

# CORNERSTONE

March, 2013

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

**9:45 a.m. Wednesday** – Eucharist and Bible Study

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

**9:30 a.m. to noon Sunday** – EPIC, for youth aged 10 to 18

*Join us for  
Holy Week  
Services*  
(schedule on page 3)

## Inside this issue:

- Messages from Father John and Father Craig
  - Easter Sunday Breakfast
  - PWRDF Updates
  - Waupoos Animals
  - Spaghetti Dinner and Euchre Evening
  - The Kilby Dancers
- ...and more!

April edition  
deadline:

Tuesday, April 9, 2013

Please send submissions to:  
cornerstone@stpaulshk.org



## A message from Father John

### Why do we love Easter?

Our Church services will be full and joy-filled this year at Easter. I know that will be true, because every year people tell me how wonderful and meaningful the services are. I know that the Church will look beautiful and the services will be filled with faith. We will together make the claim that Christ Is Risen. And we will proclaim a Hope that is the foundation of our common Faith.

Easter will come at the end of Holy Week which can only be described as emotional and full of highs and lows. Palm Sunday, Holy Week, Good Friday will tell our story: despair followed by hope, anger followed by joy, frustration followed by peace, and doubt followed by faith. In addition, these conflicting emotions are preceded by our observance of Lent. We will have studied harder, prayed more, denied our selves. It seems a bit like a roller coaster ride.



## From the desk of Father Craig

### The hope of Resurrection!

We are people who know the “rest of the story”! The rest of the story is the heart of the story of Easter, God’s kingdom, presence and power, breaking in and a new creation beginning.

Our hope is in something more than Jesus’ body being dead and then coming to life again. In and through his bodily resurrection, Jesus conquered death! The one who died on the cross rose, met the disciples, ate with them and taught them.

Through his rising, we as believers have a confidence that is on a sure foundation. And it all begins on the first day of the week! The day of new creation. The exciting part is that we are called to participate in this “new creation,” this kingdom life!

Most of our society only wants painted eggs and chocolate bunnies – little pieces of happiness, which give us a small bit of pleasure, but will eventually fade away. The Church, however, invites us into a new way of seeing and living life. God calls us into a lasting partnership that can renew and sustain us forever.

The signs of spring are slowly starting to appear and we hope that winter will soon be gone. The sun seems to be getting stronger and the Church waits with hope and anticipation for our annual celebration of Easter. Easter is the central celebration of Hope. Although Easter celebrations are surrounded with beauty and ceremony, there is much more meaning in our yearly commemoration. God’s Love for us knows no limits. Even death has no power over God’s Love. Come let us join together and rejoice.

Come and celebrate the Hope we share in God!

As Bishop N. T. Wright reminds us, Jesus is the living water, but he also calls his church to be living water. This is the water that pours over the dry, barren land bringing forth flowers and fruit for all.

Last month I wrote, “Anglicans have always understood that being “put to rights” begins with being one in Christ through baptism, not just so that heaven is open to us, but in order that we should participate in building the kingdom up here on earth.”

As we approach the joy of the Paschal Celebration, it is good to ask what this kingdom work might look like in Kanata. What would that look like in our homes, workplaces, in Ottawa as a whole?

On Ash Wednesday I went with the youth down to St. Luke’s Lunch Club to feed those on the streets.

*(Continued on page 3)*

(Continued from page 2)

It is a ministry of the church for the world. Our grades 4-7 went to the bird sanctuary. They learned how to care for God's creatures.

Some of you might be facing your own personal challenges at the present. If you are in need of some refreshment, come into Jesus' life-giving presence. Gather together for prayer and the living waters of the Eucharist.

If you have been baptized maybe you are feeling a call to soak in the living waters that are Jesus Christ. Come and talk with Fr. John or myself. We would be honoured to help you more fully share in the love that God in Jesus has to offer!

Praying every blessing of the Easter Celebration!

In Christ,  
Fr. Craig

## Lenten Adult Education

"A Life of Faith" – **Wednesdays at noon** (following the 10 a.m. Bible Study and Communion), a Monk's lunch will be served.

