

CORNERSTONE

May, 2017

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. 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

7:00 p.m. every other Friday – St. Paul’s Youth (SPY) Group

Inside this issue:

- Messages from Fr. John and Rev. Kerri
- Thank you, Simone
- Events at Christ Church
- Paint Day, May 13
- Chicken BBQ, June 2
- Messy Church, June 3
- PWRDF update

...and more!

Summer edition deadline:
Tuesday, June 6, 2017

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John Altar Guild

We are a busy church. Just try and book a room in the building without 4 weeks' notice and you will get an appreciation of all the different groups that use our facilities. There is a lot happening, and sometimes we don't think about all the preparation that has to go into getting everything ready.

I am constantly amazed at the faithfulness and efficiency of our Altar Guild at St. Paul's. They are a devoted group of people who make sure that everything is ready for our worship experiences at St. Paul's. In addition to our three regular Sunday services, we also have a Wednesday Eucharist and a Thursday Seniors' service. Furthermore, we have about 20 weddings and 30 funerals a year. Before each service, someone has to set up the vessels for communion, change the hangings to the correct colour, wash and prepare the linens, in addition to the

general upkeep and cleaning of the altar area.

I am always grateful for their general sacrifice of time and talent so that we can enjoy our worship experience. In so many ways I see their role as a lesson to us all. We are called to create the environment for others to see the presence of God.

The Altar Guild works tirelessly behind the scenes so that people can experience worship. I would like to thank each member of the guild for their dedication and commend their example to us all. What are the things that we can do in our everyday life that will help others to encounter God?

If any of you would like to serve on the Altar Guild, let me know and we can get you trained.

Peace,



From the desk of Rev. Kerri Telling our story

Before Easter, I shared a National Post opinion piece on my Facebook page titled, "It is time to change the narrative around religion in Canada." It stated, "arguably, the story of faith in Canada is not being well told."

At roughly at the halfway point between Easter and Pentecost, I gave pause this week to consider what story we've been telling since Easter morning. Simply put, the story has continually been of people racing around to tell the story of what has been seen and heard in such a compelling manner that other people listen:

- Mary runs to tell disciples the tomb is empty and the disciples run toward the tomb to verify her story;
- Thomas listens and questions the disciples' story

that they saw the Lord, demanding also to see and to touch;

- The disciples on the road to Emmaus tell Jesus about Jesus, and return immediately to Jerusalem to share what happened on the road.

Which makes me wonder — how are we telling our story? Do we do so well? Do we use this story as a means to distinguish ourselves as superior to others? Or do we not only hear but also share this story in a positive, accessible, and unifying manner?

The Easter stories remind us that the disciples return home: Mary does not remain at the tomb weeping, and Thomas believes. This story is about how the transformative way of Jesus continues after death. He invites Mary to leave the linen wrappings behind — not to try to hold on to, not to contain him — but go to tell this story to the disciples. He invites the disciples to meet him in Galilee.

(Continued on page 3)

Messy Church!

Messy Church uses hands-on activities to explore Bible stories, liturgical seasons (like Advent or Lent), liturgical feasts (Christmas, Easter, Pentecost), and to reflect on God in creative ways. Children and youth 13 and under are invited with their families to hear a story told in the Godly Play practice, teaching us to listen for God and make authentic and creative responses to God's call in our lives. Trust that the morning will truly be messy and come in your comfortable clothes!

Saturday, **June 3**

St Paul's, Kanata 9:30-11 a.m.

Saturday, **September 30**

St Paul's, Kanata 9:30-11 a.m.

Saturday, **October 14**

Christ Church, Ashton 9:30-11 a.m.

Saturday, **November 25**

Location TBD 9:30-11 a.m.

Saturday, **December 9**

St Paul's, Kanata 9:30-11:00 a.m.

Rev. Kerri



what a mess!

(Continued from page 2)

The story we need to tell is about how we are called not to get stuck looking back at the cross, or standing tear-stained and mouth gaping before the empty tomb. Because if we do, we won't ever meet back up with Jesus and we will miss out on carrying out his work in the world. The Resurrection is a story about moving away from the place of brokenness, wonder, awe, and fear into the world and on to the next piece of work waiting for us. It is about telling those around us of the amazing things we witness.

