

# CORNERSTONE

January, 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
  - Heaven Cent Fund
  - When Was Jesus Born?
  - Holistic Wellness
  - PWRDF Update
  - Parish Council News
- ...and more!

February edition  
deadline:  
Tuesday, January 31, 2012

Please send submissions to:  
cornerstone@stpaulshk.org



## A Message from Father John

A New Year, A New Challenge: but first, Thank You!

I want each member of this parish to know how thankful St. Paul's Corporation is that you have met the financial needs of the parish in 2011. At the beginning of November, the wardens sent a letter and informed everyone that we were behind in our budget for the year. We were amazed at the response of this community and we are pleased to inform you that we met our financial obligations for 2011! This parish has a strong history of faithful response to God's call. Once again I am humbled by your response and privileged to serve as your priest.

As we begin 2012, Corporation begins to set the budget to take to Vestry for your approval in February. I have been involved with this process for over 12 years at St. Paul's. Every year we are challenged to reach a higher and higher level of Stewardship. We will once again have to challenge our membership to meet the growing level of ministry in this parish. I encourage everyone

to come to Vestry this year on Sunday, February 12, and take part in this discussion and decision. When we come together, we are empowered by the ideas and opinions of others. Our hopes and dreams enrich each other and we are sustained by the faith we share.

Eight years ago we owed 2.7 million dollars for the new building. At the end of January we will make a payment of \$100,000.00 and reduce that amount to \$875,000.00.

As we begin this New Year, let us all take the time to rejoice in the journey we have been on together. I am convinced that we will continue to find a faithful answer to the challenges that face us this year and in the years to come.

May God bless our family and community.

## From the Desk of Father Craig

Let Jesus In

“So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

*Luke 11.9*

2011 seemed to be a year where we lived into this scripture passage. Be it the youth on our feast day, Ash Wednesday Holy Day, or inviting people of a science background to be part of our Lenten series, we asked and people *responded*.

This was also the case when we saw three dioceses come together to hear Rev. Dr. William Willimon speak on this strange and wonderful God, Jesus, that we have met and who wishes to meet us.

This past Tuesday, at the service for prayer and healing, I was struck by the sheer grace of standing in God’s presence and asking for God to come and heal, come and bless. I hope to become more *intentional* in providing more time to let God come in.

The passage for the evening was, “<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.” *Matthew 11.28-30*

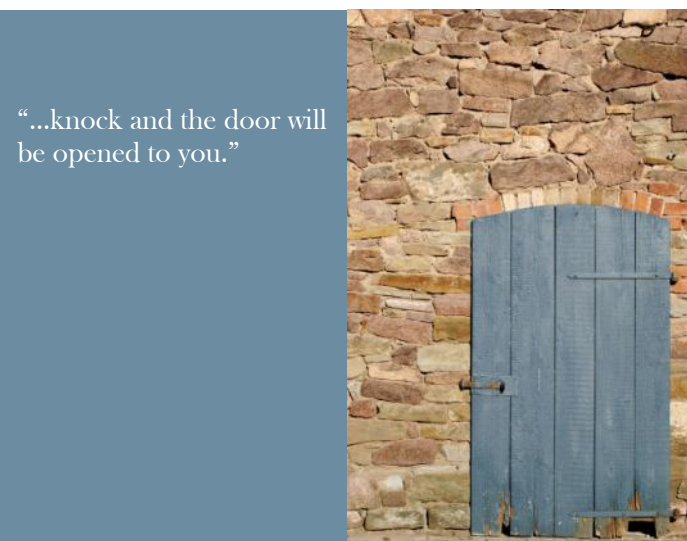
A rabbi’s “yoke” was his teaching. I give thanks that our rabbi, Jesus, doesn’t place heavy burdens on us, but tells us that in his teaching we can “find rest for our souls.”

Instead of letting the darkness of this season get us down, let us surround ourselves with God’s word. Pick up a CD of the gospels to play in the car, ask Lorna about soaking prayer (and the music that goes with it) and just let Jesus come in.

