

CORNERSTONE

February, 2014

20 Young Road
Kanata, Ontario
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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. Youth Group for tweens and teens. 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

Inside this issue:

- **Messages from Father John and Father Craig**
 - **God Squad Superhero party**
 - **“Welcome Bag” project**
 - **Waupoos news**
 - **Attending church online**
- ...and more!**

March edition deadline:
Tuesday, March 4, 2014

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

Post-Christmas blahs

As I sit down to write this article, I am aware that it is Bell's "Let's Talk Day." The theme of this day is to talk honestly about mental health issues in our society.

As your pastor, I am aware that many in our church have directly or indirectly been affected by mental wellness issues. What still surprises me is that many of us are unwilling to be honest about our situations. The aim of the "let's talk day" is to bring mental health issues into our everyday conversations. The more we take the time and opportunity to educate and talk about mental health issues, the fewer stigmas will be attached to the topic.

My hope is that St. Paul's will continue to be a place where we can have honest conversations about such issues. That love and support will be our first reaction and judgement will be only a response of the past.

I know that many people have found that we are a

place that wants to comfort and support people in their time of trial. Please feel free to make an appointment to speak to Fr. Craig or me, we know many resources that are available in our community. No one should feel isolated or alone.

A cornerstone of our belief as Christians is that we can find wholeness and healing in our relationship with God. We as a community need to be a place where people find the presence of God. I encourage each of us to educate ourselves and reach out to those in need.

May God be our strength and our guide.



From the desk of Father Craig

Called to develop caring connections

For the last few years, I have been writing a Lenten Cornerstone article for February. This year, Lent begins in March, so we have a little time to take a breath and prepare our hearts.

As we have just finished the Week of Prayer for Christian Unity, I am still thinking about St. Peter and St. Paul. From Creed/Confession, St. Peter's, "You are the Christ, the Son of the living God." To Conversion, St. Paul's change of heart on the road to Damascus.

As the good priest from Church of the Advent in Boston says, "Creed/Confession must be completed by Conversion." But I was just saying to Father John,

there is one thing missing: *Call!*

Conversion is completed by Call!

As Bishop Tom Wright puts it, our calling in "The gospel is not . . . a set of techniques for making people Christians. Nor is it a set of systematic theological reflections, however important. The gospel is the announcement that Jesus is Lord - Lord of the world, Lord of the cosmos, Lord of the earth, of the ozone layer, of whales and waterfalls, of trees and tortoises. As soon as we get this right we destroy at a stroke the disastrous dichotomy that has existed in people's minds between 'preaching the gospel' on the one hand and . . . 'social action' or 'social justice on the other. Preaching the gospel means announcing Jesus

(Continued on page 3)

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as *Lord of the world*; and, unless we are prepared to contradict ourselves with every breath we take, we cannot make that announcement without seeking to bring that lordship to bear over every aspect of the world.”

We have some amazing examples of how this has been lived out in our community in what I call Caring Connections. Where the vision of Jesus as Lord is lived out in every relationship we have. I am only going to focus on two people of the many I could choose. They approach their *calling* very differently, but also very intentionally.

One person is involved with pastoral care at the legion. I can't believe the number of times that I meet with a family who has been encountering a challenge along life's way and they tell me that this woman has been gracefully and quietly been there to speak to and get support from. It doesn't matter your station in life or your background, she is there to serve. And that is the way she serves in life in general. If you want her opinion she will offer it

honestly and directly, thanks be to God, but it always is from the perspective of caring service and with a song in her heart!

The other person I think of in terms of a *calling* to Caring Connections is rarely in the background. She gathers a team together to share in the joy of caring like I have never witnessed before. She remembers people, their relatives and neighbours, distant cousins... well you get the point. She remembers people, all people, because she values every encounter with another human being. We love because God first loved us.

Let us be inspired and encouraged by those around us that we too may enter into the calling of developing Caring Connections, and show that Jesus is Lord!

In hope,
Fr. Craig+

It's a Super Hero party

February 23, 2014

Kids ages 4 to 12 are invited to join in the songs, games, crafts and snacks. Bring a friend and share in the fun at both the 9:15 and 11 a.m. services.