So, my question to you is this: do these Easter stories still surprise you? If you were told that Jesus wasn't where you last left him – if you met him in the upper room or on the road – would you sit idly by or would you run toward mystery? If you are told that the story of our faith in Canada is not being well told, can you imagine a telling that is so powerful it moves people to declare: "I have seen the Lord"?

Rev. Kerri

Christ Church events

For a full list of upcoming events, please visit the Christ Church (CCA) website: <http://www.ccashton.org/events>. Here are a few:

Discussion Series – May 9 through June 6

Do you have questions about Islam? **The Jesus Fatwah: Love Your (Muslim) Neighbour as Yourself** is a five-week course designed to help Christians to learn more about the Muslim faith and to overcome prejudices that sometimes exist between members of these two world religions.

The course runs Tuesday nights, 7-8 p.m. and involves readings, video presentations, and group discussions. Everyone is welcome to attend any or all sessions. More details on the CCA website.

“Mostly Perennials” Plant Sale – Saturday, May 20, 9-11 am

Gertie Jones Memorial Supper – Saturday May 27, 5:00 pm (one sitting). Info: Call Marion 613-838-5405

Canada 150 – June 24

Planning is in the works for a pig and corn roast on Saturday, June 24 in celebration of Canada's 150th birthday. We look forward to celebrating with our village and church communities. Proceeds go to support Carleton Place Hospital.

Pilgrimage for Indigenous Rights

CCA and St Paul's are hosting a group of pilgrims sponsored by the [Memmonite Church Canada](http://www.memmonitechurchcanada.ca) walking from Kitchener to Ottawa to raise awareness about the United Nations Declaration on the Rights of Indigenous Peoples. You can read more about their pilgrimage here: www.pfir.ca.

CCA will serve the pilgrims dinner and host them for the evening of May 10. You are invited to come welcome them, listen to their stories, and if you're up for it, to walk with them on May 11 to St. Paul's, where they will stay overnight.

Quietude

Before the morning service in my former parish church in Ireland, the organist would play a prelude. The music was played softly, slowly, and helped create an atmosphere of quietude, contemplation and reflection. Parishioners did not converse with each other once they had entered the church proper. At St. Paul's, some regard this time as a time for socialising. They continue to talk loudly to whomever as if they were in a shopping mall or outside the building.

Our lives are filled with noise from when we rise until we sleep at night. A few precious moments spent

in quiet, contemplative, spiritual reflection could be a welcome and invaluable, even spiritual, experience.

St Paul's offers ample opportunities for social conversation: e.g. coffee in Rutter Hall after the service, and in the narthex before entering the church proper. Perhaps you need those quiet moments before the service begins, and would benefit from that quietness. I know I would.

In service,
Moirá Green

God Squad Trinity Party

June 11 at 10:00 a.m.

**Do you want to learn more about the Holy Trinity?
Come to God Squad June 11, 2017 and join in the fun
from 10—11 am
in the God Squad Room (lower level)**



*Parents please note there will be a God Squad Program at 9:15 and 11.
The children at 9:15 will join for communion prior to the 10 am party.*

Thank you, Simone

On Palm Sunday, April 9, we had to say farewell to Simone, and send her with our thanks and prayers on the next leg of her journey with Christ. It didn't take long for Simone to become a beloved member of St. Paul's community, and we will miss seeing her on a regular basis. How quickly those 7 months went by!



God willing, Simone will be ordained to the diaconate on May 25 (see the Bishop's announcement below). In June, she will join the community of All Saints Westboro.



Announcement from the Bishop's Office

Ordination to the diaconate, May 25

Bishop Chapman is pleased to announce, God willing, that Ms. Simone Hurkmans and Ms. Rosemary Parker will be ordained to the diaconate at Christ Church Cathedral on the Ascension of the Lord, Thursday, May 25, 2017 at 7 p.m.

Clergy are invited to robe; the liturgical colour will be white.

The Master of Ceremonies will be the Rev'd Canon Catherine Ascah, assisted by the Rev'd Gregor Sneddon. The Venerable Ross Hammond will preach.