Last year we went out knocking. This year, as always, God is knocking on our door. Let us welcome him in!

Blessed New Year!

*Fr. Craig*





# When Was Jesus Born?

by Bill Colls

Dionysius Exiguus was asked by Pope John I to develop a timetable giving the future dates of Easter. As part of this work, Dionysius also included a set of arguments that explained the calculations. This work was performed in the year of “the consulship of Probus Junior,” which Dionysius also gives as 525 years “since the incarnation of our Lord Jesus Christ.” There is no explanation as to how this number was arrived at. However, this has become the basis for the numbering of the years in the BC/AD or BCE/CE systems. Modern scholars generally agree that Dionysius got it wrong.

In Jesus’ time, the Julian calendar was in common use throughout the Roman Empire. It was also common to date events in terms of the number of years the current emperor had held power. Other ways of recording time were also commonly used; even today the Gregorian calendar that we use is not the only calendar in common use. However, for our purposes, dates in the Julian calendar are fairly easily converted to Gregorian dates, so we can make a fair estimate in terms that we can relate to, of the time when certain events occurred.

There are two common approaches that scholars have used to try and establish the year in which Jesus was born. One approach is based on the information contained in the birth stories in gospels of Matthew and Luke. The other approach works backwards from the beginning of Jesus’ ministry.

Luke and Matthew were theologians, not historians. Their interest in the birth stories was primarily to establish Jesus as both man and God, and the historical context was not all that important. They were also writing about fairly recent events. Many of their readers would have been alive when Jesus was born, and would understand the historical references. Both tell us that Herod the Great was the ruler of Palestine when Jesus was born. From other sources, we know that Herod probably died in the year 4 BC. So we can be reasonably sure that Jesus was born no later than that. Some scholars believe that the visit of the Magi occurred as much as two years after Jesus’ birth,

which would place the birth as early as 6 BC. Most scholars then suggest a range of 6-4 BC as most probable. However, there are other sources that suggest the date range could be as large as 7-2 BC.

Luke tells us that Jesus was “about 30 years of age” when his ministry started with his baptism by John the Baptist. Some scholars believe that Jesus was closer to 32 when his ministry started. Most scholars agree that John started his ministry about 28-29 AD, based on both biblical and non-biblical sources. Jesus’ ministry would have started after that. Since John had already gathered a number of followers when Jesus was baptised, there must have been a significant interval between the two events. From other events recorded in the bible, and which can be confirmed from reliable non-biblical sources, we can work backwards, and reach much the same estimate of 6-4 BC.

So, we can make a reasonable estimate of the year of birth. What about the month and day? There is no way we can know with any certainty the month, and the actual day is out of the question. We can, however, make a fair guess at the time of year. In Luke’s Gospel, some events surrounding the birth of both Jesus and His cousin John are recorded. From this information, we can make a estimate that John was probably born in the spring of the year, and Jesus about 6 months later. This puts His birth sometime in the late summer or early fall of the year (September or October in our modern calendar). The bible also tells us that the shepherds were in the fields with their flocks when the angels came to them to announce the birth. There is a wide divergence of opinion among scholars as to what that tells us. Many think that the shepherds would bring their flocks closer to town during the rainy season, roughly November to February. If this is the case, then the birth would have been sometime between March and October, which tends to reinforce the September-October time frame.

In the end, however, it doesn’t really matter if we know the exact day and year of Jesus’ birth. What is important is that it did happen, and started a train of events that changed the course of world history.

