If you are anything like me, you have a negative reaction to the beginning of Lent: no flowers in church, no halleluiahs, fasting, and somber music.

Everyone at church wants to know what we have given up and what we have taken on as our new spiritual Discipline. The world and our neighbours ask: why would we want to give up something we like and take on something that is more of a chore than a joy? We live in a culture that gets answers immediately and wants everything right away. Lent asks us to stop and reflect, and to take the time to know God and His plan for us. To let go of the barriers in our life that stop us from fully engaging in the Christian Journey.

Lent is a time to take on new disciplines that are intended to help us grow spiritually during this period of time. The exhortation found in the Ash Wednesday service (BAS p.282) suggests we



From the Desk of Father Craig

Our journey towards the hope of Easter has begun

Our Lenten journey has begun... a journey toward the hope of Easter.

In the beginning what God created was good, very good! But under our care it hasn't remained that way. Fortunately for us, God has no intention of leaving things that way. As scripture attests, in both Old and New Testament writings, God is going to "put the world to rights," as the English would say! The hope of Easter is found in this being fulfilled in the person of Jesus! In and through Christ, all is put to rights.

The great thing for us is that God started with us human beings. Jesus' conquering of death and

"observe a holy Lent, by self-examination, penitence, prayer, fasting, almsgiving and by reading and meditating on the Word of God."

We are asked to journey through Lent and deepen our faith so that the celebrations of Easter can be more profound. The Events of the Cross and Passion of our Lord have deep and significant implications for our life. Unfortunately we can become so preoccupied with the busyness of life that we fail to listen to a God who wants to talk to us.

The purpose of taking on new things or giving up things that we like, is to focus our attention on God and take time to listen to Him. May your Lent be Holy and may your journey to Easter be filled with transforming encounters with God.

I wish you all a blessed Lent.

each of us being one with Him through baptism opens the doors to heaven for me and you as believers! Fantastic! Well... there might be a little more to it than that.

Anglicans have always understood that the journey of being "put to rights" begins with being one in Christ through baptism, not just so that heaven is open to us, but in order that we should participate in building the kingdom up here on earth.

It should never be "evangelism/conversion" versus "social-justice/call". It should always be conversion leading to call. Think of our church's namesake, St. Paul. When speaking of St. Paul, Bishop

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Pastoral Care Courses

Are you interested in learning how to offer pastoral care to others? Would you like to join the Pastoral Care Team at St. Paul's? These courses may be of interest to you!

The next Basic Course will be held at Emmanuel United Church, 691 Smythe Road, beginning on Monday, March 11, 2013 through to May 13, 2013. The course is offered at 1:00 p.m. or 7:00 p.m. and each session runs for 2½ hours. There are 10 sessions in all. There is a certificate at the end of the course for all who attend at least 8 of the 10 sessions. Anyone wishing to do the course must speak to Fr. John first.

The Advanced Pastoral Care Course is a four week session that begins on Tuesday, October 1, 2013 and ends on October 22, 2013. There are 4 sessions in all. These sessions are also offered at 1:00 p.m. and 7:00 p.m. and last 2½ hours each. They are held at St. Paul's Presbyterian Church, 971 Woodroffe Avenue. These sessions are offered to those who have already done the basic 10-week program. They are very popular, thus registering early is advisable.

Finally, Pastoral Care Teams are encouraged to attend the Continuing Education Events which are

offered at St. Paul's Presbyterian Church, 971 Woodroffe Avenue, just north of the Queensway. April 16th is the date for the next session to be offered and one can attend at either 1:30 to 3:30 p.m. or at 7:00 to 9:00 p.m. The topic will be "Practical Strategies for Caregiver Stress Relief" and the speaker will be Jane Dawson.

For detailed information on all of the above, please see the pamphlets on the Bulletin Board just outside Rutter Hall.

Lynn Williams
Pastoral Care Broad Group Ministry



(Continued from page 2)

Wright puts it this way,

"In other words, it's both conversion and call, which as it was for Paul... converted to see that Jesus is the Messiah, which he'd never dreamt of before, called simultaneously ipso facto to be the apostle to the Gentiles. And in the same way, when the gospel reaches an individual, it is so that they can take part in God's larger kingdom project.. When you announce that Jesus Christ is the Lord of the world, crucified and risen, you are simultaneously saying, "And you need to believe in him for your own present and eternal justification and salvation," but also "this means that he is claiming

the whole creation as his own and wants to renew and restore it and flood it with his justice and his love, and if you're signing on to believe in him, you've got to be part of that project." If he is not Lord of all, he is not Lord at all."

And so, as we journey through Lent, let us draw closer to Jesus by *self-examination, penitence, prayer, fasting, and almsgiving*, and by *reading and meditating* on the word of God. And becoming closer to our God let us accept our own particular call to love one another as God has loved us!

In Christ,
Fr. Craig

Lemon Almond Cookies

In January, Brenda Watts baked cookies for coffee hour following the 11 a.m. service. I am not a cookie maker – but one of her cookies has inspired me to begin. It is not a fancy cookie but boy was it delicious! Brenda has graciously shared her recipe. I hope you enjoy them as much as Ray and I did! Bon appétit!

Lorna

SIFT TOGETHER DRY INGREDIENTS

2 cups all purpose flour

1/4 tsp salt

1/4 tsp baking soda

CREAM WELL

1 cup margarine (or butter)

1 cup white sugar

ADD to wet ingredients

1 egg

2 tbsp lemon juice

1 tbsp lemon rind

1/4 cup slivered almonds or

1/4 tsp Almond extract



MIX TOGETHER WET & DRY INGREDIENTS

Drop by spoon onto a slightly greased pan, flatten with spoon or fork

Bake for 10 minutes at 350 (if using margarine) in the middle rack of the oven.

