

# CORNERSTONE

February, 2016

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. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

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

## Other Services

**10:00 a.m Wednesday** – Bible Study and Eucharist

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

## Inside this issue:

- **Messages from Father John and Father Craig**
  - **God Squad parties**
  - **Services for Lent and Holy Week**
  - **Lenten Initiative: Nicaragua mission trip**
  - **Book study begins Feb 16**
  - **Fr John dancing (it’s true!)**
- ...and more!**

March edition deadline:  
**Tuesday, March 8, 2016**

Please send submissions to:  
**cornerstone@stpaulshk.org**



## A message from Father John

### A little salt goes a long way

As I sit down to write this month's article, I am preoccupied with thoughts of Vestry, Lent and the storm that will blow through the city tonight: snow overnight and freezing rain in the morning. Old man winter can play havoc with our commute to work in the morning. The plows will be out in force this evening so that everyone can get to work in a timely manner. In addition, they will prepare to blanket the highways with salt. All drivers in Ottawa know the effect and blessing of the presence of salt on ice-covered roads. A little amount of salt makes a big difference to the ability to drive safely. The presence of salt can make all the difference.

Salt has a powerful effect on food as well. Salt has a way of bringing out flavours in food. Just ask anyone on a no-salt diet how much they miss its impact on food. It is also true that too much salt has a way of destroying the taste of food. In simple terms we aim



## From the desk of Father Craig

### Our Lenten journey begins

Our Lenten journey is soon to begin. It is a journey toward the hope of Easter.

Although what God created was good (very good!), sadly, under our care things haven't remained that way. But God is still active and effective.: "As scripture, Old and New Testament writings, attests, 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."

Lent is the period of time for self-examination by the believer, letting the Holy Spirit work in us, to "put us to rights." We consider how to live into the Kingdom of God in Christ. We live into applying the riches of prayer and almsgiving; of opening our hearts to God's call through fasting and repentance. It is a time we once again are reminded to cast off, loose, the chains

to have enough without having too much.

This Lent, I plan to pray about and study the idea of being salt in the world. In Scripture we are told to be salt and light in the world. We are called to be in His presence, and this can make us feel powerless or insignificant. What good can I do? What difference can I make? I believe that part of being a Christian in the 21<sup>st</sup> century is to live with the reality that we are a minority. Our presence in our culture can and should have a positive impact, not because of our numbers but because of our source of strength. God will use us if we give Him permission.

With God, my presence can make a difference in the world. May each one of us be faithful to our call.

Peace,

that afflict body, mind and spirit, so as to live our new life in Jesus.

In Lent, we are reminded to listen deeply to the voice of the Gospel and heed its commandments; to accept the gentle and constant invitation to enter Christ's Kingdom. It is an open invitation to everyone willing to accept and "turn" one's gaze directly to Christ. As some of my Orthodox friends remind me, Lent "is a time of self-examination and preparation, and of taking an inventory of one's inner life. ... At this time one sees oneself in the mirror of the Gospel – how he looks.... Lent is a period of time when one delves into himself with the *light of the Holy Spirit* in order to rid himself of the impediments which hold him back. It is a period when one strengthens his faith by more prayer and devotional life."

For myself, I hope that after the Lenten journey I am

*(Continued on page 3)*

(Continued from page 2)

able to sing the Paschal hymns with a renewed sense of joy and hope. Although Lent takes some work or effort, its end is to leave one spiritually uplifted and strengthened. Take part as fully as you are able of the prayers and education the parish has to offer. Find a way to bless the world through your actions of love.

Let us be like St. Paul: "forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal of the prize of the upward call of God in Christ Jesus" (Philippians 3:13-14).

Let us once again rededicate our lives to the Good News that is Jesus Christ by *self-examination*, *penitence*, *prayer*, *fasting*, and *almsgiving*, and by *reading*

and *meditating on the word of God*. And, in 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



## Special services during Lent and Holy Week

### SHROVE TUESDAY Pancake Supper

Date: Tuesday, February 9

Time: 4:30 - 6:30 p.m.

