

# CORNERSTONE

February, 2018

20 Young Road  
Kanata, Ontario  
K2L 1W1  
613-836-1001  
www.stpaulshk.org

**St Paul's**  
ANGLICAN CHURCH



“A growing community called to know Jesus Christ and make him known in the world by our presence.”

## Sunday Services

**8:00 a.m.** – Holy Communion Said service

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

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

## Other Services

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

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

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

## Inside this issue:

- Messages from Fr. John and Rev. Kerri
  - God Squad news
  - SPY group dates
  - Lent Madness!
  - Copples in Africa update
  - Christian meditation retreat
- ...and more!

March edition deadline:  
**Tuesday, February 27, 2018**

Please send submissions to:  
[cornerstone@stpaulshk.org](mailto:cornerstone@stpaulshk.org)



## A message from Father John Denial/Discipline/A journey into hope

I remember when I was a child how much I resented the onset of Lent. There seemed to be a family decision to give up desserts for Lent. First, I must tell you that I really don't care about dessert, I am much more interested in the main course. Second, it is also true that our family did not have dessert as a regular event outside of Lent. However, I remember being preoccupied with, and hoping for, chocolate cake for the whole of Lent. This imposed sacrifice during Lent did not sit well with me, and I could not understand its significance to my understanding of God. I am sure that many of you do not even know why we traditionally give things up for Lent.

Lent is also 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 suggests we, "observe a holy Lent, by self-

examination, penitence, prayer, fasting, and almsgiving and by reading and meditating on the Word of God." (BASp.282)

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 encounters that transform.

I wish you all a blessed Lent.



## From the desk of Rev. Kerri Remembering our call to love

This week, Muslim communities in Quebec, Montreal, and Ottawa held services of remembrance and peace to mark the anniversary of the murder of six Muslim men in a Quebec Mosque last January. I was honoured to join the Kanata Muslim Association on Sunday evening for their service of prayer and remembrance. I thought this month I would share, via *Cornerstone*, the reflection I shared with them. As we remember these six men, as we listen to the daily news that enables fear and hatred to be acceptable responses, and as we enter Black History Month ever aware that violence and ignorance continue to plague our brothers and sisters of every faith and nation, may we be reminded of our call to love.

As an Anglican, each Sunday morning I gather with my community and invite my brothers and sisters in faith to lift up their hearts, to give thanks to God, and to remember. To remember a man who suffered with

the rejected, who refused to strike back, and who insisted we can and will overcome hatred with love.

Today I extend that same invitation and thanksgiving – grateful for this opportunity to come together in community, as people of differing faiths and backgrounds – to lift up our hearts to God in sorrow, in solidarity, in support, and in remembrance. Remembering especially the lives that were lost, the lives that were shattered, and the lives that are being rebuilt every single day since January 2017.

As a person of faith and as a faith leader, I am challenged every single day to speak out for those who do not have a voice, and to add mine to those who cry out in a wilderness of evil, corruption, fear, hatred, violence, bigotry, ignorance, and racism, trusting we can and we will come out of that wilderness. And that we must come out of that wilderness together, leaving no one behind. I am challenged every single day to see

*(Continued on page 3)*

## God Squad news

### Outreach for February

#### God Squad Outreach Project

from February 3 to February 25 2018



God Squad will be collecting  
Socks



For the Community Ministries  
To give to

people who are homeless or at risk of homelessness.



Please encourage the children  
in their outreach project.



If you would like to get more involved in our wonderful God Squad program, please speak to Tracy Albert (613-470-5647), or Joyce Prentice (613-592-4426).

*(Continued from page 2)*

not only myself, but the face of God in my neighbor, and to not only love them, but to celebrate them for all the beautiful differences between us which represent the perfection of God's creation.

Thank you for inviting me to stand beside and speak out with you today. May we never feel alone in this mission for peace.

We pray: O God our creator, receive all of the hearts we raise to you today. Draw us together into one great company, that we may serve you and together witness to your love in the world. Look with pity upon those who live with injustice, terror, and death as their constant companions. Help us to eliminate cruelty wherever it is found. Strengthen those who seek equality for all. Comfort those who are broken in body or spirit, and turn their sorrow into joy, distress into relief. And may God bless you and keep you. May God's face shine upon you and be gracious to you. May God send you countenance, and give you peace. Amen.