Stations of the Cross – **Fridays at 10 a.m.**

"Surprised by Hope" – **Tuesdays at 7:30 p.m. in Rutter Hall** (please sign up on the sheet in the Narthex).

## Holy Week Services

<b>PALM SUNDAY</b>	March 24	8 a.m., 9:15 a.m. & 11 a.m. God Squad meets in the hall before the 9:15 and 11 a.m. services.
Holy Monday	March 25	9 a.m. Morning Prayer, 10 a.m. Communion
Holy Tuesday	March 26	9 a.m. Morning Prayer, 10 a.m. Communion
Holy Wednesday	March 27	9 a.m. Morning Prayer, 10 a.m. Bible Study and Communion
Maundy Thursday	March 28	9 a.m. Morning Prayer, 2 p.m. Communion, 7:00 p.m. Maundy Thursday Service and Stripping of the Altar
Overnight Prayer Vigil	March 28-29	9 p.m. to 9 a.m. Prayer Vigil
<b>GOOD FRIDAY</b>	March 29	10 a.m. Service, noon Kanata Walk of the Cross starts at St. Paul's
<b>EASTER SUNDAY</b>	March 31	6 a.m. SUNRISE SERVICE followed by Easter Morning Breakfast, 8 a.m., 9:15 a.m. & 11 a.m. God Squad special Easter activity in the hall following the 9:15 and 11 a.m. services.

## Easter Morning Breakfast

Easter Sunday is coming very quickly, March 31, just 3 weeks away. The service starts at 6 a.m. in the church and breakfast is served immediately afterward.

There will be gluten-free breakfast food for those who cannot have gluten in their diet. I would like to hear from those who are on a gluten-free diet because we are working towards making St. Paul's more inviting by offering gluten-free food at all meals/food related events here. Your input would be appreciated.

We will need help in the kitchen organizing the food after the Good Friday service. We also need help on Easter Sunday morning with getting the prepared food out and then help with the cleaning up afterward.

We will putting clip boards out for you to sign up and I may tap you on your shoulder and ask you.

Please give me a call if you need more information or can help. You can contact me at 613-226-6813 or at [heather.colls@rogers.com](mailto:heather.colls@rogers.com).

Heather Colls



## News from The Primate's World Relief and Development Fund (PWRDF)

### Care for displaced Syrians

by Philippa Wilson

February 1, 2013, by Simon Chambers

Newly arrived children get registered for school in the Zaatari Refugee Camp, located near Mafraq, Jordan. Opened in July, 2012, the camp holds upwards of 20,000 refugees from the civil war inside Syria. International Orthodox Christian Charities and other members of the ACT Alliance are active in the camp providing essential items and services.

In the last week of January 2013, 21,000 Syrian refugees arrived at the Za'atari refugee camp in Jordan, according to UNICEF. Canada has announced an additional \$25 million to aid the victims of the violence in Syria, part of the UN's requested \$1.5 billion humanitarian response to the crisis. PWRDF continues to respond to the emergency through the ACT Alliance and now through the Canadian Foodgrains Bank.

PWRDF has contributed \$20,000 to a Canadian Foodgrains Bank project which is providing food to 5000 families for five months, including food baskets of rice, bulgur wheat, pasta, oil, lentils, tea, sugar, salt and canned meat to displaced people in the Qalamoun area of Syria.

Last August, PWRDF joined the ACT Alliance's



Photo: Paul Jeffrey/ACT

appeal to provide humanitarian aid for refugees fleeing the violence, helping to provide to over 7,000 families in the region. This aid included food, hygiene kits, bedding, support to health workers, provision of psychosocial counselors, support for students to continue their education and cash for work initiatives to relieve financial strains on hundreds of families.

*"The humanitarian crisis in Syria has reached desperate dimensions. The conflict has lasted 22 months. People are sleeping in the streets, unable to fulfill their basic needs, and there is a fear that the suffering will be exacerbated by the harsh winter and protracted conflict. Humanitarian aid should be rapidly scaled up with a massive increase of funding. Currently, the efforts remain severely underfunded,"* says John Nduna, General Secretary of ACT.

