

CORNERSTONE

May, 2014

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. EPIC 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

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

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

Inside this issue:

- Messages from Father John and Father Craig
 - Pentecost Party June 8
 - Congratulations to Melissa Clark
 - Welcome Bags Due May 11
 - Town Hall on May 20
 - Blessings Through Faith
- ...and more!

Summer edition deadline:
Tuesday, June 3, 2014

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

What is a Deanery, and why are we praying for them?

The Anglican Church of Canada has 4 ecclesiastical Provinces with 29 Dioceses. Our Diocese (the Diocese of Ottawa) is part of the province of Ontario. Our Diocese is divided into Deaneries and our parish is part of Carleton Deanery. The Deanery is a group of churches that work together and share some resources to further the mission of the Church as a whole.

In the past few months we have added specific prayers for the Deanery each Sunday to the prayers of the people. We have begun this practice as a result of a meeting that took place in Richmond, Ontario. We gathered the deanery to look at some of the concerns and issues we have in common. With the increased cost of maintain buildings and staff positions, many parishes are concerned with the future.

When we came together we acknowledged some of the



From the desk of Father Craig

Alleluia, Christ is risen!

He is risen indeed, alleluia!

And so we give thanks for the hope we have in Jesus Christ, the risen Lord! It is a hope that gives a frail human like me courage. Not in anything I can do, as our preacher this past Sunday, Elizabeth Kennedy, reminded me. Courage because it is God's will and power that I live, and live abundantly. Because the path of power that I would want to choose is very much that of the world.

I would wish to change the world for the better by making my own choices, the ones that would have me gain influence by looking a little better, much room to improve there, by having more money, more friends, ... you can fill in the blank. But, as J. R. Tolkien so wonderfully illustrates in the Lord of the Rings, Gandalf, the grey (then white) wizard, doesn't wish to hold the "ring of power" because in wishing to do good with the

difficulties we shared, but we also began to talk about the opportunities we had if we worked together.

To begin the process, we promised to pray for each other and to invite people to think about and pray for the future of the Church. The Church has changed dramatically in the past 25 years and will continue to change in the future.

I believe that we need to look at ways we can share resources and ministries. We are stronger when we work together. I hope that you will join in the conversations and help us to work out creative ways of being together in Ministry. We know God will continue to bless us on our journey.

May God Bless us in our Journey,

Fr. John

power of the world, he might do much harm.

No, if there is one thing the cross and Easter tell us, it is that we are to become powerless in the eyes of the world; to pick up our cross and follow him, Jesus. That's how we say yes. That's how we reclaim our baptismal vows. This takes shape when we celebrate in word and sacrament what God has done for us in acts of praise, prayer, healing and reconciliation.

Marriage is a sacrament where all these seem to come into play. Marriage is a profound symbol of God's working in the world. This is particularly so in the Gospel of John, which we are presently following in the lectionary. And although I have given thanks for Mary-Catherine many times publically, I want to make explicit the amazing way she draws me further into my Christian journey, by drawing me deeply into

(Continued on page 3)

It's the Church's birthday! Come help us celebrate.

Sunday, June 8, 2014

It's a Birthday Party

If you are **4 to 12** years old
St Paul's God Squad
 invites you to come
 and
 join in the **Birthday** celebration

When: Pentecost Sunday
 June 8, 2014
 at 9:15 or 11 services.

Where: Rutter Hall

St Paul's Hazeldean Kanata
 20 Young Rd, Kanata ON

(Continued from page 2)

the sacrament life of the Church, the body of Christ.

Easter is a time to drink deeply of the cup that Christ offers. I thank God that my parents, Mary-Catherine, Sarah, Eva, Chloe and now, little John, have challenged me to be faithful to this calling!

A blessed Paschal season!
Fr. Craig+

Cursillo news Ultreya!

Spring Workshop:
 Saturday May 10, at St. Stephen's Anglican Church

Next Ultreya:
 Wednesday, May 21, 7:30 p.m. at Good Shepherd
 Barrhaven

Summer Ultreyas:
 June 18 – Maureen Anderson (music)
 July 16 – Don Krull (music)
 August – Derek Reid (music)

Fall Weekend Dates:
 120th Women's Cursillo Weekend Oct 23-26
 (Diane Brown, Lay Rector)
 121st Men's Cursillo Weekend Nov 20-23
 (David McCreery, Lay Rector)

Jack Barkley
 Lay Director



Congratulations to Melissa Clark

Professional Businesswoman of the Year

Editor's Note: This article by Jacob Serebrin appeared in the Ottawa Business Journal on April 14, 2014



Photo by Valerie Keeler,
Valberg Imaging

Melissa Clark says each of her clients has been with her for an average of 16 years.