# Holistic Wellness

## A Christian Perspective

by David Gilbert

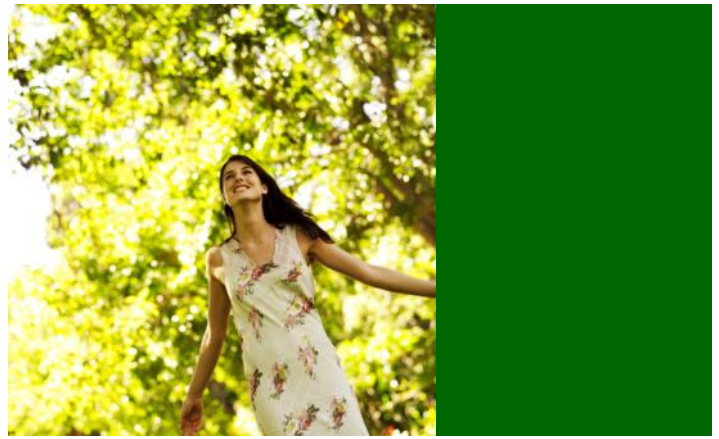
You may know me as the guy who's played guitar at the 11:00 service for the last two years, but as the owner of EcoSys Holistic Wellness Center I've been asked to write about my vision of holistic stewardship for the body of Christ.

God created us to be a perfect people, but also gave us free will. There's the rub. People keep saying that if God really existed, he wouldn't cause such suffering, but research very clearly shows that the mess is ours. Created by us, the human race.

For example, recently archeologists did MRIs on a large number of mummified ancient human remains. What they found was shocking. Of all the bodies examined, only one showed signs of cancer. Cancer is virtually all triggered by modern environmental factors\*. Furthermore, it's estimated that nearly 90% of all doctors visits are "stress" related and a whole host of environmental, social and dietary factors affect our wellbeing in innumerable ways.

Fortunately, God also gave us intelligence, critical thought, intuition and discernment. Brilliant people around the world have worked tirelessly to find ways to naturally restore that which is lost or damaged. I praise God that although I can't heal the whole world, I can do a pretty good job of tidying up my corner. My own past challenges with depression, anxiety, sleep disorders, GERD, IBS and injury, have been fertilizer. They've, driven me to seek answers. Initially for myself and family, then once I saw how different life could be – that physical, mental and emotional pain were not necessarily mysterious and immutable – my path was set.

For over a decade I've had the profound satisfaction of seeing those who were suffering regain their lives. I'm immensely grateful for the fact that my success rate has allowed me to work on a money



back guarantee basis for most situations. This means that my clients, who have often spent large sums of money seeking relief, don't risk further financial hardship to no benefit. In addition, my salary as a research consultant with a natural products company allows me to subsidize my services for those in financial distress.

I have spent many years educating healthcare professionals across North America, assisting them in integrating non drug alternatives into their practice, and I continue to do so. But stewardship called me to bring my skills home as well.

Please note: The results I've seen to date have not been by "treating" or "curing" disease, but rather by giving the body and mind the tools to allow them to regain more normal functioning.

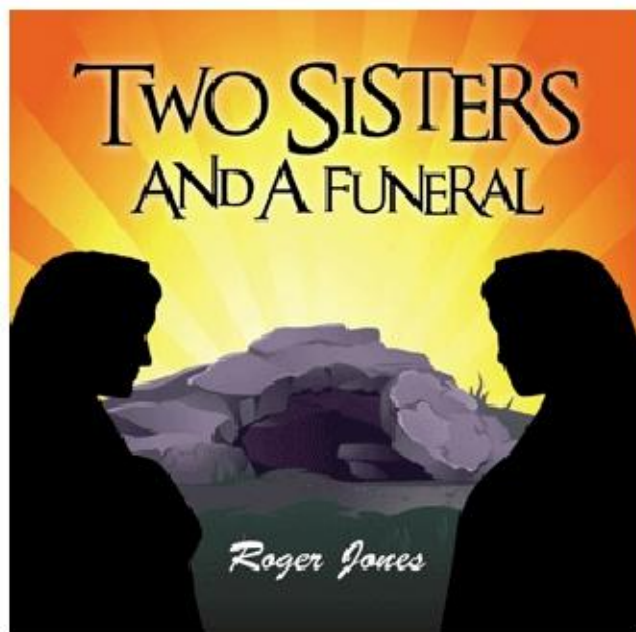
*Free programs may be available for those with Asthma, Autism spectrum, Endometriosis, Fibromyalgia, Growing Pains, Interstitial Cystitis, Muscle Cramps, Over Active Bladder, Restless Leg Syndrome and in memory of my Grandfather "Gilly" Gilbert; Canadian or American veterans suffering from Post Traumatic Stress Disorder. Most of these programs are available at no charge for eight weeks.*

Yours in Christ,  
*David Gilbert*

I don't personally work with any cancer therapies but refer people to a network of MDs who specialize in non-toxic/low toxicity cancer protocols in Canada and the U.S.