*Rev. Kerri*

## Christ Church events

For a full list of upcoming events, please visit the Christ Church (CCA) website: <https://www.ccashton.org/events>

"The Seed," Christ Church's newsletter, can be found here: <https://www.ccashton.org/newsletter>

### SPY group

If you are between the ages of 9-14, like hanging out with friends, playing games, serving the community and connecting with God, then we have a group for you! The St. Paul's Youth (SPY) group meets every other Friday evening at the church from 7 to 9 p.m.

Our meeting dates: Feb 2, Feb 16, Mar 2, Mar 30, Apr 13, Apr 27, May 11, May 25, Jun 1 and Jun 15.

Contact Zdena Harder at [spy@stpaulshk.org](mailto:spy@stpaulshk.org) for more info.

### Upcoming events

#### FEBRUARY

Sunday, Feb 4: Baptism at 11 a.m.

Sunday, Feb 11: VESTRY, 12:30 p.m.

Wednesday, Feb 14: Ash Wednesday 10 a.m. Bible Study, 12:00 noon and 7 p.m. Imposition of Ashes

#### Youth Lenten Program

Friday, February 23 at St Paul's, Kanata, 5:00 p.m. to 8:00 p.m.

Friday, March 2 at Christ Church, Ashton, 5:00 p.m. to 8:00 p.m.

Friday, March 9 at St John the Baptist, Richmond, 5:30 p.m. to 8:00 p.m.

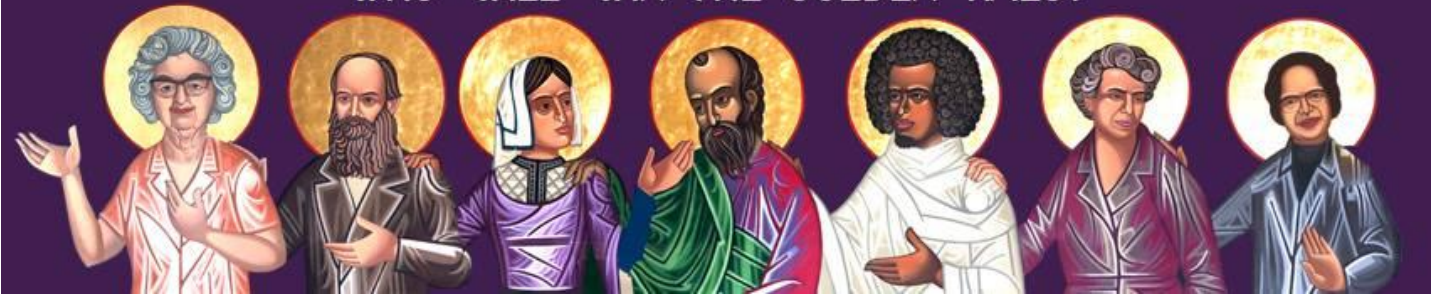
We will:

- cook and eat a meal together,
- watch a portion of the Harry Potter series each week,
- have a discussion,
- get to know each other, and
- have fun!

*Rev. Kerri and Rev. Ryan*

# LENT MADNESS

WHO WILL WIN THE GOLDEN HALO?



While Lent is a sacred time of penitence, preparation and self-reflection, it doesn't have to be boring and lifeless. And so *Lent Madness* was created by the Rev. Tim Schenck, who notes that "Taking our faith seriously – but not ourselves – is the essence of Lent Madness." So what exactly is Lent Madness?

In a nutshell, Lent Madness can be described as a unique Lenten daily online devotion that combines a fun and engaging way to learn about the lives of the saints and a sports-style elimination tournament. The best part is that I'm inviting all of you to participate with me!

Here's what you need to know to participate:

First, pick up a Saintry Scorecard book after church or from the office, or visit the Lent Madness website (<http://www.lentmadness.org/>), where you can learn more about what this online devotion is all about. Each book contains 32 biographies: one for each of the saints who are competing for the Golden Halo this year.

Next, read the book. At the back of the book there is a tear-out tournament bracket and a calendar of the 2018 Lent Madness Match-ups.

Now this is where the fun really begins!

