

CORNERSTONE

March, 2015

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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

12:00 noon Lenten Lunch ‘n’ Learn (various speakers)

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

Inside this issue:

- Messages from Father John and Father Craig
- Reading with Rowan
- Augustine College Lecture
- Giving up Negativity for Lent
- E100

...and more!

March edition deadline:
Tuesday, March 31, 2015

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

Sunday morning—Why do we do what we do?

Why do we do the things we do in our Sunday morning liturgy? There are many ways to celebrate God's love. Different denominations have unique ways of worshipping. In addition every Anglican Church I go to, has its own feeling and emphasis. St. Paul's has a particular way of conducting the Sunday morning service. Each of our three services have their own unique feelings. At Vestry this year I asked people to make some suggestions about things they would like to happen in the liturgy. I want to thank everyone who gave us suggestions. We have started some of the suggestions and are looking at some of the other ideas. Here are a few of the things you asked us to consider.

- 1 More involvement of the youth in our services.
- 2 Give more time for thanksgivings and testimonials on Sunday.
- 3 Find some time in the liturgy for quiet and reflective.
4. Lots of suggestions around music.



From the desk of Father Craig

As we begin our Lenten journey I have been thinking of some of the words we so often use in Church. All through lent we will replace the Glory to God with the Lord have mercy. **Mercy** is a big word in the life of the Church (and other faiths for the matter). **Mercy** is found throughout scripture Eph 2:4-5, Psalm 103:4, Matt 6:7, Psalm 111:4, Titus 3:5, and 1 Pet 1:3 to name a few.

Mercy is what we do not get even though we surely deserve it. What we do deserve is the wrath/justice of God (John 3:36), instead He abstains from giving us what we deserve (that's **mercy**).

As followers of Jesus we go a couple of steps further, our God does for love of us. That's where **Grace** comes in. Not only does God withhold what we deserve, but he offers us a gift that we didn't merit (that's what we call **grace**!)

In writing to the church at Ephesus Paul says "In him we have redemption through his blood, the forgiveness of

But most of what we received were questions rather than suggestions. After talking with Craig, I think that we will organize an evening about the liturgy and try to answer any questions that people might have. I really appreciated the ideas and the questions people have and we will try to find some answers and share an evening after Easter to have an education evening about the liturgy.

It is also great to hear ideas that people get when they visit other churches. We do a lot of things well in our community, but sometimes we need to see find new and effective ways to make our common worship more complete.

If you have any questions we are happy to try and answer them.

Peace,

our trespasses, according to the riches of his **grace**, which he lavished upon us" (Eph 1:7-8) and "For by **grace** you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast" (Eph 2:9).

So **grace** is not something we deserved or something we had/have a right to. As one writer puts it, "Grace greets us with open arms when we finally realize our performance-based lifestyle will never work. Grace reminds us that everyone is invited to God's party—no one is beyond redemption or restoration."

End of the story? No.

As retired Methodist Bishop William Willimon puts it, "Grace is more than some benign, sweet syrup poured over us by a God who only says, "I love you just as you are; promise me you won't change a thing." **Holiness** of heart and life demonstrates to the world that Christ is able to not only love us as we are but also change us into what he would have us be. **Holiness** is Christ not only forgiving our sin but also redeeming us and utilizing us

(Continued on page 3)

(Continued from page 2)
for his work in the world.”

You have it, we are called to be **holy**. To observe a **holy** lent.

Our culture might tell us that **grace** is “benign” and that being **holy** is out-of-date and will suck every drop of fun out of you. Neither could be further from the truth. **Holiness** reminds me that even though grace met me right where I was, God’s love does not end there. God’s love wants to truly free me and take me places I couldn’t have dreamed of. **Holiness** confronts also challenges me not to take shortcuts or always compromise, and teaches that “No” can be a faithful re-

sponse. **Holiness** should always remind us that our road to becoming “Christlike” is never finished.