To donate to this relief effort:

- On-line: [www.canadahelps.org](http://www.canadahelps.org) for "Syria Response"
- By Phone: For credit card donations contact: Jennifer Brown 416-924-9192 ext. 355; 1-866-308-7973. Please *do not* send your credit card number by email or fax.
- By Mail: Please make cheques payable to "PWRDF", mark them for "Syria Response" and send them to:  
The Primate's World Relief and Development Fund,  
The Anglican Church of Canada,  
80 Hayden Street, Toronto, Ontario  
M4Y 3G2
- On the Collection Plate: Place in a PWRDF envelope (on the table beside the door) cheques payable to PWRDF and mark them for "Syria Response"

# PWRDF Lenten Poverty Challenge

## St. Paul's responds

by Philippa Wilson

To raise awareness of poverty issues, the Anglican Diocese of Ottawa's PWRDF Working Group challenged every parish in the diocese to hold an educational or fundraising event during the first week of Lent, 17-24 February, 2013 to raise awareness of poverty issues.

St Paul's response to the Poverty Challenge took a two-part approach:

1. To raise awareness and funds for PWRDF's campaign to assist the more than 650,000 Syrian Refugees currently seeking refuge in Syria's neighbouring countries and the many more internally displaced within Syria.
2. To remember those in our own neighbourhood who are in need.

### February 17 – Youth Helping Youth

Half of the more than 650,000 Syrians in refugee camps are children. With this in mind, the children in our parish took up the diocesan poverty challenge...

Our God Squad children hosted a Loonie/Twonic Drive, bringing their baskets to the congregation, and explaining to Fr John during the children's talk why there was a need. Our congregations responded and the children raised \$405.

Our Youth Group discussed between themselves

what they should do to raise money. They came up with the idea to sell bracelets. They offered two kinds for sale: one representing the Syrian flag and another the essential elements that people need to survive. Chloe Bowers stood at the lectern and eloquently told us why we needed to respond. Once again our congregation responded; our youth sold out and had to take orders for the following week. The Youth's table in the Church Hall to date has raised \$450.

### February 24 – Food Drive for the Kanata Food Cupboard

We do not need to go overseas to see people in need. On Sunday, February 24, we chose to remember those in need who are closer to home. We asked our congregations to bring in items for the Kanata Food Cupboard. As usual the generosity of our parish would bring in more than we expected – we more than filled the one shopping cart we had put out to collect your donations. The equivalent of three shopping carts of food was taken downstairs to the Kanata Food Cupboard.

**Throughout Lent, donations to the Monk's Lunches and our Lenten Study will also be collected for the Syrian refugees.**



## Rigby's Corner

The Ash Wednesday service has a prayer that is profound in its utterance...

*I invite you therefore, in the name of the Lord,  
to observe a holy Lent  
by self-examination, penitence, prayer,  
fasting, and almsgiving,  
and by reading and meditating on the word of God.  
Let us kneel before our Creator and Redeemer.*

Self-examination is a tough exercise because it requires SELF. The same SELF that is expected to step up to the plate for self-discipline.

Although Lent is a time for self-discipline to abstain from whatever we have chosen, isn't it also the time to reflect on what we have "given up" and determine that maybe, just maybe, we should be giving that up permanently? Or maybe taking on something, not just for Lent, but permanently?

What is God trying to teach us? I know we are called to read the word and meditate on it, which I enjoy, but God seems to use music to reach me.

I was preparing a devotional to give to a group of men, and strangely the song "The Boxer" by Simon and Garfunkel sprang into my head.

*I am just a poor boy  
Though my story's seldom told  
I have squandered my existence*

*For a pocket full of mumbles  
Such are promises  
All lies and jest  
Still the man hears what he wants to hear  
And disregards the rest.*

I decided to look up the biography and found that Paul Simon used the Bible often in his songs. Look at these words quoted here. Do they not speak loudly of the struggles we have as Christians in the world?