On the bracket, there are the names of the 32 saints, as well as 31 blank lines. Use the bracket at the back of your book to predict who will win the Golden Halo. For each matchup, write the name of the saint in the open line and repeat until every line is filled in your bracket. For example, in the top left corner of the bracket you'll see the names Peter and Paul. They're squaring off in Round 1, so you can only

write one of those two names on the line immediately next to their matchup. Repeat until you've only one name left in the Golden Halo spot (in the middle of the page).

Now you may be asking, "Didn't you say there was an online component?" And, yes, there certainly is! Visit [LentMadness.org](http://LentMadness.org) and sign up to receive a daily email during Lent. Once you start receiving the emails, you'll read about the matchup of the day, and there will be a link allowing you to vote for the saint you think should win that matchup. You will notice a giant bracket (like the one at the back of your book) hanging on the bulletin board as you go into the hall. I'll keep track of the eliminated and victorious saints as they progress through the matchups there.

But that's not all!

Assuming you've filled out a bracket, you can enter your bracket into a competition with fellow parishioners from St. Paul's, as well as parishioners from Christ Church Ashton and St. John's Richmond by submitting a copy of your bracket to the office, or scan and email a copy to me ([ryanb@stpaulshk.org](mailto:ryanb@stpaulshk.org)). **Brackets entering the competition must be submitted by Ash Wednesday (February 14, 2018), the day before voting begins. Entry into the competition is a \$2 donation.** The monies collected will, at the end of Lent Madness, be donated by the individual with the winning bracket to the charity or cause of their choosing. How will we determine a winner of our competition?

Correct predictions in the first round are worth 1 point each, in the second round 2 points, in the third

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round 4 points, in the fourth round 8 points, and correctly predicting the Golden Halo winner is worth 16 points(!). I'll keep track of the points and post an updated leaderboard weekly.

Sound confusing?!? I promise you it's not, and I'm happy to sit down with anyone wanting to fill out a bracket or some clarification on how this Madness goes down.

I hope this provides you with a different, yet fruitful discipline as we journey through Lent and toward the Resurrection by learning about these women and men of faith. After all, according to Rev. Tim Schenck: "What we learn from the saints is that they, like us, are flawed human beings through whose lives Christ's love shone brightly. If this love can shine brightly in their lives, perhaps we too can be beacons of the Good News." Amen, and enjoy the Madness!

*Rev. Ryan*

## Spring fundraisers

This is a reminder about our upcoming events to raise money for air conditioning in the church. Thank you to everyone who has attended our events. For more information, contact Marilyn Holden-Pritchard at 613-836-5308.

Paint Day – Saturday, April 28 at 11 a.m.

High Tea – Saturday, May 26. We will need help with set-up, take-down and serving. More details will be available closer to the date. Stay tuned!



## Suggestions for Lent

By Msgr. Keith Derouen, submitted by Diane Brown

Here are 19 things you might consider giving up this Lent and beyond:

1. **Fear:** God is on my side. In Him I am more than a conqueror. (See Romans 98)
2. **The need to please everyone:** I can't please everyone anyway. There is only one I need to strive to please.
3. **Envy:** I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
4. **Impatience:** God's timing is the perfect timing.
5. **Sense of entitlement:** The world does not owe me anything. God does not owe me anything. I live in humility and grace.
6. **Bitterness and Resentment:** The only person I am hurting by holding onto these is myself.
7. **Blame:** I am not going to pass the buck. I will take responsibility for my actions.
8. **Gossip and 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 and bring other people down.
9. **Comparison:** I have my own unique contribution to make and there is no one else like me.
10. **Fear of failure:** You don't succeed without experiencing failure. Just make sure you fall forward.
11. **A spirit of poverty:** Believe with God that there is always more than enough and never a lack.
12. **Feelings of unworthiness:** You are fearfully and wonderfully made by your creator. (see Psalm 139)
13. **Doubt:** Believe God has a plan for you that is beyond anything you could imagine. The future is brighter than you could ever realize.
14. **Self-pity:** God comforts us in our sorrow so that we can comfort others with the comfort we ourselves have received from God.
15. **Retirement:** As long as you are still breathing, you are here for a reason. You have a purpose to influence others for Christ. That does not come to an end until the day we die.
16. **Excuses:** A wise man once said, if you need an excuse, any excuse will do.
17. **Lack of counsel:** Wise decisions are rarely made in a vacuum.
18. **Pride:** Blessed are the humble.
19. **Worry:** God is in control and worrying will not help.