"It lasts longer than most marriages," she says.

While many of her colleagues have a portfolio of up to 400 customers, she works with only 100, allowing her to form close bonds.

"The good news is that I work so closely with my clients," she says. "The bad news is that I work so closely with my clients."

Sometimes that means going to their funerals, while other times she's there to help celebrate the birth of a grandchild.

Ms. Clark also works closely with their other advisers, like lawyers and accountants. In fact, she shares several clients with her own accountant, who nominated her for the WBN award.

While she works for a large company, Ms. Clark says, "we really do run our own practices."

She says the bank gives her a lot of "freedom within the rules. I take my job very seriously."

Ms. Clark's background includes a foundation in business management. In the late 1980s, she was hired to run a personnel company and she says she took "that firm from me, a desk and a phone to \$1million in revenue and eight employees."

It was there that she gained her first exposure to the wealth management business, but it was only a stint in corporate HR - and getting laid off - in the early 1990s that ultimately led her to a job as a wealth adviser.

It's a career that keeps her challenged and interested.

"It's a business that's always evolving and changing," she says. "There's always something new; it's very hard."

Around eight years ago, she says she decided to put her business and investment experience to work in helping the community.

Since then, she's sat on the boards of Water-Can, a charity that helps provide clean water in developing countries, and Habitat for Humanity, where she's held several roles, including chair. She's also led the Anglican Diocese of Ottawa's investment com-

mittee.

Currently, she's involved with a new Ottawa-based charity named Project TEMBO. It works to provide education and business opportunities for girls and women in Tanzania.

Helping others is a big deal for Ms. Clark.

"I believe that's why I was put on the planet," she says. "I do know we're making a difference in their lives."

The selection process

Selection committees drawn from the business community, the award sponsors and the Womens' Business Network choose three finalists in each category. This prestigious award has recognized the accomplishments of outstanding women in the National Capital Region since 1983.

An award is presented in each of three categories:

- Professional Businesswoman of the Year: Must hold a professional designation and be responsible for growing her own practice
- Entrepreneur Businesswoman of the Year: Is a significant shareholder in her business and has taken entrepreneurial risk
- Corporate Businesswoman of the Year: Holds a senior position in and significantly contributes to a publicly traded or privately owned business

Selection is based on a written resumé of the nominee's abilities in the areas of:

- proven business acumen
- outstanding leadership qualities
- notable achievements in her particular area of expertise
- community engagement

Congratulations, Melissa!

Ottawa Area Christian Meditation Community
presents

A DISTRACTED AGE

HOW A NEW UNDERSTANDING OF PRAYER CAN SAVE OUR WORLD

WITH

DOM LAURENCE FREEMAN, OSB

DIRECTOR OF THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION



The Christian today is like anyone today
in facing this crucial decision concerning their lifestyle and their style of mind.
But in our contemplative tradition we have a treasure
that can transform this choice for ourselves and for the world.

Hosted by Saint Paul University Anglican Studies Program

Saint Paul University, 223 Main Street, Ottawa, Ontario

Guigues Hall Auditorium (2nd Floor)

Friday May 30 2014 from 7:00pm to 9:00pm

– All are welcome –

\$25 per person payable at the door.
No advance registration required.

For information, email
silentretreat2014@bell.net

Selection of Christian Meditation
books and tapes will be available for sale from
3:00pm to 6:45pm.

Paid parking in lot on Hazel Street east of Main
or on nearby streets.

7:00pm *VIDEO*
Pilgrimage – The way of Meditation

7:30pm *Welcome / Presentation*

8:30pm *Meditation*

9:00pm *Depart in silence*



Laurence Freeman, OSB, is spiritual successor of John Main and director of the World Community for Christian Meditation (WCCM). Father Laurence is a Benedictine monk, international speaker, retreat leader, and writer active in inter-religious dialogue and peace initiatives as well as encouraging the teaching of Christian Meditation to children and students. He is dedicated to working for the recovery of the contemplative wisdom tradition in the Church and society at large. In 2009, Father Laurence was appointed Officer of the Order of Canada "for his contributions as spiritual leader and director of the World Community for Christian Meditation and as a proponent of peace and inter-religious dialogue and understanding."

God Squad update

Volunteers needed!