## ***Come and be a part of our next musical!***

*"Lord," Martha said to Jesus, "if you had been here, my brother would not have died ..."* Jesus said to her, *"I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?"* (John 11:21-26)



Jesus is a welcome guest and friend at the home of Martha, Mary and their brother Lazarus in the village of Bethany. So when Lazarus falls gravely ill, the sisters send a message to Jesus: *"Lord, the one you love is sick."* But by the time Jesus arrives, Lazarus has already been in the tomb for four days. *Two Sisters and a Funeral* tells the exciting story of a family transformed first of all by seeing their brother Lazarus raised from the tomb, and then the death and resurrection of Jesus Christ, Saviour of the world.

**PERFORMANCE: SATURDAY, OCTOBER 20, 2012, in the evening. Roger Jones will be here to conduct us!**

Please speak to Ann Faurbo (9:15 service) or Maureen Anderson (11:00 service) if you would like to take part in this special event! You could also send us an email at [music@stpaulshk.org](mailto:music@stpaulshk.org).

### REHEARSAL SCHEDULE:

You may attend rehearsals on either Wednesdays or Thursdays: 7:00 - 7:30 p.m. Our aim is to learn one song per week. There are 14 songs in the production. You will be given a songbook and a CD of your part prior to the start of rehearsals.

#### WEDNESDAYS

February 29  
March 7, 14, 21, 28,  
April 11, 18, 25  
May 2, 9, 16, 23  
June 6, 13

#### THURSDAYS

March 1, 8, 15, 22, 29  
April 12, 19, 26  
May 3, 10, 17, 24  
June 7, 14

FALL REHEARSALS – in addition to our weekly rehearsal times, there will be additional rehearsals on Saturday mornings from 9:30am – 11:30am: September 8, 15, 22, 29, and October 13 as we prepare for our production!

Dress rehearsal with Roger: Friday evening October 19!



## Heaven Cent Fund

Over 120,000 cents (\$1,200.00) has been raised since the fund was started at the end of April, 2011.

Proceeds from the fund are equally divided between the Primate's World Relief and Development Fund (PWRDF) and Project Luangwa.

- (1) PWRDF: A donation of \$500.00 was sent to assist with the disastrous tsunami and earthquake that devastated Japan in the spring of 2011.
- (2) Project Luangwa: A donation of \$500.00 will be sent this month to assist Katapila Community School.

### Infrastructure at Katapila Community School

All building projects in rural Zambia need a store to keep all the tools and materials secure, so when building started at Katapila Community School in 2009 that was the first thing to be built. Work then started on the main 1 x 3 classroom block (a 1 x 3 is one main building comprising three classrooms and an office or two). The Katapila building has two offices but the Deputy Head has given up her office so the children may have a library. Katapila is unusual, as few rural schools can boast a library. Soon to follow were the toilets and a bore hole with hand pump. Last to be built was the 3-bedroom teacher's house, which was completed in September 2010.



2007: Classes took place under the roof of a thatched 'chitenge'



2010: Katapila 1 x 3 classroom block



2010: Katapila 1 x 3 classroom block



2011: bright clean classrooms

For additional information on Project Luangwa, you can visit their web site at [www.projectluangwa.org](http://www.projectluangwa.org). Thank you for your continued support, every cent donated does make a difference.

*Ken Miller*

# Parish Council News

Highlights of the December 13, 2011, Parish Council Meeting

## Operations

- **Sanctuary Sound System:** We now have a new sound system in the Sanctuary. Some additional tweaks are required to optimize the system. Thanks to Bill Colls, Colin McKenzie, and Michael Turnbull for their work in completing this project.