# Update from the Copples in Africa

## Thoughts on net-working

By Laurie-Ann Copple

This message is based on a talk that I shared near Robertson, Western Cape, on January 28, 2018.

Tony and I attended Iris Harvest School 24 in 2016. During the time there, (Mama) Heidi shared a dream that she had recently. She saw a net in the coming harvest and when she shared, she got really excited, because there were many, many fish. She originally assumed this net was of Iris' impact in the present and future harvest of people.

Then the scene in her dream widened and showed that the Iris net wasn't that big - it was actually small (despite all the work that Iris is doing). There were many, many nets - these were thrown out by churches, ministries and individuals and these were small nets and they needed more of them. When I was hearing this, I got an impression that there were lots of empty spaces not covered by nets (yet). I believe that not only do we need more nets, but those nets needed to be connected. I've had an intermittent pastoral care sense since the 1990s where I notice people who are about to fall through the cracks. I've seen this in nearly every place I've been. It's like people have to be intentional that they don't fall through the nets - **which happens when they get isolated from others.**

I've seen this phenomenon in North America, the UK, Pakistan and Africa. I've even fallen through the safety nets myself - not in terms of salvation, but in pastoral care and support. But that's where Jesus comes in to catch US when we fall through the net. But does this take away our own responsibility for going after the one, when the 99 are in the net? *NO!*

**I believe we are called to be net-workers, net builders, and net repairers.** This is not just a task for missionaries but all people who are in Christ.

**Importance of foundations:** Tony and I heard Pastor Phil Dooley from Hillsong South Africa speak after we first arrived in South Africa - on our first Sunday in Cape Town. Phil talked about the importance of building foundations in relationships, not tearing them

down. We thought as we are building a foundation for a new Iris Western Cape cluster, and could see this was a God moment to encourage us. Phil said, "Foundations are the most important part of the building. While we don't see them, it is essential that this part is properly built" - with love, support, and a strong frame. These take time, just like good relationships take time.

And if we think of it, Jesus himself is our foundation - and so he needs to be in all of our ministry from the very beginning. We need our time with him in all things. Our foundation must be sturdy and built on Jesus: Matthew 7:24 (NLT): *"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock."*

Whenever I think of this scripture, I remember a Vacation Bible School I helped with when I was a brand new believer. We sang a song called "Sandyland" with them:

"Don't build your house on the sandy land,  
Don't build it too near the shore.  
It might look kind of nice but you'll have to build it twice  
Oh, you'll have to build your house once more, more,  
more  
You better build your house on a rock,  
Make a good foundation on a solid spot.  
Then the storms may come and go, but the Peace of God you will know."

I believe that foundations don't have to be fixed and immovable - they can be flexible - since we aren't a building - we move around. Imagine a **bendable** kind of foundation. This foundation is a connection of cords of love, like what is shown in Ecclesiastes 4:12: "By yourself you're unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped." (Message)

Tony and I had this scripture read at our wedding, and it symbolized that we were inviting Jesus to be woven into the core of our marriage to each

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other. We were to be infused with his strength and love far more than just a third friend. It makes for more than a strong cord – but one that is living!

But this kind of connection isn't just for marriage! It can be for any relationship that the Lord would use. *It's about family.* Whether they are part of our church family, Iris family, ministry family or the people who come to faith right before our eyes.

So when Tony and I came to Worcester, we began networking right away. We are thankful for the huge head start we got through YWAM and existing ministries in Worcester. We saw empty spots, which we will fill for a time. (We trust that our own unique ministry will come out of this in an area not covered by all the ministries we are encountering).

In the past, I have had various impressions on starting a kids club with art and radio. I'm not sure how this will happen, since we can't duplicate what's going on in Robertson or Vinkrivier. But what will come will be unique and needed for Worcester.

So we Copples feel that **one** of our main tasks in Worcester is to **TIE THE NETS TOGETHER.** I discovered last week that a YWAM worker named Soraya has the same heart – she's involved in at least three ministries, some connected with YWAM, others independent. I felt like she was a real sister, since we have the same heart that reaches out.