We are looking for more teachers to lead and help out with our God Squads at the 9:15 and 11am services throughout the year. We work as a team and have lots of resources to share. **We have a planning meeting at 7:00 pm on the last Monday of each month** - everyone interested in the God Squad program is welcome to attend (next meeting Monday, May 26).

For more information about God Squad, please contact Tracy Albert at tracvalbert@rogers.com.



Summer God Squad

Summer is coming and we need your help! Please consider leading God Squad for a week at the 10am service. We need teams of two people for each week. All resources will be provided for you. A sign-up sheet will be available in the Narthex. For more information, please contact Tracy Albert, tracvalbert@rogers.com.

Potluck Picnic in the Park

June 22 after the 10am service

Bring your potluck dish, chairs, picnic blankets, and enjoy good food, games and fellowship as we celebrate the start of summer together!



Town Hall

May 20, 2014, 7:30 p.m.

Embracing God's Future is an initiative of Diocesan Council. Between January and October of 2013, 11 gatherings were held with over 500 people in attendance to discuss this question: "What is God's dream for the church?" Responses were recorded at the gatherings and online. In November 2013, a committee of 15 people distilled over 2000 responses into the prayer we have before us.

Our job now is to help the Diocesan Council further develop and refine this initiative, by praying this prayer and discerning together what it is calling us to do. **At our next Town Hall meeting on May 20, 2014 at 7:30pm, we will prayerfully address these questions:**

1. What is your initial response to the Embracing God's Future prayer? Where is God's dream for the church most evident in this prayer?
2. How does the prayer make you feel? What parts attract your interest and passion?
3. As a diocese and in our parishes, how are we called to act? What do we need to relinquish, renew or embrace in response to this prayer? What do we need to stop doing, continue doing or start doing?
4. What priorities and practices need to be in place to enable these things to happen?

Our responses will be submitted to the diocese. Their intention is to create a "road map" for consideration by Synod in November 2014. Once approved by Synod, it will shape diocesan decisions and strategies for at least the next 5 years.

Please, mark your calendar and plan to join in the discussion at the Town Hall on May 20. I look forward to seeing you there!

Alison Stortz
Parish Council
Chair



Embracing God's Future

A Prayer of the Anglican Diocese of Ottawa

As a living church whose IDENTITY is deeply rooted in tradition we pray that we will, with God's help...

Embrace a living Anglican tradition, inspired by and rooted in the Word of God through liturgy, scripture, and sacrament.

Live a dynamic faith that calls us to be spirit-filled, transformative and deeply rooted in the witness of Jesus Christ.

Authentically, with freedom and trust, live out our discipleship as a people of joy and hope.

Respond prophetically to God's call, being open to taking risks and empowering change.

Lord in your compassion, hear our prayer.

As disciples of Jesus committed to lifelong FORMATION we pray that we will, with God's help...

Courageously doubt and question, live our faith with meaningful spiritual practices, and worship with joy that leads us beyond ourselves.

Learn and be transformed by scripture in multifaceted ways for people of many interests, needs and ages.

Celebrate and cultivate the diverse gifts of lay and ordained leaders, continually developing and sharing these leadership gifts in innovative ways.

As evangelists, invite others to connect with God, telling the story of our discipleship so that the gospel may be heard afresh in our day.

Lord in your compassion, hear our prayer.

As stewards of many STRUCTURES AND RESOURCES we pray that we will, with God's help...

Embrace a spirit of abundance, free from worries about money, and growing into a Church that is sustainable and financially sound.

Use our buildings creatively, unburdened by the stresses surrounding them, as flexible assets that enable us to sustain a dynamic presence across our diocese.

Develop our human resources, paid and unpaid, allowing us to work together, using our many gifts, as effective participants in God's mission.

Embrace technology and communication tools to promote, integrate, and share key messages and informa-

tion with each other and those around us.

Live in a responsible and sustainable way, conscious of the footprint we leave, becoming active stewards of the earth.

Lord in your compassion, hear our prayer.

As gathered communities embracing a SPIRIT OF GENEROSITY we pray that we will, with God's help...

Welcome newcomers and those already in our midst, providing safe places, activities, worship and fellowship that foster belonging and meaning.

Truly celebrate our diversity in culture, age, lifestyle, language, and perspective; ensuring all are welcome.

Enable a multigenerational community of faith to participate together in meaningful and dynamic relationships.

Energize and deepen our faith through music and liturgy that is renewed by the spectrum of tradition and practice across our Church.

Lord in your compassion, hear our prayer.

As the body of Christ in RELATIONSHIP WITH THE WORLD we pray that we will, with God's help...

