

# CORNERSTONE

January, 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:

- **Message from Father Craig and greetings from Father John**
  - **GIFT update**
  - **God Squad news**
  - **Evening on Grief/Grieving**
  - **“Welcome Bag” project**
- ...and more!**

February edition deadline:  
**Tuesday, January 28, 2014**

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



## A message from Father Craig

### A new year has begun

So this is Christmas  
And what have you done?  
Another year over  
And a new one just begun...

Let us all pray about who we can invite into the hope of  
Jesus Christ.

Happy New Year to one and all!

*Fr. Craig +*

I've never been a great one to take on New Year's resolutions. That's not likely to change this year! But in the quiet and in the cold of these early days of January, it is a good time to take stock of God's call for us for the coming year.

If we listened to John the Baptist in Advent – *repent, turn, change*, for the kingdom of God is at hand – then we should be well on our way to beginning the change that Jesus is calling us into.

It's so exciting to hear what God has in store for us. Maybe it's something small, like reducing the number of cylinders in your vehicle. You will soon see a different vehicle in my parking spot. Or, maybe something much larger, such as a commitment to a year-long outreach plan. Whether large or small, it doesn't go unnoticed by God.

Fr. John and I want to thank all those who so faithfully serve in this parish. Because sometimes taking stock means continuing to say "yes" to making sandwiches in the kitchen when we are having a funeral in the church. These acts of grace and mercy have such an impact on those that have lost a loved one. Again, thank you to all who have been so involved over the weeks leading up to Christmas and beyond!

One of the things that has come up at our Town Hall meetings is the on-going need to reach out to our community. One way every one of us can do this in earnest is to invite friends and neighbours to join us in Sunday worship: a time to pray together, dream together, hope together!

And play together! Robbie Burns is coming up this month. Let us just enjoy our time together in worship or play! Don't forget to invite any children out to our "Super Hero" party on February 23.

## Pictures from Christmas Eve

### With thanks to Tony Cople



## New Year greetings

*Father John and Gayle are currently enjoying some time away from the snow and cold. Please keep them in your prayers.*

*Fr. John*



# God Squad news

## Parties, volunteer opportunities, and more

### GOD SQUAD WELCOMES TRACY ALBERT!

We are pleased to introduce Tracy Albert, the new God Squad Coordinator!

2014 brings with it many fun and exciting events! Stay tuned for announcements regarding Sunday School themed parties and gatherings.

If you would like to be involved in the fun, help out or just share your time and talents throughout the year, please contact Tracy at [sundayschool@stpaulshk.org](mailto:sundayschool@stpaulshk.org) for more information.

We are particularly in need of teachers for the 11 a.m. God Squad. Please consider joining our team and blessing our wonderful group of kids.

Many thanks go out to our current teachers and helpers! We couldn't do it without you. Happy New Year!

*Zdena Harder*

## It's a Super Hero party

### February 23, 2014

On February 23, it's all about Super Heroes!

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*



### STUDENT VOLUNTEER HOURS

Are you a high School student looking to complete volunteer hours? Maybe we can help.

The God Squad needs volunteers to help with the Super Hero parties at 9:15 and 11 a.m. on February 23 and the Easter parties at 9:15 and 11 a.m. on April 20, 2014.

If you are interested, please contact:  
 Tracy Albert [tracyalbert@rogers.com](mailto:tracyalbert@rogers.com) or  
 Joyce Prentice [stirling.prentice@sympatico.ca](mailto:stirling.prentice@sympatico.ca)



## Just for fun...

TEACHER: Maria, go to the map and find North America .

MARIA: Here it is.

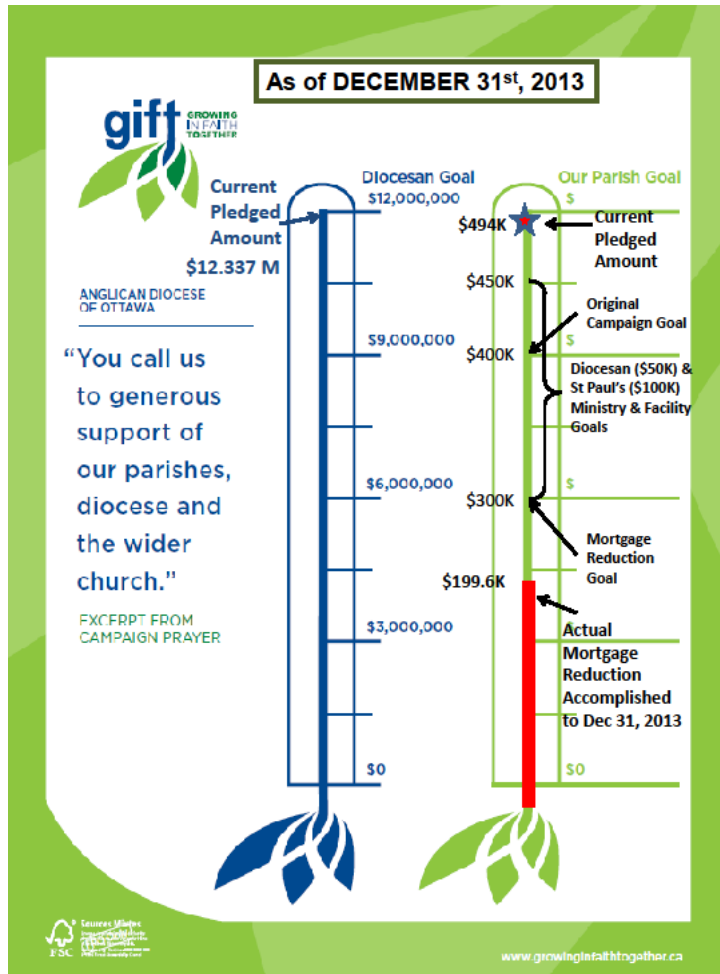
TEACHER: Correct. Now class, who discovered America ?