We don't mind where the nets are coming from, what denomination or background. We are working to repair breaches, and sewing the nets together to reach Worcester together. We aren't copying what each other is doing – we are learning from them, as we eventually find our ministry in the unreached areas between the nets.

With each ministry, we've noted that these workers are family –cousins in outlook, but brothers and sisters in Christ. One phrase of Papa Johan has continually stayed with me since our Harvest School Out-

reach in 2016. It was "it's all about family." And while there never is a perfect family – I am led to choose to see each of these workers, and those we reach as family.

Here's another impression I've recently received. **The nets aren't just ropes, or three-fold cords – they are hands and hearts.** The nets are living. They are *our* hands; *our* hearts – and they are especially Jesus' heart.

Two nights ago, I went to bed thinking about the nets, which I knew would be a foundation of this message. It wasn't just about Jesus' direction of casting the nets on the other side of the boat – *the likely overlooked spot that seems to be hidden in plain sight* – just like many of the township or street people are.

I woke up with an impression that I could almost draw. *As we cast the nets in the forgotten spots that Jesus shows us – we reel in hearts. We notice them. We validate*

*them and Jesus loves on them directly and through our own hands and hearts. Our hands and hearts are part of the nets.*

**Jesus and the Nets** (John 21: 1-10 NLT)  
 "Later, Jesus appeared again to the disciples beside the Sea of Galilee.[a] This is how it happened. **2** Several of the disciples were there—Simon Peter, Thomas (nicknamed the Twin),[b] Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples. **3** Simon Peter said, "I'm going fishing." "We'll come, too," they all said. So they went out in the boat, but they caught nothing all night. **4** At dawn Jesus was standing on the beach, but the disciples couldn't see who he was. **5** He called out, "Fellows,[c] have you caught any fish?" "No," they replied. **6** Then he said, "Throw out your net on the right-hand side of the boat, and you'll get some!" So they did, and they couldn't haul in the net because there were so many fish in it. **7** Then the disciple Jesus loved said to Peter, "It's the Lord!"

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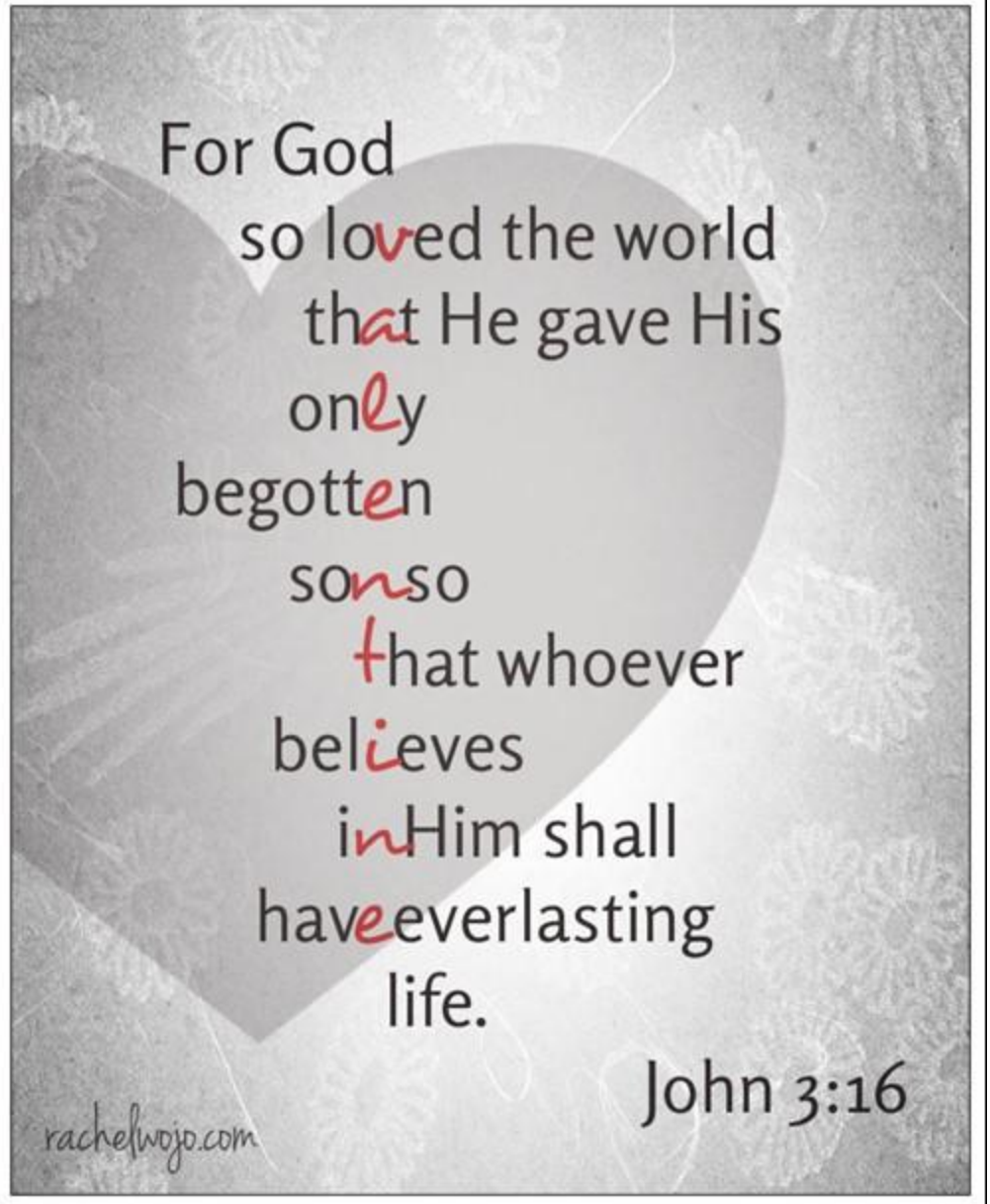
When Simon Peter heard that it was the Lord, he put on his tunic (for he had stripped for work), jumped into the water, and headed to shore. **8** The others stayed with the boat and pulled the loaded net to the shore, for they were only about a hundred yards[d] from shore. **9** When they got there, they found breakfast waiting for them—fish cooking over a charcoal fire, and some bread. **10** “Bring some of the fish you’ve just caught,” Jesus said. **11** So Simon Peter went aboard and dragged the net to the shore. **There were 153 large fish, and yet the net hadn’t torn**”. Isn’t it amazing that the nets didn’t tear? I love that this is a supernatural God-thing.