Holiness leads us back, with thankful hearts, to God’s **grace** and **mercy**!

Thanks be to God,
Fr. Craig +



OUR PILGRIMAGE

Johan de Jong

Condensed & paraphrased
from Dom John Main,

Silence and Stillness in Every Season, ed. Paul
Harris Continuum, New York 1997, p 347

Lent is an annual renewal that focuses on the path to God. One of the challenges we encounter following Christ is that we have to learn to become permanent pilgrims on his path, to be always on the way, with a mind open to all that happens and a commitment to serve uncluttered by selfish preoccupations. Our usual inclination in life is to gather stuff, seek stable comfort and arrest time, to linger and enjoy all that was gathered. Instead we should tread a path of alert awareness, of empathy for all we meet along the way, while sharing our energy where needed.

The Bible describes this path as a narrow and difficult one, yet it broadens while we proceed. Finding the path means to avoid seeking oneself and to consider the pilgrimage as an absolute task, a call towards meeting God in our life, a summons to be unified with his work in

the world and a commitment to continue to follow him, whatever happens on the road.

Proceeding on this challenging but exhilarating path, we will learn with increasing clarity, that the power to overcome all trials in life and the perseverance needed to reach our desired destination will be given to us, without asking, will arise from an inner source deep within us, the presence and the love of God in our very being on the path.



“Come and Journey”

Giving up Negativity for Lent

By Laurie-Ann Copple

We are often told that during Lent, we are to give something up and take something on. Often folks give up coffee, tea, chocolate and other sweets. One year I gave up television, and another credit cards. Others give up Facebook and other social media. This year I wasn't sure what to give up, until I began working on February's article for my website, *Ways to Grow in God* (waystogrowingod.org).

I just finished the third article of a series on thankfulness and gratitude. Originally I had planned to write only one post on thankfulness. However, there was so much more to the topic than I realized! It has turned into a mini-series on one of the many ways to grow in our Christian faith.

One major barrier to thankfulness and gratitude is a complaining attitude. You may remember that ingratitude, grumbling and complaining kept the Hebrews in the desert land between Egypt and Canaan, the promised land. This attitude can also keep some of us stuck in the quicksand of nags, doubts and complaints and it feels like we are pulled down by this bog. This situation can even be life threatening! Endless complaining and nagging steals the joy and life out of you, even if you try those methods to motivate, they often back fire.

I've been learning more about the "joy of the Lord," which the Old Testament prophet Nehemiah calls our strength (Neh. 8:10). That joy actually is more of a deep contentment and trust in God than actual laughter, but it can include this as well. It is an unshakeable knowing that God is faithful; you believe you will be okay despite difficult circumstances. It is a joy that comes even in suffering, and is far deeper than the optimist's 'half-full' glass. It is more like the cup of thankfulness that runs over (Psalm 23:5).

So, since I want more of that joy, I'd like to take a stand on negativity and complaining in my own life. If I have a problem, there is a solution. If I am impatient, I am leaving my struggle in God's hands.

So I will try a negativity fast. Pastors Steve and Wendy Backland of Igniting Hope Ministries encourage this kind of fast for forty days (which is the length of Lent without counting the Sundays). Christian neuropsychologist Caroline Leaf also works on the same principle in a 21 day period (only concentrating on eradicating one negative thought pattern rather than many).

A negativity fast also would include feasting on and thinking positive thoughts, like Philippians 4:8 encourages us to do: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things (Phil. 4:8 NIV).

One positive thing that *you* may want to do this Lent is to read posts on my devotional website waystogrowingod.org. Some of you might recognize some of the writing from early Cornerstone pieces, although I've added so much more. There are many positive topics to help you grow in your faith journey; and thankfully, I will have many more to come.