The Office of the Bishop of Ottawa
The Anglican Diocese of Ottawa
71 Bronson Avenue
Ottawa, Ontario
K1R 6G6

PWRDF update

submitted by Philippa Wilson

The toxic triangle of drought, hunger and conflict

April 11, 2017 | By [Janice Biehn](#)

The world is facing the largest humanitarian crisis since the end of the Second World War, with more than 20 million people in four countries on the brink of starvation and famine, according to the United Nations. These four countries are Nigeria, South Sudan, Somalia and Yemen. Strung together, they form a belt around the mid-section of the African continent, a belt that is tightening day by day.

PWRDF has funded relief work in three of these countries over the past year as well as neighbouring countries that are also affected, says Naba Gurung, PWRDF Humanitarian Response Coordinator. Though drought has contributed to hunger and famine - which describes the threshold at which people die from hunger - Gurung says conflict and political violence are the root causes. *“In South Sudan, the famine and hardship are very much conflict driven; political violence came first and then the drought. It’s true in Somalia as well, though the drought there is more permanent.”*

There are different opinions about the impact of climate change, says Gurung. *“The rains come in cycles. In the past, farmers would know when drought would come. What is new - in the last 10 or 15 years - is the irregularity and the extremism of the climate. It’s now unpredictable. And many of these governments have other priorities, or lack the capital to invest in ways to protect against drought and climate change.”*

Due to violence and drought, many Somalis sought refuge in Kenya over the past few years, but they now have to return home. Without land or property, they are becoming Internally Displaced Persons. “They’re not even living in camps.” Gurung says, “More often they end up homeless in urban, poor neighbourhoods. So Somalia has that added pressure.”

Kenya has had its own political conflict and a presidential election coming in August. The drought there has hit pastoral communities hard and resource-based conflict is becoming rampant.

Through its partners ACT Alliance and Canadian Foodgrains Bank, PWRDF has responded to several emergency relief appeals in the past year. Donations to our East Africa appeal will be added to grants already committed to further fund relief programs in South Sudan, Somalia and Kenya.

You can make a world of difference to the lives of people in East Africa by donating to PWRDF’s East Africa appeal at our website: www.pwrdf.org

South Sudan relief efforts

“All the optimism that accompanied the birth of South Sudan in 2011 has been shattered by internal divisions, rivalries and the irresponsible behaviour of some of its leaders,” UN General Secretary Mr. Guterres said recently during a Security Council briefing.

On March 23, 2017, ACT Alliance issued a South Sudan Famine Crisis Response with a target of raising US \$9 million for one year. **PWRDF contributed an initial grant of \$25,000.** ACT South partners are on



Paul Jeffrey photo

the ground to help meet basic needs of 180,000 South Sudanese refugees and IDPS, such as:

- food security (food, vouchers or cash for work, tools, fishing kits and training);
- nutrition (supplements for children under five and pregnant and lactating women, as well as nutri-

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tion education);

- water (repairing existing water points and drilling new ones, revitalizing water management committees);
 - hygiene (WASH facilities, hygiene kits, training hygiene promoters/health workers);
 - education (school supplies and school meals);
- psychosocial support.

In 2016 the South Sudanese Development and Relief Agency (SUDRA) issued an appeal and **PWRDF contributed \$20,000**, along with other Anglican agencies such as Episcopal Relief and Development in the United States. In February, SUDRA distributed cash to 180 households in the city of Yei – each receiving 4,500SSP – to enable families to buy food in the market, pay for medical care and send their kids to school as these are now reopening. Most people in Yei are living in homes of people who have fled. SUDRA staff have been busy responding and also assessing the situation for a new appeal, which is expected this month. Adventist Development and Relief Agency (ADRA) South Sudan is responding to the crisis with a number of funding agencies. It is finalizing a three-month emergency food assistance project in South Sudan with funding from Canadian Foodgrains Bank, to which **PWRDF has contributed \$20,000 from our equity at CFGB.**

Meanwhile, a women-focussed healing and capacity building project continues in Bor, the capital of Jonglei. The details of the project can be found here <http://pwrdf.org/2017/sewing-the-seeds-for-women-in-south-sudan/>

South Sudanese in Uganda – In 2016, PWRDF responded to an ACT Alliance appeal with a grant of \$30,000 to Lutheran World Federation Uganda Office. Uganda had become home to more than 800,000 South Sudanese since the conflict erupted in December 2013, and the number is estimated to reach a million within this year. The funds have been used to provide hygiene items, blankets, clothing and kitchen kits, and to build communal shelters for the most vulnerable, build community and school latrines, 12 classrooms and 450 three-seater school desks. The fund has also helped provide inclusive learning and teaching materials, and offer teacher trainings in refugee context.