CLASS: Maria.



*Submitted by Allison Brooks*

# GIFT Campaign update



Thank you to everyone who has supported the GIFT Campaign. It is not too late to get involved if you would like to! Please contact either of us if you would like to make a new pledge or change an existing pledge and we will be happy to help you.

Donations can be made to the GIFT Campaign in church via the Sunday Offering. You are invited to use the brown GIFT Donation envelopes located on the table in the Narthex. Using these envelopes will ensure that your donation is properly allocated to the GIFT campaign, and that we have the correct information for tax receipts.

We give thanks to God for his blessings, grace and mercy.

Francis Christensen (613-831-0874)  
Alison Stortz (613-599-7176)  
or email: [gift@stpaulshk.org](mailto:gift@stpaulshk.org)



# Hospice Care Ottawa

Hospice Care Ottawa is a new organization formed in January 2013, an amalgamation of The Hospice at May Court and Friends of Hospice Ottawa. We are a community-based, charitable, non-profit organization providing high quality end-of-life care for terminally ill people living in Ottawa. All programs and services are provided at no cost to clients and their families.

We help people through their end-of-life journey by providing compassionate high quality care.

Hospice Care Ottawa Programs and Services:

- Day Hospice Program
- Home Support Program
- Residential Care Program
- Family Support Program (Caregiver & Bereavement Support)
- Additional Services: Community Education, Client Advocacy, Volunteer Training, Transportation, Information and Referral

Our New West End Location:

Hospice Care Ottawa Ruddy – Shenkman Hospice will be moving into our new location at 110 McCurdy Dr. Kanata (the former Trinity Presbyterian Church) in the new year. This location will provide all our programs and services and after sufficient funds are raised, will be home to our new 10 bed Residential Hospice Facility.

Please visit [www.hospicecareottawa.ca](http://www.hospicecareottawa.ca) to find out more about our programs and services, or information about how you can help.

Locations:

Central West Hospice  
1400 Carling Avenue, Ottawa, ON K1Z 7L8  
Tel: 613.688.4579

May Court Hospice  
114 Cameron Avenue, Ottawa, ON K1S 0X1  
Tel: 613.260.2906

Ruddy-Shenkman Hospice  
110 McCurdy Drive, Kanata, ON K2L 2Z6  
Tel: 613.591.6002



## St. Paul's offering envelopes and PAW program

2014 Offering envelopes are now available and are in boxes on a table in the Narthex. **Please destroy all old, prior-year envelopes as some numbers may change for 2014.**

It's not too late to get a box! Parishioners who donate regularly by way of cash or cheque without using offering envelopes are asked to consider requesting a box of envelopes because this makes the recording of donations much easier and leaves less room for error. We order a supply of extra boxes to issue to new parishioners throughout the year, so we have enough to fill any requests. To request a box, please fill out one of the envelopes found in the pews and place it on the Offering Plate.

We also offer the PAW program (Pre-Authorized Withdrawal) for monthly donations, which is a convenient way to donate to St. Paul's. The PAW program is helpful to our treasurer, especially during the summer months when cash flow fluctuates. Small wooden fish or crosses are available each week for those who wish to put something on the Offering Plate. PAW application forms are on the table in the Narthex.

Questions? Please contact Bob or Nancy Moxley, or the church office.



## 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.*

Weekend outline plans are being formulated.

Maximum capacity on beds is 19, with room for two more on couches! If there are more than 20 women interested we will book a second weekend.

Costs at the moment are being worked out. Final total will depend on whether we are able to obtain a priest to lead us.