Blessings,
Laurie-Ann Copple



E100

by Maureen Anderson



"Be holy, for I am holy". Lev. 11:45b

"Observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the Word of God." BAS, p.282

LENTEN EDUCATION EVENTS:

TUESDAY EVENINGS:

Please join us for Bible reading Teaching and Fellowship on the six Tuesdays in Lent from 7:30 - 9:00 p.m. in Rutter Hall. Our priests will be leading these evening sessions:

Father Craig	February 24
Father Charlie	March 3
Father Bill	March 10
Ven. Sally	March 17
Father John	March 24
Father Craig	March 31

All are welcome to attend!
PLEASE SIGN-UP IN THE NARTHEX.

WEDNESDAY MORNINGS:

Please join us for Bible reading Teaching and Fellowship.
10:00 Bible study and Eucharist
12:00 Worship, E100 speaker and a Monk's lunch

Father Craig	February 25
Father Charlie	March 4
Father Bill	March 11
Ven. Sally	March 18
Father John	March 25
Father Craig	April 1

Romans 10:17

"Faith comes from hearing the message, and the message is heard through the Word of Christ."

Matthew 4:4

"We do not live by bread alone, but by every word that comes from the mouth of God"

The Navigators is a worldwide Christian para-church organization whose purpose is the discipling (training) of Christians.

They also publish resources such as Bible study booklets and study aid materials, Scripture memory aids, and Christian-oriented books. These are produced through the organization's NavPress publishing group, The following list of seven directive questions from The Navigators may help you apply the Word of God to your life when reading a particular passage:

1. Is there an example for me to follow?
2. Is there a sin for me to avoid?
3. Is there a command for me to obey?
4. Is there a promise for me to claim?
5. What does this particular passage teach me about God, or about Jesus Christ?
6. Is there a difficulty for me to explore?
7. Is there something in this passage that I should pray about today?



Reading with Rowan

By Johan de Jong

Selected sections on reading the Bible from:

(1) Rowan Williams, *Being Christian - Baptism, Bible, Eucharist, Prayer*, William B. Eerdmans, Cambridge, UK, 2014, Chapter 2 Bible, p 21-36 & (2) Rowan Williams, *Tokens of Trust*, Westminster John Knox Press, Louisville, Kentucky, USA, 2009, Chapter 5 God in Company, p 121-126

Hearing & Responding!

Church - We are a hearing community, called upon to respond! "Christians are people expecting to be spoken to by God." (p 21) The Bible "declares that it communicates what God wants to tell us. (p 23) Where is God's message in the great historical depth and the bewildering diversity of all the topics - hymns, laws, poetry, stories, visions and wisdom ... - raised in the Book? How can all of this be addressed to us? "The simplest way in which we can understand this is ... this is what God *wants* you to hear." All of it! (p 25) "Martin Luther said about the Bible, *de te loquitur*, 'it's talking about you.'" In that sense, Scripture always stands alongside sacrament as the measure of who we are." (p 121)

Bible - But why is it important that we hear all that? Rowan gives one significant, but only a partial answer: an "analogy from the Bible itself ... Jesus tells stories ... a series of pungent, dramatic little narratives which you have to digest, allow to work on you; and when that has happened, you have to decide what has changed as a result of hearing the story. Listen ... Observe ... and at the end of the parable, where are you now?" (p 26) Then, placing

yourself in the story, ask the question that matters, Who am I in this story? Do not rush into conclusions or decisions but listen to God saying: "This is how people heard me, saw me, responded to me; this is the gift I gave them; this is the response they made ... Where are you in this" (p 27) "The point is to look at God, look at yourself, and to ask where you are in the story. Are you capable - *in the light of the Bible itself as a whole* - of responding more lovingly or faithfully than ancient Israel?" (p 28)