## Program

- **Vestry:** Vestry Reports from all ministries are due to Lorna in the church office on or preferably before the end of January.
- **Leadership:** The nominating committee is now actively seeking volunteers to carry out the next year's leadership duties at St. Paul's. All parishioners should prayerfully consider contributing of their skills, passion, and time to help lead the many ministries available.
- **Outreach:** Lauren McCabe provided an excellent report concerning the Refugee Sponsorship Group of which St. Paul's is a member. A \$1000 donation from St. Paul's was given to the Refugee Sponsorship Team to further their work in this community.
- **Education:** Bishop William Willimon's visit was well attended and successful. Another educational event is being planned for the spring.
- **Music:** The *While Shepherds Watched* event went very well and preparations for *Two Sister and a Funeral* – to be coordinated with Roger Jones' next tour – will begin soon.
- **Robbie Burn's Scotch Tasting and traditional Scottish Dinner** is set for January 20. A limited number of tickets are available from Fr. John - while they last.

- **Church Calendars:** Just a few calendars left from Jean Ripley for those intent on being organized for 2012.
- **God Squad:** Has received a welcome donation of new tables and chairs.

## Finance

- November saw a much improved financial picture with increased givings and Bazaar revenues leading the way. However, we are still projecting a year-end deficit albeit smaller than previously expected. (PC Chair's note: The anticipated deficit for December was eliminated thanks to many very generous parishioners - Praise God!)
- **Budget Planning:** The 2012 budget is now being prepared based on inputs from the various ministry groups and from Corporation. Approval will be sought at Vestry.

## Vestry 2012

Vestry is scheduled for **February 12, 2012**, following the 11 a.m. service. All members of the parish are encouraged to attend.





## 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>.

## From the Kitchen

The kitchen crew are always busy keeping the fridges, freezers, ovens and cupboards clean and tidy. That is a big job. Thank you!

We would also like to thank everyone who uses the kitchen for washing their dishes and helping keep the kitchen clean. Your efforts are appreciated!

**Please, please make sure that all the clean dishes are put away in the cupboards after each use.** We have several groups from outside of the church using the kitchen. We need these rentals to help cover the costs of running the church. Please make sure that the kitchen is always left the way you would like to find it if you had rented the hall for a special event.

Thank you!!

## 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](http://www.discover1812.com).

# PWRDF Update

by Philippa Wilson

## PWRDF News

"As an instrument of faith, PWRDF connects Anglicans in Canada to communities around the world in dynamic partnerships to advance development, to respond to emergencies, to assist refugees, and to act for positive change." Website: <http://pwrdf.org>

 The Anglican Church of Canada



With family overseas, every other Christmas I donate over the web to UNICEF and have, dare I say it as your PWRDF rep, bought a couple of goats from World Vision for my great niece and great nephews in England. Being familiar with the UNICEF, World Vision and SOS Children's Villages website, I thought I would check out the Anglican Church of Canada Gifts for Mission website. I was really impressed. Easy to use and with all the benefits of the competing charities : <http://giftsformission.anglican.ca/>

## PWRDF Receives Government of Canada Funding for Maternal and Child Health Project in Bangladesh

December 21, 2011 By *Simon Chambers*

PWRDF is pleased to announce that the Canadian International Development Agency (CIDA) will be contributing \$452,147 to PWRDF's maternal and child health work in Bangladesh over three years as part of the Muskoka Initiative on Maternal, Newborn, and Child Health. "We are very pleased to be able to continue our decades-long relationship with CIDA," said Zaida Bastos, PWRDF's CIDA Program Coordinator.

The Bangladesh program will train 650 midwives who will work with 63,000 mothers and 94,500 children under the age of 5 in 130 villages in Bangladesh. The midwives will provide education as well as pre- and post-natal care to the mothers and children and will also make referrals to health care beyond the village level should it be necessary. "These 130 villages currently do not have health clinics or trained health workers," Bastos explained. "Trained midwives who can provide education about health issues as well as access to basic health care will help to save the lives of mothers and children in the villages."