South Sudanese in Kenya – PWRDF has been sup-

porting the National Council of Churches with programs to assist refugees in Turkana, in northern Kenya since 1994. In this established long-term refugee camp, that as of February 2017 had a population of about 164,000, NCKK educates people on reproductive health care and HIV/AIDS prevention, and provides opportunities for livelihood initiatives and income generation for women and youth.

Kenya relief efforts

February 2017 – \$25,000 to ACT Alliance

PWRDF was one of early responders to this drought appeal. Work has begun to truck water to dry areas of Baringo, where there has been no rain. PWRDF funds have been used to deliver 88,000 litres of water to the communities in dry areas, including to early childhood centers, health posts and schools. Cash for work continues in the target communities to expand water pans.



Water trucking facility

Somalia relief efforts

March 2017 – \$30,000 to ACT Alliance

Two consecutive seasons of drought have brought Somalia close to the conditions it endured in 2011, which led to the deaths of 250,000 people.

If the situation worsens and famine is declared, the number of deaths is expected to surpass those figures. When ACT Alliance issued a \$5 million appeal for one year last month, PWRDF immediately contributed an initial grant of \$30,000.

ACT Somalia Forum members are responding by providing food assistance, water, sanitation and hy-

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giene (WASH) facilities and services, education (school-feeding programs), and cash-based interventions to recover livelihoods in various districts in Puntland and Somaliland states.

Nigeria

2016 - \$32,000 to ACT Alliance

The ongoing insurgency attacks by Boko Haram in the North East have left many Nigerians in fear, displaced millions and left hundreds of thousands without livelihoods and facing starvation. PWRDF relief funds are helping Christian Aid's efforts in Adamawa,



Borno and Gombe states to provide agricultural inputs for IDPs returning home, as well as provide food, livelihood, water, shelter, protection and sanitation for about 50,000 households.

Annual Chicken BBQ

June 2, 2017

Friday, June 2 is the big date. Mark it on your calendars, tell your friends, and plan to join us!

Peace and blessings!

Ed Montano



Paint Day

Saturday, May 13, 2017

You are invited to come to St. Paul's on Saturday, May 13 to flex your creative muscles (even if you don't think you have any!), and raise money to expand the church air conditioning. In keeping with the season, the picture is of lovely yellow tulips. Refreshments will be served.

Where: St. Paul's

When: May 13, 10:45 a.m. to 1:00 p.m.

Cost: \$35, includes all supplies (must be paid in advance of the event).

For E-transfer: debdabble@rogers.com, or contact Marilyn at 613-836-5308.

Happy painting!

Marilyn Holden-Pritchard



Canoe trip for youth 14-18

July 10-14, 2017

The Diocese has planned a youth canoe trip. If you are interested and wish to participate, do let me know and I will make sure any associated costs are offset!

Rev. Kerri

Their announcement is as follows:

Calling all teens aged 14-18! All Saints Westboro is hosting a canoe trip this summer in Algonquin Park. The trip is five days (July 10-14). No experience is necessary, and the trip is open to teens aged 14-18 in the Anglican Diocese of Ottawa. Come join us to learn, worship, and experience God's creation. For more information and to register, visit: <https://www.facebook.com/Diocese-Wide-Canoe-Trip-293207331080262/> or email steve@sibbaldfamily.com.





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or on Facebook

20 Prayers to pray on a busy day

by Kelly O'Dell Stanley, submitted by Diane Brown

Prayer is how we communicate with God.

Prayer is our primary means of communication with God, and it is only through God that we have the strength, abilities and wisdom we need to face a busy day.

But when we're so busy, when is there time to pray? My answer may surprise you: *Always*. We don't have to stop everything in order to pray. Instead, let these short, simple prayers run through your mind as you go about your everyday tasks—your conversation with God will become a soundtrack underscoring your ordinary days, transforming them into something extraordinarily beautiful and meaningful.