Tickets: \$10 Adult and \$5 Child (under 12)

Place: Rutter Hall

### ASH WEDNESDAY

Date: Wednesday, February 10

Wednesday Morning Bible Study: 10:00 a.m.

Eucharist: 12 noon

Eucharist: 7:00 p.m.

### STATIONS OF THE CROSS

Thursdays, February 12 to March 18 at 10:00 a.m.

### MAUNDY THURSDAY

Thursday, March 24

Service: 7:30 p.m.

Easter Vigil: begins at 9:00 p.m.

### GOOD FRIDAY

Friday, March 25

Service: 10:00 a.m.

### EASTER SUNDAY

Sunday, March 27

Sunrise Service: 6:30 a.m.

Eucharist: 8:00 a.m.

Eucharist: 9:15 a.m.

Eucharist: 11:00 a.m.



## St. Paul's 2016 Lenten Initiative

### SchoolBOX Nicaragua Mission Trip, July 2016

#### HOLA, NICARAGUA!

As a parish we often choose a ministry/outreach project to bless during Lent.

This year our focus is SchoolBOX, whose purpose is to simply to "MAKE EDUCATION POSSIBLE." This amazing ministry began in St. Paul's Almonte. Over the past 10 years, SchoolBOX has built over 49 schools. This ministry provides on-going support for 15,496 students, and school supplies for teachers. 20 schools are involved in their Soccer Dreams program. Tools 4 Schools, Supplies 4 Success, Soccer Dreams and Books 4 Kids round out the full SchoolBOX Program list. They've set up 15 mini-libraries with teacher training, and have hosted 350 international volunteers.

In July 2016, five members of St. Paul's (Cathleen Reid, Janet Tonks, Marsha Fisher, Ray & Lorna Brule) will be travelling with SchoolBOX on a Mission Trip to Masaya, Nicaragua. Our travel partners will be 4 members of St. Thomas' Stittsville, who have made 3 previous trips.

As volunteers, we will be doing some physical labour, ie: assisting in the build. But, even more importantly,

we will be there to encourage their children to attend and stay in school.

The Mirna Martinez School is the school we will be finishing in July. This school will have 3 classrooms, 75 Students and 3 Teachers. To build this School will cost \$74,200 CDN.

**St. Paul's Goal towards this cost is \$28,000 CDN.**

How can you help?

Special envelopes will be available at the Welcome Desk for your donations. Or, please put a cheque (payable to St. Paul's, please) with SchoolBOX indicated in the memo line on the collection plate.

We are all very excited about this Mission Trip and look forward to coming home with lots of stories to share. As with all trips, your on-going prayer support is essential and appreciated.

Please know how very thankful we are for the support of our Community.

*Lorna Brule and the Nicaragua Mission Trip Team*

"I am humbly reminded of the thousands of people who have made the SchoolBOX dream possible. By working together, we have done far more for the kids than we could have ever imagined."

**-Tom Affleck, Founder**



# Mirna Martinez School

**Project Cost:**  
\$53,000 USD



In 2012, Mima Martinez opened her house to up to a handful of young students who were too young to walk to a school that was 2km away in a neighbouring community.

**Project Breakdown**  
3 Classrooms: \$51,000  
Classroom Tools: \$2000  
(Desks, chairs, Whiteboard)

In the following years, more and more children started attending school in her house. Her house quickly filled up and

parents wound up having to build a temporary school structure at the front of Mima's property.

**School Statistics:**  
75 Students  
3 Teachers  
Kindergarten to Grade 4  
**Community Statistics:**  
40 Families  
Avg 3 Children per Family  
Avg Family Salary: \$ 89US/mth

The temporary structure is built out of metal and wood and has a dirt floor. If there are heavy rains the night before, children are forced to learn outside as the floors become a muddy mess.



The community is growing and it is anticipated that enrollment will continue to increase in the years to come. Mima has graciously donated a parcel of land for the new school and the parents are willing, ready and able to volunteer and to provide support to our construction team.