Bake for 12 min at 325 (if using butter) in the middle rack of the oven.

Gluten Free Food Drive at the Lazy Pickle Deli

We are having a Gluten Free Food Drive for Easter starting on March 4th right up until Easter.

We will be accepting gluten free food donations for the Caldwell Family Centre Food Bank (which receives the highest traffic of all Ottawa Food Banks). The Caldwell Family Centre is receiving more and more requests from its patrons for specialty diet foods. Of course we would be happy to receive any non perishable food donations, but we are aiming to specifically help those on special food diets so that they can **safely** eat as they gather with their families over Easter.

Anyone wishing to donate can drop off non-perishable food donations at the Lazy Pickle, located at 1809 Carling avenue @ Broadview. For any additional information, call the Lazy Pickle at 613-695-6001 or visit us at www.lazypickle.com.

Best Regards,
Julie Simpson
www.lazypickle.com

The Paradoxical Commandments

by Dr. Kent M. Keith

I sometimes think of Solomon and his book of Ecclesiastes, when he states life is useless. I think that we all go through times when we feel discouraged; however, I came across an article written by Kent Keith. I would like to share it with you.

Brenda Watts

Editor's Note: The Paradoxical Commandments were written by Kent M. Keith in 1968, when he was a college sophomore, as part of a booklet for student leaders. For more than thirty years, the Paradoxical Com-

mandments have circled the globe. They have been put on walls and refrigerator doors, featured in speeches and articles, preached from pulpits, and shared extensively on the web. They have been used by business leaders, military commanders, government officials, religious leaders, university presidents, social workers, teachers, rock stars, parents, coaches, and students. Mother Teresa thought the Paradoxical Commandments were important enough to put up on the wall of her children's home in Calcutta. (<http://www.paradoxicalcommandments.com/>)

People are illogical, unreasonable, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.

Build anyway.

People really need help but may attack you if you do help them.

Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you have anyway.

Rigby's Corner

Time to decide on what to “give up” for Lent.

What would God have me do? Something different this year, something that will be a challenge and yet God-honouring.

Last year I gave up giving things up and it went pretty well, but I don't believe that was what the church (or God) really meant. I know God has a bit of a sense of humour, but giving up ‘giving up things’ two years in a row, is probably not good for my Spiritual growth.

So this year I will give up SPENDING. Not that I won't spend anything – landlords don't like not receiving their due and I do still like to eat (actually my body demands it).

No, the spending that will be given up is the wasteful, self-indulgent kind.

I will stop buying lunches and start making them. I will reduce how much I spend on gas (start walking to the stores and work). Stop buying coffee from Tim's and Starbuck's...

When I mentioned this to my daughter, she asked, “so what will you do with the extra cash flow?”

There's really only one thing to do, and that is to get out of debt. I've been debt-free a few times in

my life and I kind of like the feeling (the **FREE-DOM**).

I also **KNOW** that being out of debt is God-pleasing and God-honouring. How do I know? From His Word...

Proverbs 22:7, New Revised Standard Version (NRSV):

7 The rich rule over the poor, and the borrower is the slave of the lender.

Or from another translation, The Message (MSG):
7 The poor are always ruled over by the rich, so don't borrow and put yourself under their power.

I could also read Philippians 1:1-2 in the New Revised Standard Version (NRSV):

Salutation

1 Paul and Timothy, servants/slaves of Christ Jesus, To all the saints in Christ Jesus who are in Philippi, with the bishops and deacons:

2 Grace to you and peace from God our Father and the Lord Jesus Christ.

I am called to be a slave **of** Christ Jesus, called to be a saint **in** Christ Jesus; Lent seems a very good time to get my spending in order.

Ray Brule

FWYC Friday Study Group

Our Friday evening adult study and social time will be starting up again on **March 8**. Come to St. Paul's from 6-8 p.m. Caregiving is provided for the children. Please e-mail if you are interested in joining us. We will discuss study options closer to the date.

These are the Fridays we will be meeting: March 8, 22; April 5, 19, 26; May 10 and 17

Miriam & Paul, lmnop@kidscreate.ca

Lenten Adult Education

“A Life of Faith” – **Wednesdays at noon** (following the 10 a.m. Bible Study and Eucharist), a Monk's lunch will be served.

Stations of the Cross – **Fridays at 10 a.m.**

“Surprised by Hope” – **Tuesday, February 19, 7:30 p.m. in Rutter Hall** (please sign up on the sheet in the Narthex)

St. Paul's Agora

You are invited to place your advertisements in this section of the Cornerstone, free of charge. This is an opportunity for us all to come together to meet each others' needs. Kind of like a parish garage sale, without the rain!

Simply send your ad to: cornerstone@stpaulshk.org

Please, no business advertisements, or offers of professional services. If you would like to purchase a space for your business card in the Cornerstone, please send an email to: cornerstone@stpaulshk.org. St. Paul's Church is not responsible for transactions conducted through this section.

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GOOD THING I FOUND YOU GIDEON ... IT SEEMS SOMEONE HAS BEEN HIDING ALL YOUR BIBLES IN HOTEL ROOMS

Submitted by Margaret Anthony



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!

For Sale

6 IKEA chairs – \$30.00 for the whole set.

Please contact Carol at 836-1812 or carolspencer@hotmail.com.



For Sale

Maytag Washer and Dryer (approx 14 yrs old): \$500 for the pair.

Bombay Company Computer Desk: \$200.

Square Dining Table with leaf (dark wood) with 4 chairs: \$200.

Please call: 613-271-0394

Bathtub assist available ...

looks like a chair with no arms. Please call Jean Sibbert 613-831-8044.

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