Courageously advocate for peace, and ignite a passion for social justice in our communities and beyond.

Develop partnerships with the wider community, tearing down barriers that will enable us to be a visible, relevant presence in the world.

Commit to outreach, addressing the varied needs of those who are most vulnerable in our society.

Foster ecumenical and interfaith relationships of mutual understanding, working for the common good within our pluralistic society.

Respond to, and be in dialogue with, the issues of the public square.

Lord in your compassion, hear our prayer.

Gracious and loving God, we give you thanks for our faith and the many gifts you have entrusted to us. In your compassion, revealed to us fully in Jesus, hear our prayer so that by your Holy Spirit we may joyfully strive to be your dream for the Church.

Amen.

Money, Values and Me

June 6-7, 2014



A cross-generational and inter-denominational event
Keynote speaker – Nathan Dungan
 Kemptville Campus, University of Guelph, Kemptville, Ontario
INFO & REGISTRATION
June 6-7 2014

Some workshop topics:

- Dealing with Peer Pressure (Tweens and Teens)
- Socially Responsible Investing
- Sharing, Saving and Spending: One Family's Journey
- Keeping Up with the Trends
- The Spirituality of Spending
- Faith, Money & Stuff

and more...

For more information: <http://www.moneyvaluesme.ca/>

Early bird fee by May 9: Family \$100, Adult \$50, Student \$25, Child (under 12) \$20. Fees include keynote talks, workshops, a BBQ dinner on Friday evening, and refreshments, snacks and lunch on Saturday.

Filled a “Welcome Bag”? Bags are due back on May 11, 2014

The Cornerstone Welcome Bag Project provides essential items to women in need at Cornerstone. Please return filled bags to the church no later than Mother's Day (May 11).

Here is a list of Welcome Bag items:

Soap, washcloth/puff, and towel,
 Toothbrush and toothpaste,
 Shampoo and conditioner,
 Comb and hairbrush,
 Socks and underwear, slippers,
 Feminine hygiene items
 Other optional items include:
 Bus tickets,
 Nail file or emery board and nail polish,
 Makeup,
 Tim Horton's card



Thank you for your help with this project!
Joyce Prentice, Sheila Evans and Philippa Wilson

Bazaar planning meeting May 13, 2014 at 7:00 p.m.

It's never too early to start planning for our annual Christmas Bazaar. We need leaders, helpers and ideas – most of all, we need you!

We are having a Bazaar information, brainstorming, planning, and volunteer sign-up session on:

Tuesday, May 13, 2014 @ 7 p.m. in the Downstairs Classroom

ALL WELCOME – MANY NEEDED!!!

If you have helped at previous bazaars, GREAT we need you! If you have never helped before, we need you! All gifts of time and energy are greatly appreciated!

Questions/Replies:

minxmulhall@hotmail.com





SATURDAY 5 July 2014

Tea & Garden Tour	10 am—3 pm	\$ 20.00
(includes map)		
Afternoon Tea	11:30 am—3 pm	\$ 12.00

8 Beautiful gardens, delicious food. And an exhibit & sale of Baby Quilts by the Quilters of St. Paul's

Tickets available from:

Marion Allen	613-592-8186
Betty Dukes	613-831-3062
Church office	613-836-1001

www.stpaulshk.org
20 Young Road, Kanata



Recipes from St. Paul's Kitchen

by Ann Faurbo

When we were prepping for the Easter Sunrise Breakfast in St. Paul's kitchen, I had the privilege to share some shortcuts and time-saving tips that I have learnt over the years that make cooking from scratch easy. So, I thought that I should share them with you to encourage you to cook from scratch, save time and money, and eat healthier meals.

Oven Scrambled Eggs -basic recipe serves 6 to 8
Preheat oven to 350°F

What you'll need:

An 8x13 glass pan (a glass pan is important – eggs turn green when cooked in an aluminum pan)

½ lb - or ¼ cup of butter

One dozen eggs

1 ½ cup homogenized milk (you can use 2%, 1% or skim milk. I find that the eggs are fluffier with whole milk)

What you do:

Start by placing the butter in the glass baking pan. Place the pan in the oven as the oven is preheating to melt the butter. This can take 3 to 5 minutes depending on your oven. Remove pan from oven once melted and place on top of stove.

Crack all the eggs into a large mixing bowl. The simplest way to crack eggs and not get bits of egg shell in your eggs is to take two eggs, one in each hand and crack them together – only one egg will ever crack.