Joyce Prentice and Tracy Albert



Seniors' Afternoon Out Christmas Sing-Along



Photo by Victoria Miller

What do you know about Egypt?

World Day of Prayer, March 7, 2014

This year the World Day of Prayer will be held here at St. Paul's on Friday, March 7 at 7 p.m.

There will be a number of readers, not all from our church. We will be hosting the service and churches from the rest of Kanata, Stittsville and the surrounding area will also be invited to be part of it. There will be a guest speaker and, of course, a reception afterward.

The Host Country for this year is Egypt. At this time I am looking for information and items related to Egypt to display at the event. Do you have any maps or pictures? Do you know any recipes for sweets we could serve?

If you can provide an item or recipe for the event, please contact me at 613-509-1304 or heather.colls@ncf.ca.

Heather Colls



Urgent! Waupoos needs flooring

Do you have any unused ceramic tiles or boxes of unused laminate flooring?

Recently burst pipes due to the cold weather and severe flooding has forced the removal of water-damaged flooring in two of the cottages we use to host needy families.

If you or someone you know can donate these supplies, please contact Chris Harder at ceeharder@rogers.com.

Waupoos open house

Saturday, February 15, 2014

Come and join us at the farm and partake in winter activities like skating, hockey, sledding, skiing and snowshoeing. Bring your own equipment, or borrow ours — we have skates, hockey sticks, sleds and pucks.

Just drop in anytime, spend the day or just a few hours! Bring a friend and something for the potluck dinner in the lodge.

Hope to see you here! Visit www.waupoos.com for more info or email Zdena at zeeharder@rogers.com.

Zdena Harder
Waupoos Family Farm Resident
2050 Rideau Rd.
Gloucester, ON, K1X 1B1
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Kanata Food Cupboard

Volunteers needed for deliveries

Can you spare an hour every 6 weeks? The Kanata Food Cupboard needs you!

The Kanata Food Cupboard is looking for couples or two people who are willing to help deliver boxes of food to families on Tuesday and Fridays. The job starts at about 5:45 p.m. and you would be finished about 6:45 p.m.

It would be handy if you have a van or large vehicle. I used my small vehicle and got food for 3 families in for delivery the other evening, but a larger vehicle would make the job even easier.

We only are on duty for one week every six weeks and we would only call on you once that week. If you are interested in helping out, please call or e-mail me.

Heather Colls
SPAC Team Lead
613-509-1304 or heather.colls@ncf.ca

Cornerstone “Welcome Bag” project update

The Cornerstone Welcome Bag Project provides essential items to women in need at Cornerstone.

When a woman presents at Cornerstone, she has only the clothes she is wearing. A bag of personal items is given to her when she is welcomed into the shelter. In April, you will have an opportunity to fill a bag with much needed items.

For those who would like to start collecting now, here is a list of Welcome Bag items:

Soap, washcloth/puff, and towel,
Toothbrush and toothpaste,
Shampoo and conditioner,
Comb and hairbrush,
Socks and underwear, slippers,
Feminine hygiene items

Other optional items include:

Bus tickets,
Nail file or emery board and nail polish,
Makeup,
Tim Horton’s card

If you have bags to sew, please remember to return them to the church by March 16.

Thank you for your help with this project!
Joyce Prentice, Sheila Evans and Philippa Wilson



Women’s winter retreat at Bethesda Renewal Centre February 21-23, 2014

Come and join us for...

spiritual refreshment, fellowship, fun, food, song, prayer, teaching, and quiet reflection.

We are pleased to announce that the Saturday programme will be led by Rev. Linda Posthuma.

For more information or to book call Lorna in the office at 836-1001 or Maureen at 862-6816.

Maximum capacity is 20 people.
Cost will be approximately \$75-\$100

View the beautiful, peaceful venue at:
www.bethesda-renewal-centre.org



Were you there?

Were you there when we worshipped in the old stone church? Were you there when we worshipped in the hall attached to the old stone church? Were you there when the old stone church was torn down? Were you there when our worship space was in Kelly's Chapel on Eagleson?