PWRDF will work with long-term partner UBINIG to implement this program. UBINIG has worked in sustainable development policy and implementation in Bangladesh since 1984. Their executive director, Farida Akhter, was a member of the PWRDF Board of Directors.



Midwives learning about traditional herbs. Photo: Zaida Bastos

During November and December PWRDF staff Nabu Gurung and Simon Chambers visited Haiti. The following reports were posted on the PWRDF website:

### More than Just a School January 5, 2012, By *Simon Chambers*

The parish church of St. Matthieu in Haiti still stands, but with significant damage visible across the exterior of the building. The church has been unsafe since the January 2010 earthquake, and the parishioners have not been able to worship in it for almost two years. Across the road from the St. Matthieu church stands St. Matthieu school. This complex of buildings is brand new with classrooms, kitchens, bathrooms- even biogas tanks. The juxtaposition of these two institutions is striking. The Rev. Jean Berthol Phanord is the priest in charge of St. Matthieu parish. He explained why the church was still in ruins but the school had been rebuilt. "Rebuilding the school was a big priority for the community... The new school will keep the children safe even if there is another earthquake. When there is a hurricane, the people need somewhere to stay."

The school at St. Matthieu was one of the first new permanent schools built after the earthquake, and was inaugurated in September 2011. The ceremony was attended by 1500 people, including the Haitian Minister of Education. It is now a place of learning for 350 students and 15 teachers and a place of refuge and a symbol of community for thousands living in St. Matthieu.



## Rebuilding Stronger December 31, 2011, by Simon Chambers

During the January 12 earthquake, 40% of the buildings in Port-au-Prince, Haiti were destroyed or rendered unsafe for use; in Léogâne, the epicenter of the quake, that figure was between 80 and 90%. PWRDF is working as part of the ACT Alliance with Finn Church Aid (FCA) to help ensure that new schools built to replace those destroyed during the earthquake will be stronger structures.

Shane Copp is a Canadian engineer who has been working with FCA for almost 18 months in Haiti. His goal is to build schools that will withstand an earthquake or hurricane and will be usable as community hubs in the aftermath of a disaster. He talks of his task with enthusiasm and great detail, filling his listeners with his passion for the work.

Shane's employer—[Reid Jones Christopherson](#)—and three other engineering firms in Toronto ([Quinn Dressel Associates](#), [Halsall](#) and [Blackwell Bowick](#)) decided after the earthquake that they wanted to help with the reconstruction. They pooled their resources and sent Shane to Haiti for 18 months to work on school reconstruction—bringing Canadian expertise and building codes to Haiti, and building the capacity of local engineers to replicate the work in further projects.

Haiti has no official building codes, so Shane has used Canadian codes—among the strictest in the world—and modified them with Haitian conditions. That is, he is using Canadian standards but building for the stresses of the earthquakes and hurricanes that threaten the Léogâne area. He works with local engineers and construction crews to help them understand not just what to do, but why it should be done in that manner. This extra work around comprehension is ensuring that when he returns to Canada there will be other engineers working in the Léogâne area who will continue to build structures that can withstand the stresses of an earthquake or hurricane.

In September 2011, Shane's first school was inaugurated in St. Matthieu at a celebration attended by 1500 people including the Haitian Minister of Education, the Finnish ambassador to Mexico, and many other dignitaries.

Another of Shane's schools, this one in the mountains, won an award for the engineering work that went into it. St. Joseph school was a challenge to build because all the supplies had to be walked two hours through the mountains to the school site from the end of the road, including a generator that was carried by 15 people working together.

*PWRDF is working with the four engineering firms to raise funds for the school construction work from their clients this Christmas. All the funds raised will be used to support the program—providing needed materials like classroom furniture, paint, or solar panels.*



The first school built in Haiti with Shane Copp as engineer. Photo: Simon Chambers

## A Growing Balcony December 23, 2011, by Simon Chambers

Elide Barthole is lucky to still be living in her home in Carrefour, Haiti. Over half the homes in her community were destroyed in the 2010 earthquake. Elide's home looks somewhat unique, however, among those houses still standing in the area: it has no open land around it, but her balcony is surrounded by greenery.