Whisk the eggs until they are all the same consistency. You can do this by hand with a whisk or you can use a hand mixer. Then add the milk and whisk some more. Once thoroughly mixed, pour the egg mixture over the butter in the baking dish and return to the hot oven.

Set your timer for 10 minutes. When the timer goes off, take a heat resistant spatula and stir the egg mixture making sure to go around the edges and lift the cooked egg from the sides and bottom of the pan. Return the mixture to the oven and set your timer for another 10 minutes. Repeat the process of stirring and scraping the cooked egg mixture from the sides and bottom of the pan. (It is at this point that you could add cheese, cooked bacon bits, lobster etc., the options are endless.) Return to the oven for the last 10 minutes. When you remove them after the final 10 minutes, make sure that you stir them one final time.

You can now serve them or cover and refrigerate for up to 48 hours and then reheat and serve. You can reheat in a traditional oven at 300°F for about 20 minutes or in a microwave oven at 70% power for 4 to 5 minutes. Just make sure that the container for reheating is appropriate and safe for the oven of your choice.

Happy Cooking!
Ann Faurbo

Support “St. Paul's Plodders” in the Relay for Life 7:00pm June 13 to 7:00am June 14

"St Paul's Plodders" are now officially registered as a team at the Annual Relay for Life, to be held overnight June 13-14. Last year across Canada 16,224 teams participated. Together they raised \$46.4 Million!! Kanata's goal this year is \$180,000, and our team will contribute to that goal.

For more information, google Relay for Life in Ottawa West. Through the website, you can register with a team or make a donation to support a team member.

Please don't hesitate to call me @ 613-836-6693 or e-mail mabinrse@rogers.com if you have any questions or comments.

Sincerely,
Anne Baker



Blessings through faith

by Julie Landgraff

September 2014 marks a special occasion for the members of our parish - the 10th anniversary of our new church building. Whether you are a new member at St. Paul's or have been attending for many years, I'm sure all would agree that our current building is a blessing. Worshipping and working in a bigger space has allowed us to welcome more people, host more events, facilitate large ecumenical gatherings, and meet more of the needs in our community. The decision to transition from our old church to the new one was not easy. It was a journey on several levels, not least of which was faith. But God rewards those who are faithful, and we have seen the blessings bestowed upon us by following His call. Many are amazed at the growth and change at St. Paul's in just 10 years, and more than once, I've heard people muse about the popular quote from the 1989 film *Field of Dreams*: "If you Build It, They Will Come."

The need to expand St. Paul's became evident about 15 years ago. Despite a building extension in 1985 to provide offices, classrooms and meeting space, the church itself -- rebuilt in 1937 -- was still limited to seating for 120. The church was full, navigating the hallways between services was difficult, hosting events in a small kitchen was challenging and there was never enough room for additional worshippers at Easter or Christmas. God was telling us it was time for change. But embarking on a \$3.4M new building? Most of us weren't ready for *that* much change!

Accepting this challenge was a significant turning point for the parish. It was not without reservation and debate that the people of St. Paul's agreed to move forward. There was doubt, conflict and disagreement: How would we raise the funds? How would we preserve our history? But in the midst of these discussions, the Holy Spirit was guiding us, leading us through difficult discussions and prayerful reflection. And from that came consensus. If not for the parishioners' faith and trust in God, the vision would not have materialized. The motion to move forward was unanimously accepted by Vestry in 2003. As construction progressed, we transitioned our worship space to the adjoining Rutter Hall then to Kelly's funeral home. In September 2004, we celebrated the opening of a new building. The integration and prominent place-

ment of stonework, stained glass windows and other historic pieces from the old church were strategically planned, allowing us to preserve our heritage while following God's call.



From the outside, people may see our church, and think: So what? It's just a big building. But in the struggle to get there emotionally, spiritually, and with great financial sacrifice, God has brought about amazing change. Because of the larger facility, St. Paul's has been able to welcome over 250 new couples/families into the church. There are over 50 ministries. There is more community outreach. The worship space now comfortably seats 360 ... (with many more on Christmas Eve!). Parishioners, both long-term and newly joined, have seen the blessings and continue to give. They give more time, more ideas and talent, more leadership, better stewardship. New life has been breathed into the church. But listening to God's call is not over - He is still pushing us: *be* more, *give* more, *want* more for God's people. Engage the community. Welcome the Seekers. Continue to work towards His vision.