**Impression: Hearts in the net becoming living stones**

Then I also had an impression of our hearts also being like living stones and I was led to read 2 Peter 2:5 (Passion Translation): **5** Come and be his “living stones” who are continually being assembled into a sanctuary for God. For now you *serve as* holy priests, offering up spiritual sacrifices that he readily accepts through Jesus Christ.”

I almost could imagine these shiny living stones connecting together into a form of protection of the vulnerable – a wall – but not a dividing wall. It showed unity and a purpose of working together in love. But what I love about the idea of us being shiny stones, is that they are noticeable by everyone. They grab people’s attention; especially for those searching for something beyond just trying to get their next meal. May we shine beyond their circumstances and our own!

Here's something to think about: So when we think of our challenge of building nets – are they strong



enough? Are they full of love? Can we connect the nets in some way in prayer and divine connections? How can we repair the nets we have? Is it a heart issue or more?

I hope you were blessed by this message. We had quite a discussion after I shared this!

For more updates and information about our adventures, please visit our website:

<https://www.coppleswesterncape.ca/copples-blog>

Blessings,

*Laurie-Ann*

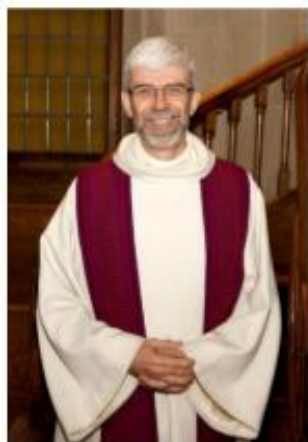




## Lent Retreat The Reverend Kevin Flynn

### A Paschal-Shaped Life: Meditation and the Liturgies of Holy Week

Retreat leader Kevin Flynn will lead us in a study of a Paschal-Shaped Life: Meditation and the Liturgies of Holy Week. We will reflect on how the structure of the liturgies of Holy Week reveals Christian hope in the face of suffering and evil. In turn, the practice of meditation engenders and confirms such hope. The half-day retreat also includes a meditation period.