Let's work together with this fantastic community to help provide a basic education and break the cycle of poverty.



For more info: [schoolbox.ca/mirnamartinez](http://schoolbox.ca/mirnamartinez)  
or contact Michelle: [michelle@schoolbox.ca](mailto:michelle@schoolbox.ca)  
Donate: online at [schoolbox.ca/mirnamartinez](http://schoolbox.ca/mirnamartinez)  
or by mail to SchoolBOX  
PO BOX 201, Mill St. Almonte, ON, K0A 1A0

# About SchoolBOX

## Our Mission, Vision and Values

SchoolBOX is a registered Nicaraguan and Canadian Charity (# 83870 1324 RR0001) with the simple, ambitious mission of 'Making Education Possible' for all children in Nicaragua and the world.

In Nicaragua, only 51% of children make it to the 5th grade. Our vision is to see all children in school and finishing their primary education. We have four simple, cost effective programs to empower children to go to school and stay in school.

Our community is united in love for the children we serve and the belief that education can defeat poverty. SchoolBOX is comprised of thousands of people from different faiths and socioeconomic backgrounds. We empower educators and students, and they in turn empower their communities and change our world. There is no greater service than to empower a child to reach their true potential.



*"SchoolBox is all about providing the message of education to children, building up their communities and establishing friendships that stretch borders. I am so excited for others to have a similar experience with SchoolBox, eager for them to get their hands dirty and to open their hearts to the overwhelming kindness from the strangers just a plane ride away."*

*-SchoolBox Intern, Nicole Galla*

## SchoolBOX Impact

With the support of our volunteers SchoolBOX has accomplished the following:

- Construction of 49+ classrooms
- Supporting 15,496 students and teachers annually with school supplies
- 20 schools involved in our Soccer Dreams program
- Inaugurated 15 mini libraries with teacher training
- Hosted 349 international volunteers in Nicaragua



[www.schoolbox.ca](http://www.schoolbox.ca)



[facebook.com/schoolboxhelps](https://facebook.com/schoolboxhelps)





[@schoolboxhelps](https://twitter.com/schoolboxhelps)



[volunteer@schoolbox.ca](mailto:volunteer@schoolbox.ca)

## God Squad news

Superhero party, February 28, 2016



Find out at God Squad's Superhero Party  
Sunday February 28 at 9:15 and 11 am.  
In Rutter Hall on the main floor.  
Ages 4 to 12 years

Easter party, March 27, 2016



It's an Easter Party in Rutter Hall  
Sunday March 27, at 9:15 & 11am

There's an Easter Egg Hunt for ages 4 to 6 years  
&  
A Scavenger Hunt for ages 7 to 12 years

If you are between 4 & 12 years  
Come and join in the fun.



# On being old

by Robert J. Denise, submitted by Jean Sibbert

The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, he was immediately embarrassed.

But I explained that it was an interesting question, and I would ponder it, and let him know.

Old age, I decided, is a gift. I am now, probably for the first time in my life, the person I have always wanted to be.

Oh, not by body! I sometime despair over my body - the cellulite, the wrinkles, the baggy eyes, the jiggly thighs, and a sagging butt. And often I am taken aback by that old lady that lives in my mirror, but I don't agonize over those things long.

I would never trade by amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly.

As I've aged, I've become kinder to myself and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks avant garde on my patio.

I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read until 4 a.m., and sleep until noon? I will dance with myself to those wonderful tunes of the 40's, and 50's and if I at the same time wish to weep over a lost love, I will.

I will walk the beach in a swim suit that is stretched over a bulging midriff, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car?

But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray and to have my youthful laughs be forever etched in deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

I can say "no," and mean it. I can say "yes," and mean it.

As you get older, it is easier to be positive. You care less about what other people think.

I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question. I like being old. It has set me free.

I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting over what could have been, or worrying about what will be.