"Squandered my existence/For a pocket full of mumbles/Such are promises." I sometimes wish the commercials on TV were more mumbles instead of the screaming of "you need \_\_\_\_ to be happy!" Aren't these "promises" just mumbles?

"Still the man hears what he wants to hear/And disregards the rest." How much of the world do we hear and disregard the wisdom of the word of God? How much of our own thoughts do we hear and disregard the preaching of our Pastors? How much of our flesh do we hear and disregard the still, small voice of The Holy Spirit?

Ah the call... to self-examination, penitence, prayer... Come... Let us kneel before our Creator and Redeemer.

*Ray Brule*

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## FWYC Friday Study Group

**Our Friday evening adult study and social time will be starting up again on March 22.**

Come to St. Paul's from 6-8 p.m. Caregiving is provided for the children.

Please e-mail if you are interested in joining us. We will discuss study options closer to the date.

These are the Fridays we will be meeting:

March 22  
April 5, 19, and 26  
May 10 and 17

Miriam & Paul,  
[lmnop@kidscreate.ca](mailto:lmnop@kidscreate.ca)



# Feeding Waupoos Animals

## Mmmm... croissants!

The green bin in the church parking lot has been receiving lots of scrap food donations over the past few weeks for the animals at Waupoos Farm. Thank you for your willingness to help with the Waupoos ministry.

Waupoos Family Farm is a registered charity located just minutes south of the Ottawa airport that provides vacation opportunities and a Christian community to low-income families in Ottawa. The animals we have on the farm include chickens, a rooster, bunnies, pigs, turkeys, ducks, sheep and cats. These animals allow vacationing families the opportunity to fully experience farm life and learn how to tend to and care for the animals.

During the winter months, when the farm animals are unable to graze outside, feed expenses increase and we struggle to find funding to keep these animals fed. Your donations of scraps have provided enough food on a weekly basis to continuously feed the 3 pot-bellied pigs on the farm over the past few months. **THANK YOU!!**

As the snow melts and we move the animals outside, they will happily eat grass (and grubs). This will happen in a couple of months and we will let you know when donations of scraps will not be required again until the following winter. Until then, **please keep the bags of stale bread, peels and leftovers coming.**

We rotate the bins weekly. You will find either a large green Tupperware with a red lid or a City of Ottawa



green bin by the black composter in the church parking lot (by the playground fence). We try to pick up the food every Sunday and replace the bin with an empty one. If you don't see the bins, they are probably just buried in snow! Simply place your scraps, tied in a plastic bag, into the bin and close the lid.

Your continued thoughtfulness has made a big difference at Waupoos. By the way, to whoever donated a container of old croissants... Wilbur (our black male Vietnamese pot-belly) loved them!!

Blessings,  
Zdena Harder



**St Paul's**  
ANGELICAN CHURCH



## St. Paul's Social

### Spaghetti Dinner & Euchre

Saturday, April 13, 2013

Dinner: 5:30 / Euchre: 7:00 PM

Adults: \$ 10.00 / Children <12: \$ 5.00

Tickets:

Keech: 592-5069 / Moxley: 592-6652 / Mackenzie: 831-6472



# The Resume of Jesus Christ

Address: Ephesians 1:20  
 Phone: Romans 10:13  
 Website: The Bible.  
 Keywords: Christ, Lord, Savior and Jesus

## Objective

My name is Jesus – The Christ. Many call me Lord! I've sent you my resume because I'm seeking the top management position in your heart. Please consider my accomplishments as set forth in my resume.

## Qualifications

I founded the earth and established the heavens (See Proverbs 3:19). I formed man from the dust of the ground (See Genesis 2:7). I breathed into man the breath of life (See Genesis 2:7). I redeemed man from the curse of the law (See Galatians 3:13). The blessings of the Abrahamic Covenant comes upon your life through me (See Galatians 3:14).

## Occupational Background

I've only had one employer (See Luke 2:49). I've never been tardy, absent, disobedient, slothful or disrespectful. My employer has nothing but rave reviews for me (See Matthew 3:15 -17).