Elide's is one of 80 households in Carrefour that are part of an urban agriculture project PWRDF is supporting through CEDDIEC, the Episcopal Diocese of Haiti's development organization. In this program, 300 households around the Port-au-Prince area receive seeds, compost, agriculture training, and insecticides.

Households are chosen for the program based on the size of the household and having at least one child suffering from malnutrition living in the household. Preference is given to vulnerable households (those headed by a single woman for example).

Elide spends about an hour a day working with the plants on her balcony. In the 3m X 6m area, she is growing tomato, eggplant, basil, capsicum peppers, chili peppers, congo beans, parsley, lemon grass, and lettuce. She makes her own fertilizer by mixing sand and charcoal, and gathered the various containers she uses to grow her vegetables from Port-au-Prince.

She has already started to harvest basil from the garden, which she shares with her neighbors to use in making tea.



Elide Barthole working in her balcony garden in Carrefour, Haiti. Photo: Simon Chambers





## 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](mailto: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 Sobey's 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!



# Wisdom is Valuable at Any Age

*Editor's Note: This list has been circulating on the internet as, "Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio." The list was indeed written by Regina Brett, of the Plain Dealer, Cleveland, Ohio. However, she is not 90 years old. She will turn 56 in May, 2012. This fact has no bearing on the relevance of the items in the list (it is, without a doubt, good reading and valuable advice, especially at the beginning of a new year). It does, however, remind us of another piece of good advice: double-check your facts before you hit the "forward" button. ☺ For Regina's thoughts on how the Internet has prematurely aged her, please visit her blog (written on the eve of her 53<sup>rd</sup> birthday in 2009):*

*[http://www.cleveland.com/brett/blog/index.ssf/2009/06/lifes\\_lessons\\_speed\\_up\\_on\\_inte.html](http://www.cleveland.com/brett/blog/index.ssf/2009/06/lifes_lessons_speed_up_on_inte.html)*

*This is the list she published in May 2006, to celebrate her 50<sup>th</sup> birthday.*

## **Regina Brett's 45 life lessons and 5 to grow on**

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolls over to 50 this week, so here's an update:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others'. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.

16. Life is too short for long pity parties. Get busy living, or get busy dying.

17. You can get through anything if you stay put in today.

18. A writer writes. If you want to be a writer, write.

19. It's never too late to have a happy childhood. But the second one is up to you and no one else.

20. When it comes to going after what you love in life, don't take no for an answer.

21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.

22. Overprepare, then go with the flow.

23. Be eccentric now. Don't wait for old age to wear purple.

24. The most important sex organ is the brain.

25. No one is in charge of your happiness except you.

26. Frame every so-called disaster with these words: "In five years, will this matter?"

27. Always choose life.

28. Forgive everyone everything.

29. What other people think of you is none of your business.

30. Time heals almost everything. Give time time.

31. However good or bad a situation is, it will change.

32. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

33. Believe in miracles.

34. God loves you because of who God is, not because of anything you did or didn't do.

35. Whatever doesn't kill you really does make you stronger.

36. Growing old beats the alternative - dying young.

37. Your children get only one childhood. Make it memorable.

38. Read the Psalms. They cover every human emotion.

39. Get outside every day. Miracles are waiting everywhere.

40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

41. Don't audit life. Show up and make the most of it now.

42. Get rid of anything that isn't useful, beautiful or joyful.

43. All that truly matters in the end is that you loved.

44. Envy is a waste of time. You already have all you need.

45. The best is yet to come.

46. No matter how you feel, get up, dress up and show up.


47. Take a deep breath. It calms the mind.

48. If you don't ask, you don't get.

49. Yield.


50. Life isn't tied with a bow, but it's still a gift.

*[http://www.cleveland.com/brett/blog/index.ssf/2006/05/regina\\_bretts\\_45\\_life\\_lessons.html](http://www.cleveland.com/brett/blog/index.ssf/2006/05/regina_bretts_45_life_lessons.html)*

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