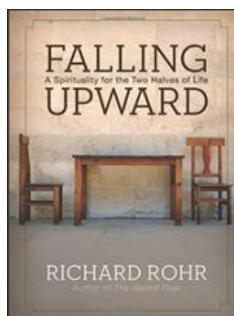
And I shall eat dessert every single day.





## Falling Upward: A book study for the second half of life

### Six weeks, beginning February 16



Think you might be getting too soon old and too late smart?

Come and join a group exploring:

Falling Upward: A Spirituality for the Two Halves of Life by Fr. Richard Rohr

If you aren't Peter Pan, you are probably growing older. Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life. In fact, it can and should be filled with spiritual richness. Fr. Richard Rohr, a Franciscan monk, priest and leader at The Centre for Action and Contemplation (New Mexico), helps us to understand the tasks for the two halves of life and shows us how our failures and fallings are necessary in helping us to understand what "up" really means.

I would very much enjoy getting together with folks who are interested in enhancing their life journey by studying Falling Upward. I have read quite a few Richard Rohr books and am very impressed by the down-to-earth way he approaches issues of spirituality.

**When?** Tuesday evening looks like a good time, starting on February 16. Starting time will be either at 7 or 7:30, depending on where we end up meeting. Each session will go for 1½ hours.

**How Long?** I have mapped out a six week course. The first night will be a video talk from Fr. Rohr and then we will cover around three chapters each night. You would be expected to read the three chapters before we meet (they are not very long) and make very short notes on what caught your interest. That will be the focus for our discussion.

**Where?** If we have nine people or less I would be happy to host it at our home in Stittsville. More than that and we will meet at the church.

**How much?** The book costs \$12 to \$15, depending on where you get it. It is available as an e-book or an audiobook as well. There is a Falling Upward Companion Journal that looks quite useful but is not necessary. There is no other cost.

Interested? Please contact Sally Gadd at 613-836-7272.

## Cursillo upcoming events

### "Experience Christ" April 16

"Experience Christ 2016" workshop, Saturday, April 16, 2016, 8:30am to 5:00 pm at St. Stephen's, 930 Watson St. A day dedicated to experiencing Christ and listening to the Spirit using different methods, such as art, music, scripture, prayer, movement and stillness. This event is open to everyone, whether you have attended a Cursillo weekend before or not.

Registration will be online through Eventbrite and will open in March 2016. We look forward to seeing many of you there!

*Ultreya!*

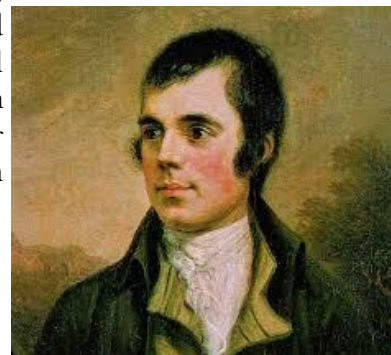


## Robbie Burns thank you

I would like to send a big *thank you* for the Robbie Burns Night and the Scotch Tasting at St. Paul's.

Too many people to thank individually, so I will just say how much I appreciate the work and dedication (done with fun) of the people in the kitchen, the musicians and singers(!), pipers, toasters and everyone. A special thanks to Father John and Tom from me for a fun evening, with good food.

*Bernice Wills*



# 40 Things to give up for Lent

by Phil Ressler, submitted by Diane Brown

Ash Wednesday and the beginning of Lent are just around the corner. As this season of Lent approaches, many of us think about something to “give up.” Unfortunately, these things often have little impact up on our life and walk with Christ. I would like to offer up 40 things you might consider giving up for Lent this year. And these are things to give up not just for Lent, but for the rest of your life!