1. Thank you for this day. *"This is the day the Lord has made; We will rejoice and be glad in it."* ([Psalm 118:24 NKJV](#))
2. Be with me. *"The Lord is with me; I will not be afraid."* ([Psalm 118:6](#))
3. You are so good. *"Give thanks to the Lord, for he is good; his love endures forever."* ([1 Chronicles 16:34](#))
4. Give me strength for this day. *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."* ([Galatians 6:9](#))
5. Protect me. *"I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."* ([Luke 10:19](#))
6. Thank You for the work that keeps me busy. *"May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands."* ([Psalm 90:17](#))
7. Lord, give me rest. *"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."* ([Matthew 11:28-30](#))
8. Help me to love. *"Love must be sincere. Hate*

what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves." ([Romans 12:9-10](#))

9. Let me see You. *"You will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,"* declares the Lord." ([Jeremiah 29:12-14](#))

10. Fill me with joy. *"I have told you this so that my joy may be in you and that your joy may be complete."* ([John 15:11](#))

11. Show me how to glorify You. *"There is no one like You among the gods, O Lord, Nor are there any works like Yours. All nations whom You have made shall come and worship before You, O Lord, And they shall glorify Your name. For You are great and do wondrous deeds; You alone are God."* ([Psalm 86:8-10](#))

12. Give me a generous heart. *"A generous man will prosper; he who refreshes others will himself be refreshed."* ([Proverbs 11:25](#))

13. Erase my worries. *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."* ([John 14:27](#))

14. Help me. *"The righteous cry out, and the Lord hears them; he delivers them from all their troubles."* ([Psalm 34:17](#))

15. Let my words be uplifting. *"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."* ([Ephesians 4:29](#))

16. Forgive me and help me forgive others. *"If you forgive men when they sin against you, your heavenly Father will also forgive you."* ([Matthew 6:14](#))

17. Thank You for being in control. *"For I know the plans I have for you,"* declares the Lord, *'plans to*

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For Mothers — thank you (variation on Matthew 25)

submitted by Michele Beckett

Note from Michele: I have always found this text touching. I was at a Christian conference in England many years ago and had attended the parenting workshop. And at the end of the workshop, the presenter read this text, a variation of Matthew 25. I will always remember this. Our children are a precious gift and sometimes we need to hear that what we are doing is a blessing to our children and to God.

I hope that it is blessing to all of St Paul's mothers and to all women that have cared for and nurtured others.

I was a stranger and you welcomed me. In spite of the enormous upset I caused to your life you were delighted to share your home with me. Thank you.

I was born completely naked and you wrapped me in little clothes. You washed and ironed and folded those clothes hundreds and hundreds of times. You have never stopped clothing me, although sometimes you've had to do without things you'd have liked yourself. Thank you.

I was hungry and thirsty, first you gave me warm milk and then again and again you fed me, and every time you gave me food you were giving it to me, to Christ. I appreciate the boredom of constantly cleaning up the mess I made, and washing and drying an endless pile of dirty dishes. Thank you.

(Continued from page 10)

prosper you and not to harm you, plans to give you hope and a future.” ([Jeremiah 29:11](#))

18. Teach me. Guide me. Show me what to do. *“Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me.”* ([Psalm 25:4-5](#))

19. Purify my mind. *“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.”* ([Philippians 4:8](#))

I was sick. With teething and wind, with bouts of flu and temperatures and measles and chicken pox and constant colds. And you comforted me, and you lost sleep, and you were anxious and worried. I experienced you at your loving best, tender and caring. And I knew then how unconditional your love was when I was at my most helpless. Thank you.

I was in the prison of my own immaturity, resisting limits, acting up, throwing tantrums. And you didn't just visit me – you came and stayed with me, imprisoning and tying yourself up – for years – for my sake, so you could lead me out into freedom and maturity and an enjoyment of the wonders of life. That freedom was perhaps the greatest gift of all you gave me. How can I say Thank You for it?

You have done so much for me. Over and over and over again, even when you were bored or exhausted, irritated or hurt, when you were ill or wanted to count the cost, you forgave me, and you didn't count the cost. I'm telling you now so you'll be more aware of the good you're doing – and so you'll know you're doing all this to me, to Christ. And, I'm telling you so you'll know how much I appreciate and love you.