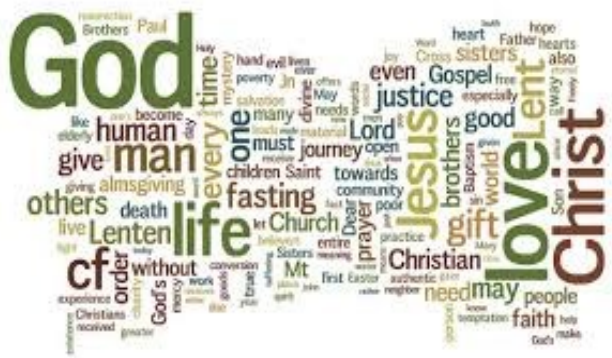
Approach the Bible as if it were a parable of Jesus" ... but remember that Jesus' parables are simple contemporary stories ... drawn from every day personal situations, while the societal sweep of the Bible is much wider and reaches farther back in time. Read the Bible within the spirit of unity in which it has been written, like prayer a communication with God, do not get bogged down in the sometimes puzzling social and historic details of individual stories in the Old Testament or in conflicting reports in the Gospels, "the force of the story is the same, *de te loquitur*, 'it's talking about you!'" (p 126) Listen!



(Continued on page 7)

Christ - "As Christians read the Bible, the story converges on Jesus." (p 34) He is the person who will guide us through the Old Testament. teach us how to listen, hear God and help us to respond to him in each of the situations presented in the history of his people Israel. And in the New Testament he will show us how through his life, death and resurrection, he provided us with a new relationship to God. "So reading the Bible is about listening to God through Jesus ... letting the Holy Spirit bring you inside the story of how God related to the ancient Israelites and early Christian believers - letting the Holy Spirit bring you inside the story so that you recognize it as your story." (p 36)

"The church shows itself as what it truly is as it listens to the Bible. It is gathered so that it can listen to what is now its own story, not just the record of people long ago." (p 121) Jesus Christ is the primary and central witness in history to God, not the Bible. But the "inspiration" of the Book "is its capacity to be a vehicle for the Holy Spirit, making Jesus vividly present to our minds and hearts, and so making his challenge and invitation immediate for us." And, "What badly needs to be recovered now is the sense that the Bible is to be read *in company*." (p 124)



Ways to Grow in God

By Laurie-Ann Copple

If you miss the Ways to Grow in God articles that I used to post in Cornerstone a few years back, you can read them online. I went online two years ago (March 2013) with my first post, and have since gone far beyond the articles that I used to write for St Paul's. What is exciting is that people are reading these from all over the world! So I thank all my readers and friends from St. Paul's who have encouraged me in this ministry over the years.

Post topics include:

- Slow down and let God's love fill you
- Allowing God's grace to overcome speedbumps
- Growing through relationship: Communion of Saints
- Growing through Relationships: Mentorship & Spiritual Friendship
- Becoming Holy: Choices, Obedience & Integrity
- Becoming a child who trusts our Father
- Growing through Prayer: ACTS & Prayer Journaling
- Prayer & Fasting
- Growing through Suffering & Difficult Times
- Growing through Bible Study
- Growing through Worship: in Spirit & Truth
- Growing through Worship: Cultural Forms
- Worship is not just one part of life
- Growing through Pilgrimage
- Growing in God through the Desert
- Growing in God through Social Conscience
- Talks in Africa
- Growing through Service & Compassion: Stop for the One
- Growing through Love & Service: What will you do with your gift?
- Growing in God through thankfulness: What are you thankful for?
- Selah: The Pause between Thankful & Grateful
- Growing in Gratitude: The Cup of Thanksgiving

waystogrowingod.org

Augustine College Lecture

Friday, March 6, 2015

Augustine College is pleased to announce the 17th annual **Weston Lecture**, a free public lecture given this year by **Dr. R.R. Reno** titled *Against Critical Thinking*, Friday, **March 6, 2015** at 7:30 pm at the Saint Paul University Auditorium, 223 Main St. Ottawa.

Dr. Reno has served as the editor of *First Things*, America's most influential journal of religion in public life, since 2011. He received his PhD in theology from Yale University, and taught theology and ethics at Creighton University in Omaha, Nebraska for twenty years. He has published in many academic journals, and his opinion essays have appeared in *Commentary*, the *Washington Post*, and other popular outlets. His most recent books include *Fighting the Noonday Devil*, *Sanctified Vision* and a commentary on the Book of Genesis.