1. **Fear of Failure** - You don't succeed without experiencing failure. Just make sure you fail forward.
2. **Your Comfort Zone** - It's outside our comfort zones where new discoveries are made.
3. **Feeling of Unworthiness** - You are fearfully and wonderfully made by your creator. (see Psalm 139:14)
4. **Impatience** - God's timing is the perfect timing.
5. **Retirement** - As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. Our work is not always tied to a paycheck.
6. **People Pleasing** - I can't please everyone anyways. There is only one I need to strive to please.
7. **Comparison** - I have my own unique contribution to make and there is no one else like me.
8. **Blame** - I am not going to pass the buck. I will take responsibility for my actions.
9. **Guilt** - I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.
10. **Overcommitment** - Do less better and accomplish more.
11. **Lack of Counsel** - Wise decisions are rarely made in a vacuum.
12. **Impurity** - Live lives pure and without blemish.
13. **Entitlement** - The world does not owe me anything. God does not owe me anything. I live in humility and grace.
14. **Apathy** - Life is too short not to care.
15. **Hatred** - Do not be overcome by evil, but overcome evil with good (Romans 12:21)
16. **Negativity** - I will put the best construction on everything when it comes to other people. I will also minimize my contact with people who are negative and toxic.
17. **The Spirit of Poverty** - Believe that with God there is always more than enough and never a lack.
18. **Going Through The Motions** - The more you invest yourself, the more you will get back.
19. **Complaint** - Instead of contributing to the problem, be the solution.
20. **The Pursuit of Happiness** - God wants something greater and more lasting than happiness. It is called joy.
21. **Bitterness** - The only person I am hurting by holding on to this is myself.
22. **Distraction** - Life is filled with distractions that will take our eyes off the prize.
23. **Giving Up** - GOD Never Gives Up On Us.
24. **Mediocrity** - If you are going to do something, then give it all you got.
25. **Destructive Speech** - Encourage one another and all the more as you see the day approaching (see Hebrews 10:25).
26. **Busyness** - It is a badge of honor to be busy. But that does not always translate to abundance.
27. **Loneliness** - With Jesus I am never alone. He is with me wherever I go.
28. **Disunity** - If two of you agree on earth about anything, it will be done for them by the Heavenly Father (see Matthew 18:19).
29. **The Quick Fix** - Rarely does true transformation does not happen overnight.
30. **Worry** - GOD is in control and worrying will not help.
31. **Idolizing** - Don't assign anyone a standard they cannot live up to.
32. **Resistance To Change** - Change is certain. It is not if we will change, but how we will change.
33. **Pride** - Blessed are the humble.
34. **Small View of GOD** - Don't tell GOD how big your problem is, tell your problem how big your GOD is.
35. **Envy** - I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
36. **Ungratefulness** - You have been blessed in a way greater than you realize.
37. **Selfish Ambition** - God has a mission for me that is bigger than me.
38. **Self-Sufficiency** - Jesus is my strength. I can do all things through him (see Philippians 4:13).
39. **Sorrow** - Weeping may tarry for the night, but joy comes in the morning (see Psalm 30:5b).
40. **My Life** - Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life (John 12:25).

## Seniors Afternoon Out

Our Thursday afternoons continue to be full of fun with the wonderful participation of so many. Last year, we had Fr Craig serenade us with his guitar, and Fr Bill dress up as St Nicholas. Now, we have Fr John dancing! What has become of our Thursday afternoon outreach program??

Fun, Joy, Praise, Prayer and showing Gods love all around... that is what our Seniors Afternoon Out Program is all about.

The month of February began with a visit from the Ottawa Simcha Band. They not only had us singing along to many popular country and gospel songs, but were able to actually get Father John to join in on the dancing. (Our friend and photographer helpfully labelled these pics: "The Venerable & The Hora walk into a bar...")

And, yes, we do begin our afternoon program in worship and prayer in the church. Thanks be to God! Services are held every Thursday at 2:00 p.m.

For more info, please contact Minx Mulhall at [minxmulhall@hotmail.com](mailto:minxmulhall@hotmail.com).



## 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](mailto:cornerstone@stpaulshk.org)

### Wanted

If anyone has a 2-drawer letter-sized filing cabinet that they are not using, I am in need of one. Call Maureen at 862-6816. Thank you.





**Bradley Hiscock McCracken  
Lawyers**

**Paul K. Bradley**  
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