Yes, 10 years is only a drop in the bucket in the overall history of the church. But, the immeasurable rewards that have befallen us in this short time give us reason to pause and celebrate. Matthew 19:26 reminds us that "...with God all things are possible" and so this September 21st, we will rejoice in the Lord as we reflect on all the blessings He bestowed upon us in this new space.

*Julie Landgraff,
Communications
Team Lead*



Communion on the Moon: July 20, 1969

by Eric Metaxas, submitted by Don Pruner

In 1969, two human beings changed history by walking on the surface of the moon. But what happened before Buzz Aldrin and Neil Armstrong exited the Lunar Module is perhaps even more amazing, if only because so few people know about it. "I'm talking about the fact that Buzz Aldrin took communion on the surface of the moon. Some months after his return, he wrote about it in *Guideposts* magazine.

And a few years ago I had the privilege of meeting him myself. I asked him about it and he confirmed the story to me, and I wrote about it in my book, *Everything You Always Wanted to Know About God (But Were Afraid to Ask)*.

The background to the story is that Aldrin was an elder at his Presbyterian Church in Texas during this period in his life, and knowing that he would soon be doing something unprecedented in human history, he felt he should mark the occasion somehow, and he asked his minister to help him. And so the minister consecrated a communion wafer and a small vial of communion wine. And Buzz Aldrin took them with him out of the Earth's orbit and on to the surface of the moon. He and Armstrong had only been on the lunar surface for a few minutes when Aldrin made the following public statement:

"This is the LM pilot. I'd like to take this opportunity to ask every person listening in, whoever and wherever they may be, to pause for a moment and contemplate the events of the past few hours and to give thanks in his or her own way." He then ended radio communication and there, on the silent surface of the moon, 250,000 miles from home, he read a verse from the Gospel of John, and he took communion. Here is his own account of what happened: "In the radio blackout, I opened the little plastic packages which contained the bread and the wine. I poured the wine into the chalice our church had given me. In the one-sixth gravity of the moon, the wine slowly curled and gracefully came up the side of the cup. Then I read the scripture, 'I am the vine, you are the branches. Whosoever abides in me will bring forth much fruit. Apart from me you can do nothing.'

"I had intended to read my communion passage back to earth, but at the last minute [they] had requested that I not do this. NASA was already embroiled in a legal battle with Madelyn Murray O'Hare, the celebrated opponent of religion, over the Apollo 8 crew reading from Genesis while orbiting the moon at Christmas. I agreed reluctantly."

"I ate the tiny Host and swallowed the wine. I gave thanks for the intelligence and spirit that had brought two young pilots to the Sea of Tranquility. It was interesting for me to think the very first liquid ever poured on the moon, and the very first food eaten there, were the communion elements."

And of course, it's interesting to think that some of the first words spoken on the moon were the words of Jesus Christ, who made the Earth and the moon - and Who, in the immortal words of Dante, is Himself the "Love that moves the Sun and other stars."





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



A.C.
Automotive

2848 Carp Rd. , Carp, ON, K0A 1L0

Eric Anderson
Marc Charbonneau

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Loaner Cars & Shuttle Service Available


Thinking of getting a dog?

Need some supplies for a small to medium sized dog?

Call Dale
613-836-4183
(evenings or weekends only, please)



Collapsible steel cage with tray and washable pad for puppy training. (24 "deep x 21" high x 14.5 " wide)	\$20.00
Doggie stairs with washable cover to help puppy get up on bed or chair	\$7.00
Pedi Paws to file dog's nails (extra files & batteries included) (no more ouchies)	\$8.50
Car seat belt for dog, Small size (fits small to medium sized dog)	\$4.00
Retractable leash	\$2.00
Skunk Off and Tearless puppy shampoo	Free
Steel nail clippers	Free
Black dog collar and matching leash	Free
Red dog leash (new)	\$1.00
Blue Faux Suede winter booties (Extra Small, New)	\$4.00
Winter (blue) knit sweater (medium)	\$3.00
Winter (Red) knit sweater (medium)	\$3.00



290 Rideau St. (at King Edward)
Ottawa, Ontario, K1N 5Y3
(613) 241-6382
doncherrys290@rogers.com

Dan Cowley
Owner

320 Eagleson Rd. (The Annex Mall)
Kanata, Ontario, K2M 1C9
(613) 599-6300
doncherrys320@rogers.com

Bungalow for Sale

107 Oakburn Rd, Kanata
\$349,000

More info on Facebook (you don't need a Facebook account to view it):

<https://www.facebook.com/107OakburnRd>

Or email Miriam & Paul [lnnop@kidscreate.ca]





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