The Reverend Kevin Flynn is a priest in the Anglican Church of Canada. He currently serves as Director of the Anglican Studies Program at Saint Paul University. Father Flynn is a native of Montreal and was ordained in 1982. He has served several parishes in the city of Toronto and was a lecturer in liturgics at Trinity College in Toronto.

<b>WHERE:</b>	Trinity United Church 1099 Maitland Avenue, Ottawa ON K2C 2B8	
<b>WHEN:</b>	Saturday 10 March 2018	
<b>AGENDA:</b>	9:00 AM	Registration / Fellowship / Book Sales
	9:30 AM	Welcome and First Talk
	10:30 AM	Morning Meditation
	11:00 AM	Morning Break
	11:15 AM	Second Talk / Question and Answer
	12:15-PM	Conclusion

Registration begins at 9:00 am. Come early for fellowship. Book sales table will be open.

There is no charge for the event. A goodwill offering is appreciated so we can continue to offer Christian Meditation events in the Ottawa area. Free parking is available in the church lot.

Email [cmadventretreat@gmail.com](mailto:cmadventretreat@gmail.com) for more information and registration of attendance at the event.



# THE GREAT TRIVIA CHALLENGE!!

**Sat, March 3<sup>rd</sup>, 2018 at 8:30 pm**  
**at The Glen, 6081 Hazeldean Rd, Stittsville**

*All proceeds to support the construction  
of a kindergarten class at the  
Kisaca school in El Viego, Nicaragua  
in memory of Fr Rick Marples*

**Tickets are \$10 and available in the Stittsville or Kanata  
church offices or from Bonnie McNally at 613 831-0968 and  
Lorna Brule 613 836-1001**

**Register your team of 4, 6 or 8 or let us assign you to a team**

## Godly motives

By Joyce Meyer, submitted by Diane Brown

Search me [thoroughly], O God, and know my heart;  
Test me and know my anxious thoughts (Psalm  
139:23 )

Years ago, when we were struggling financially, I grew tired of believing for a breakthrough and broke down before the Lord. I cried about it for a while and then, by the grace of God, I made a decision and declared: "God, I am going to tithe and give offerings until the day I die, whether I ever see anything come from it or not!"

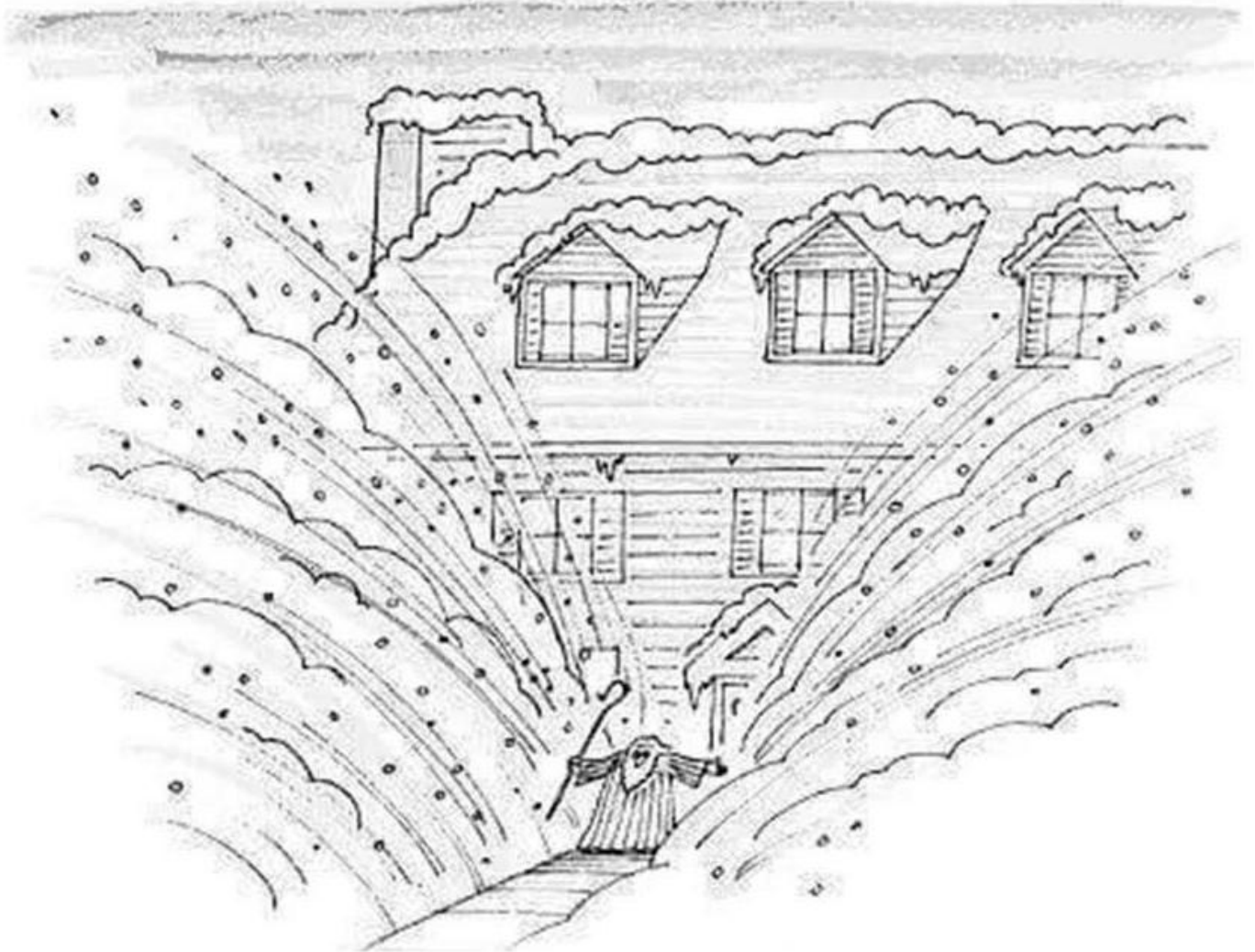
I believe with all my heart this was a test for me to see why I was really giving. The Lord wanted to reveal whether I had the right, godly motives. If I was just "giving to get," I may have only selfishly given to get