In his talk, Dr. Reno will argue that the life of the mind is based on our capacity to know and affirm truth. Today's academic culture overemphasizes critical questioning and doubt. This fails to train us how to assent to truth. For that we need a pedagogy of piety, which means an approach to instruction that is ordered toward that affirmation of truth.

Information on the lecture is also available on our poster, at [News and Events/Latest News](#) on our website, and on our [Facebook event page](#). Dr. Reno's presentation will be made available on our [YouTube Channel](#) in the weeks following the lecture.

The annual Weston Lecture has presented our students and members of the public with a brilliant example of how faith and reason may be united in a mutually strengthening way, a tradition inaugurated through the generous support of George Weston Limited. The Lecture is given by an invited speaker whose field of endeavour is pertinent to the Augustine College academic program. Please forward this information to others who may be interested.

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Chicken BBQ

By Mathias Joost



Mark your Calendar - Chicken BBQ

St. Paul's annual chicken BBQ will be held Friday, June 5th. Enjoy the start of the summer with a juicy half chicken cooked to perfection by St. Paul's master chefs, or the delicious homemade cole slaw made from St. Paul's secret recipe. Ticket sales will start in May.

For our dedicated volunteers, sign-up sheets will be in the Narthex in May. And if you haven't participated in the BBQ, give it a try. It's a fun time for socializing and to help the church.

See you all in June. Blessings, *Mathias*





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

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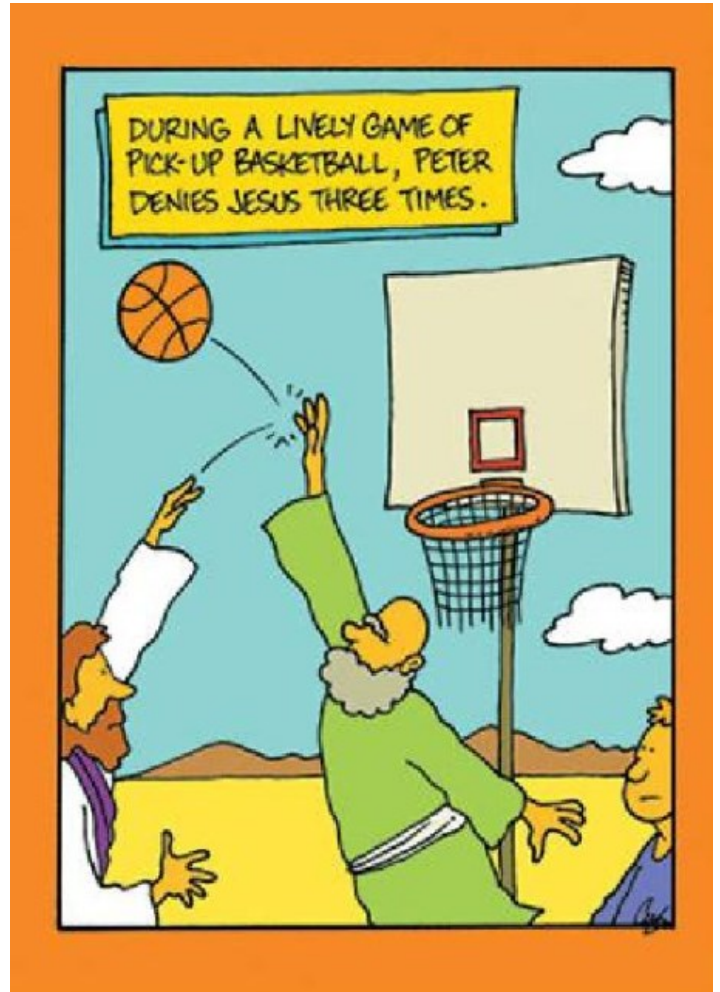
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Cartoon by Cuyler Black, submitted by Darrell Small

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