## Skills and Work Experiences

Some of my skills and work experiences include: empowering the poor to be poor no more, healing the broken-hearted, setting the captives free, healing the sick, restoring sight to the blind and setting at liberty them that are bruised (See Luke 4:18). I am a Wonderful Counselor (See Isaiah 9:6). People who listen to me shall dwell safely and shall not fear evil (See Proverbs 1:33). Most importantly, I have the authority, ability and power to cleanse you of your sins (See I John 1:7-9).

## Educational Background

I encompass the entire breadth and length of knowledge, wisdom and understanding (See Proverbs 2:6).

In me are hid all of the treasures of wisdom and knowledge (See Colossians 2:3). My Word is so powerful; it has been described as being a lamp unto your feet and a light unto your path (See Psalm 119:105). I can even tell you all of the secrets of your heart (See Psalms 44:21).

## Major Accomplishments

I was an active participant in the greatest Summit Meeting of all time (See Genesis 1:26). I laid down my life so that you may live (See II Corinthians 5:15). I defeated the archenemy of God and mankind and made a show of them openly (See Colossians 2:15). I've miraculously fed the poor, healed the sick and raised the dead!

There are many more major accomplishments – too many to mention here. You can read them on my website, which is located at: [www \(dot\) the BIBLE](http://www(dot)theBIBLE). You don't need an Internet connection or computer to access my website.

## References

Believers and followers worldwide will testify to my divine healing, salvation, deliverance, miracles, restoration and supernatural guidance.



## In Summation

Now that you've read my resume, I'm confident that I'm the only candidate uniquely qualified to fill this vital position in your heart. In summation, I will properly direct your paths (See Proverbs 3:5-6) and lead you into everlasting life (See John 6:47).

When can I start? Time is of the essence (See Hebrews 3:15).

**Please share this resume with everyone you know, you never know who may have an opening!**



## The Kilby Dancers

Open House on April 18, 2013

Next month it will be the anniversary of the terrible accident in Portugal that took the lives of Angela and Nigel Kilby. As many of you know, Nigel and Angela loved to dance. When our new church was built, Nigel organized a Fun Folk Dance Session in the parish Hall. Since Nigel's funeral the group has continued to meet on Thursdays from 10 to 11:30 a.m. and named itself "The Kilby Dancers."

To commemorate their passing, The Kilby Dancers are holding an Open House on April 18 when we shall remember the founder of the Folk Group, Nigel, who was always encouraged and supported by his lovely wife Angela. Please mark this date in your diary. We will begin at 10 a.m. and finish at 11:30 a.m.

We invite all of you who may or may not have been involved in the folk dancing at some time or another to come and see how we are continuing Nigel's traditions. We propose to demonstrate dances and then invite those less familiar with the dances to get up and join us if they wish. In this way we hope to show how much we enjoy ourselves with an activity that is good for the mind and the body.

You do not need a partner, just a pair of comfortable shoes and the wish to have fun. We hope to see you all on the April 18!

*Margaret Jones*

PS As Nigel used to say, "If you can walk, you can dance!"

## Kanata Food Cupboard

Volunteers needed

Do you have a few hours to spare every six weeks for the Kanata Food Cupboard? The St. Paul's team is responsible for providing volunteers to cover one week out of every six. Our community needs us as much as ever!

In the month of January, the Kanata Food Cupboard saw an increase of 100 families over January 2012. The new process which allows families to shop for their groceries on Mondays, Wednesdays and Thursdays is going over great and sure makes our shopping days go quickly. We are finding this much easier on the volunteers and we finish up and get home earlier.

We need people to help clients shop for their food on Monday, Wednesday and Thursday evenings. We also need a volunteer to sit up front greeting clients on those same evenings. Tuesday and Friday nights are delivery nights, and we need people at the Food Cupboard to pack the orders and teams of 2 people to deliver the orders to the clients. The more people we have, the faster we can go, so much help means we get home faster!

For more information about St. Paul's Food Cupboard team, please come and see me, e-mail me at [heather.colls@rogers.com](mailto:heather.colls@rogers.com), or call me at 613-226-6813.

Thank you!  
*Heather Colls*

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## 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)

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