Thank you.



20. Thank You. Again. Always. *“Give thanks in all circumstances, for this is God's will for you in Christ Jesus.”* ([1 Thessalonians 5:18](#))

Kelly O'Dell Stanley is the author of [Praying Upside Down](#) and [Designed to Pray](#).

A graphic designer who writes (or is it a writer who designs?), she's also a redhead who's pretty good at controlling her temper, a believer in doing everything to excess, and a professional wrestler of doubt and faith. She blogs at [kellyostanley.com](#) and calls small-town Indiana her home.



St. Paul's Agora

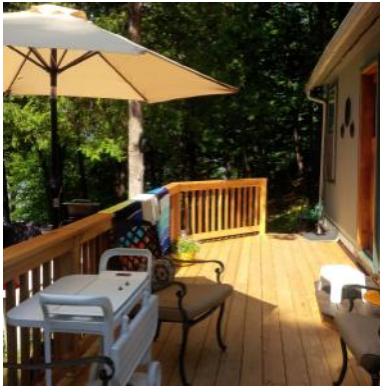
Do you have something you would like to sell, trade, or give away?

There may be someone in our parish looking for that very thing!

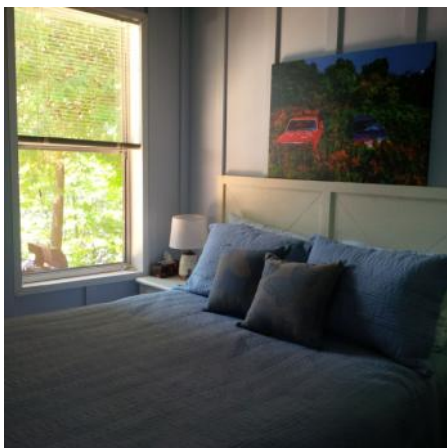
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Contact Melissa Clark at melissamclark59@yahoo.ca or 613-720-9966



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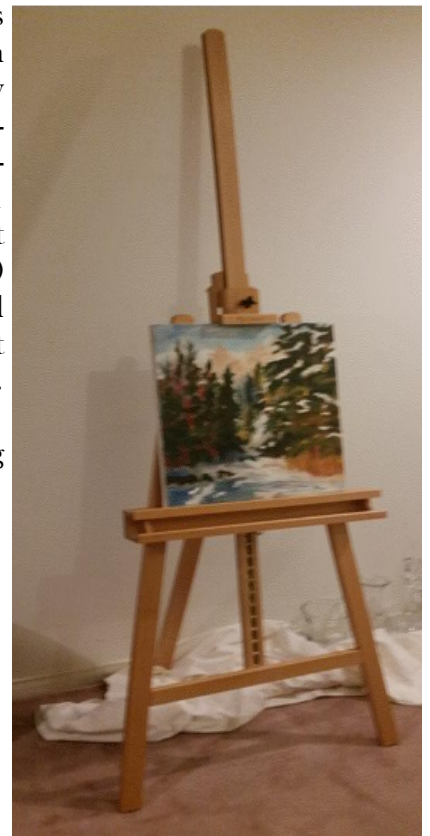
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Large Lyre painter's easel. Made from beech wood, very stable. Adjustable - securely holds canvases up to 51 inches high, paint tray. Bargain at \$90 (half of the original price). Two art books free with sale.

Call April Forsberg at 613-271-8249.



Gardening God's Way

Plant three rows of peas:

- Peace of mind
- Peace of heart
- Peace of soul



Plant four rows of squash:

- Squash gossip
- Squash indifference
- Squash grumbling
- Squash selfishness



Plant four rows of lettuce:

- Lettuce be faithful
- Lettuce be kind
- Lettuce be obedient
- Lettuce really love one another



No garden should be without turnips:

- Turnip for meetings
- Turnip for service
- Turnip to help one another



Water freely with patience and cultivate with love.
There is much fruit in your garden because you reap what you sow.

To conclude our garden, we must have Thyme:

- Thyme for God
- Thyme for study
- Thyme for prayer



Author Unknown

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