View the beautiful, peaceful venue at:  
[www.bethesdarenewalcentre.org](http://www.bethesdarenewalcentre.org)

For more information and to reserve your spot, call Lorna in the office at 613-836-1001, or Maureen at 613-862-6816.



## Education evening on grief and grieving January 28, 2014, 7:00 to 9:00 p.m.

In response to some recent Town Hall discussions regarding the need to address the topics of grief and grieving, St. Paul's Pastoral Team will be hosting an evening event at the church. This evening will be open to all who are interested in learning some helpful, professional advice on the topic of Grief/Grieving.

*"Healthy Grief & Unhealthy Grief"*  
With Speaker - Ian Henderson

Ian Henderson is a well-known Grief Counsellor and Speaker. The Pastoral Team has heard Ian speak at a

few sessions at the Ottawa Pastoral Centre and is pleased that he will be coming to St. Paul's.

Please take this opportunity for yourself (bring a friend) to come listen, learn and ask questions.

*Minx Mulhall*



# Loss of short term memory? Brain fog?

There is hope.

by David Gilbert

Over the past decade, I've lost count of the number of forty-something women who were complaining that their short term memory was going. They were developing brain fog, irritability and often losing their physical stamina as well. One brilliant and accomplished woman who came to me felt she could power through the memory and irritability problems, but her loss of physical stamina was such that she was afraid she couldn't do her beloved bike tours anymore.

There are steps anyone can take to help minimize these symptoms in the first place:

- Daily meditation reduces the metabolic demands on the body.
- Adequate physical exercise helps normalize gene expression; there are over fifty genes which don't express properly without enough physical exercise.
- Eating a well balanced nutrient-dense diet with some protein each meal and without much in the way of refined carbohydrates and particularly fructose, helps provide essential nutrients.
- Getting seven to eight hours of sleep each night is highly beneficial, as well as improving productivity and performance.

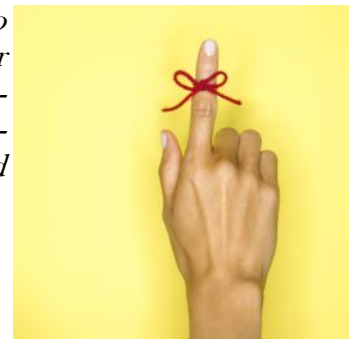
All of the above will help support ongoing physical and mental health, but sometimes they're not enough.

Fortunately, most of my clients have reported that simply normalizing the cell membrane and mitochondrial electrical charges (potential) and adding a sophisticated funded (free) nutrient/enzyme protocol\* has allowed them to return to normal functioning again. The short term memory returned, the brain fog and hyper irritability stopped or greatly diminished and their physical stamina returned.

When the above issues were accompanied by high anxiety/stress, many found that having a few audio/visual brain entrainment sessions to shepherd the brain into time of day appropriate arousal states and improve hemispheric integration, to be highly beneficial.

*\*Program funding is available to women ages 40-60 with short term memory and/or brain fog challenges for at least four weeks. Participants are required to give permission for their ongoing symptom responses and program information to be shared with their physician(s).*

Yours in good health,  
David Gilbert



## Cornerstone "Welcome Bag" project needs you!

### Sewing projects due back March 16



Do you like to sew? We need you! 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. **But, before we can fill the bags, we need to make them!**

If you like to sew, please lend your talents to this project. Kits with material and sewing instructions will be available January 12 at the back of the church. Please return completed bags by March 16.

For more information, contact Philippa Wilson or Sheila Evans.

# The buzzard, the bat and the bee

If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.


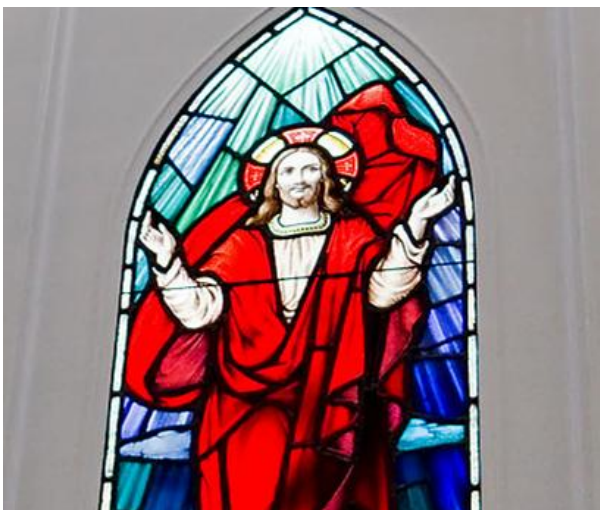
The ordinary bat that flies around at night, a remarkably nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

In many ways, we are like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up! That's the answer, the escape route and the solution to any problem...

Just look up!

*Submitted by Charlie Boole*



## 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)

### 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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