something from God.

There's been a lot of teaching and preaching that says, "Do this and you'll get that." But what about having a pure heart that says, "I want to do the right thing just because it's right and it glorifies God"?

I urge you to honestly examine your motives today and make sure they're not self-centered. Make a wholehearted commitment to serve God for the right reasons.

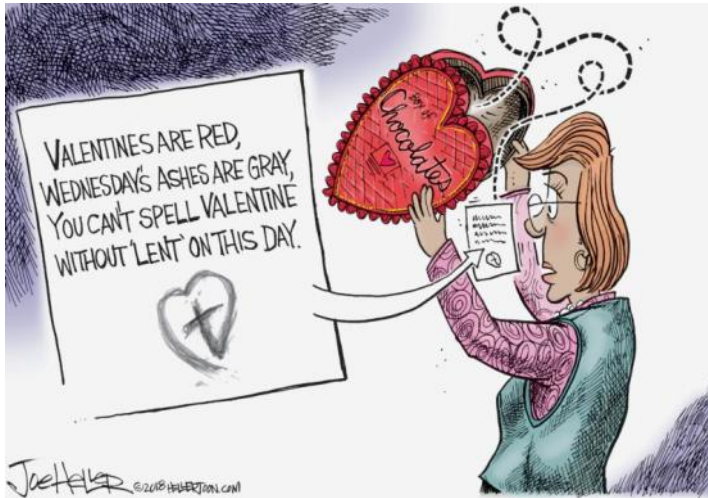
**Prayer:** Holy Spirit, search my heart and expose my true motives and intentions today. If they are not godly in any area, point them out to me and help me change. Amen.



Moses in Canada



## Ash Wednesday February 14, 2018



Credit: Joe Heller/CNS Illustration

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

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Simply send your ad to: [cornerstone@stpaulshk.org](mailto:cornerstone@stpaulshk.org)

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**Sarah Baldwin**  
Sales Consultant



tel. 613-663-2969  
fax. 613-271-7332  
[sbaldwin@chartwell.com](mailto:sbaldwin@chartwell.com)  
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**Richard K. Bradley**  
B.A., LL.B.

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Ottawa, Ontario K2J 4Y6

[pbradley@bhmlaw.ca](mailto:pbradley@bhmlaw.ca)  
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290 Rideau St. (at King Edward)  
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