Were you there in September 2004, when we began regular services in St. Paul's expanded facilities?



Where will you be on Sunday, September 21, 2014?

Attending church online

Can't come to church? Let St. Paul's come to you!

by Joan Pruner

Do you have a chronic illness or disability? Are you suffering from a temporary illness or an injury? If any of these reasons or any other circumstances have caused or will cause you to miss attending one of the three services at St. Paul's on a Sunday morning, then modern technology provides an online solution, courtesy of the St. Paul's Tech Team led by Bill Colls.

A camera has been installed in the Church on the rear wall of the Sanctuary close to the door leading out to the Narthex. This camera is turned on all of the time and its output is broadcast continuously on the World Wide Web.

I have some mobility challenges related to my Multiple Sclerosis and my age and for this reason, I find it difficult to get to the 8:00 a.m. Service that my husband and I have attended for many years. For the past few months, at the suggestion of Heather Colls, I have been participating in the Service by viewing it online on my laptop computer.

The video picture is very good. The audio reception from the altar and the pulpit is good; from the lectern it is generally understandable, depending on whether or not the Reader remembers to speak directly into the microphone.

The Scripture Readings and the Psalm for the day are available from the monthly St. Paul's Worship Sched-

ule, the St. Paul's Website, and the Bulletin from the previous week. I use these to mark the Readings in my Bible and the Psalm in my Book of Alternative Services before the Service, so that I can follow the Reader more readily.

Watching the congregation arrive and listening to the Church Bells before the Service also adds a sense of "being there." Father John or Father Craig even give my husband a wafer from the Communion for him to bring home to me. On the whole, it is a very satisfactory substitute for actually being in the Church - it is the next best thing.

The system is easy to set up on the computer. Send an email to Bill Colls (william.colls@ncf.ca) for the details.

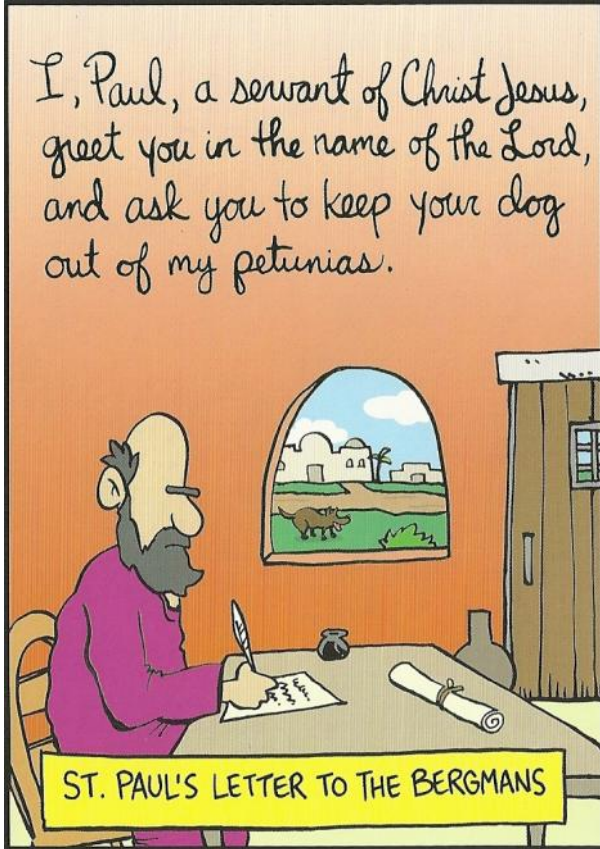
The system as currently configured is capable of handling a maximum of five viewers at one time, but it could be modified to handle a larger number if necessary.

So, the next time that you are not able to get to Church, try the online version. You will find it to be a very satisfying experience.

Joan Pruner



Just for fun



Cartoons by Cuyler Black

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

CORNERSTONE February, 2014

FOR SALE

Pedal-assist unisex Raleigh E-bike. 1 year old, never used. Uses 110 volt battery charger. 30 mph. Charge lasts 24 hrs of use. \$900. Cash only. Will consider reasonable offers. Call Steve or Jean 613-831-8044.



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