

CORNERSTONE

November, 2012

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. Sunday Morning – Holy Communion Said service

9:15 a.m. Sunday Morning – 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. Sunday Morning – 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

Inside this issue:

- Messages from Father John and Father Craig
 - GIFT Campaign Update
 - Report on Synod 2012
 - Why do I Volunteer?
 - A Volunteer Overseas
 - Writing the Sacred: A Psalm-Writing Workshop
- ...and more!

December edition
deadline:

Tuesday, Nov 27, 2012

Please send submissions to:



A Message from Father John

Remembering and Giving Thanks

We have had a busy and productive fall at St. Paul's this year, but it seems to have passed very quickly. I want to thank Francis Christensen and Alison Stortz for their wonderful leadership in the GIFT campaign. We have been truly blessed by people's generosity and faithfulness. I am confident that we will reach our target and see many benefits to the ministry of St. Paul. I am aware that some people are still waiting to be contacted but we will get to everyone soon.

In addition I would like to thank God for the work and ministry of Roger Jones and Christian Music Ministry that blessed us with the *Two Sisters and a Funeral* concert. I know that everyone who took part in and came to the concert were blessed by the experience. Roger's leadership at Service on October 28th was nothing short of brilliant.

The beginning of November is a time to remem-



From the Desk of Father Craig

Opportunities Ahead

How quickly time passes. Seems like just yesterday I was beginning my sabbatical... and yet it seems like forever since worshipping at

St. Paul's. It will be a true joy to be back Sunday November 4.

My time studying modern Greek in Boston was a wonderful challenge. I do hope it leads to opportunities for us and the Greek Orthodox Church to work together in the days to come. We, the Anglican and Orthodox, do some amazing ministry together in Greece. Why not In Canada?

But that is all for the future. The present provides us much to do in Kanata! We are over the

ber the Saints of the Church. Those who are no longer on their earthly pilgrimage, but are with God in His Kingdom, leave us an example of lives of faith. We remember them because their life and witness has the ability sustained us in our journey. All Saints and All Souls day grants us an opportunity to remember people who have passed and allow their memory to be celebrated.

Remembrance Day is a great opportunity to help us reflect on the fact that our freedom and liberty comes with a cost. Men and women throughout history have been willing to pay the ultimate sacrifice to ensure our basic rights and freedoms. We are blessed to live in a country that promotes freedom. We must be vigilant to protect and promote these rights.

I wish you all of God's joy and blessings,

Fr. John

\$300,000 mark in the GIFT campaign. That will reduce or building debt by 1/3 over the next 5 years!!! Fantastic!!! What an act of faithfulness!

We do have a message of Good News and Renewal and it is to be lived out. That was certainly the case on Saturday (and Sunday) when we welcomed Roger Jones back into our midst. I would like to thank Ann Faurbo and the company of angels she leads singing, the host families, Colin and Michael on sound, Lorna Brule, who organized the whole trip for Roger, and Paul, Amy and Sarah who joined Roger on the trip to Canada. Hearing the women sing, "Sitting at His feet" was a gift from God. God in Christ spoke to me in that beautiful song. Others found blessing in

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Report on Synod 2012

by Linda Keech

I attended Synod October 18 - 20, 2012. It was my first time and I was honoured to be chosen by my parish to attend. My Mother had gone to Synod for years and I wanted to go to follow in her footsteps. The evening service at Christ Church Cathedral was inspiring. The music and the voices were incredible. The Bishop gave a lengthy sermon and it reflects the thanks he needs to extend to all people who have worked so hard in the past year. Our Father Bill Prentice received many kind words over the entire weekend for his work as Director of Parish and Diocesan Services and Director of Community Ministries. The Bishop's charge included: Congregational and Diocesan Ministry, Real Estate Development Strategies, Youth Ministry, Gift, Partnerships, and Leadership.

Friday and Saturday, we gathered with about 200 people to listen to many different presentations.

The Synod theme was: Together in the Light (1 John 1:7) Partners in Ministry. Lutheran Bishop Pryse was an inspiring speaker and it gave us all pride to know that we are joining with our churches to become one. Father Craig Bowers, Ecumenical-Interfaith Officer, brought two speakers to Synod with their greetings and inspirations. Over the two days, we approved the 2013-2015 Diocese Budgets. It is based on a two-percent increase in costs per year and includes a two percent annual increase in Parish Fair Share.

(Continued from page 2)

many different ways from the visit. Again, thank you to all who came out and all who did the little things to make the musical a success.

We will continue to pray to hear what we are called to do in the days ahead. We have already been asked once again to lead a Youth Ash Wednesday Holy in the New Year, education will

Presentations also included the following: Creation Matters, the GIFT Campaign, an update on St. Alban's and Centre 454; Cornerstone; and volunteers will be needed for the Anglican-Lutheran Joint Assembly next year. Centre 454 will soon be moving into St. Albans and all the work in renovations is hoped to be completed with reopening in February 2013. The retirement of Maxine Stata from St. Luke's Lunch Club was also noted. She has been the coordinator for this important venue for thirty years.

I found Synod intense and came home exhausted, as I am not use to sitting and listening for long periods of time. We had no issues this year. We heard positive presentations from different areas of the Diocese (including Pembroke and Stormont). They all give new ideas that we might undertake at St. Paul's. We were able to attend a special session and I chose: Human trafficking. This session was eye-opening and you left hopeful that things are being done to help these people in need.

I hope to attend Synod next year. It is wonderful to see God working in our presence and to know we are accepting and working in ways that God wants us to. Our St. Paul's representatives included: Father Craig, Heather Colls, Lauren McCabe, Mathias Joost and Tom Baker.

*Linda Keech
Synod Representative*

be starting in Advent, and we will continue to come before God in worship!

Revelations 21.5 says, "Behold, I am making all things new..." In Christ we are a new creation, let us celebrate that gift together!

In Christ,
Fr. Craig +

GIFT Campaign Update

We're getting there! The GIFT Campaign Team is pleased to announce that, as of October 30, 2012, we are at \$322,304, just over 80% of the way towards our \$400,000 goal. The GIFT Campaign is a wonderful opportunity for us to reduce the principal of our mortgage by \$300,000 interest-free, and support other ministries here at home, in our Diocese, and in the wider Anglican Church.

With 3 weeks left in the campaign, we are only \$78,000 short of our goal. Together, we can get there!

For those of you who have been away, or have misplaced your GIFT package, we are offering information sessions in the boardroom after each service on Sunday Nov 4, Nov 11 and Nov 18.

Evening GIFT information sessions will also be offered on:

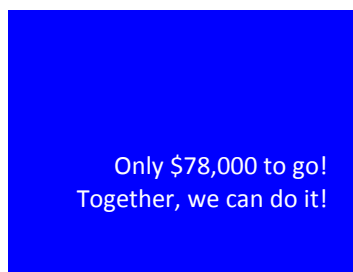
Tuesday, November 6 at 7 p.m.

Monday, November 12 at 7 p.m.

Thursday, November 15 at 7 p.m.

Wednesday, November 21 at 7 p.m.

Please sign up for one of these evening sessions so that we can have your package ready for you! Sign-up sheets will be available on the GIFT Table in the Narthex, or you can contact Alison Stortz at 613-599-7176, or dstortz@magma.ca.



Planned Giving Workshop: Now vs Later

You probably already know that there are many ways to endow the future ministry of your church when you die. Your legacy will live on through your will (bequests, Insurance policies, donations of estate and property, etc).

But did you know that you can accomplish much the same thing **BEFORE** you pass on? Yes, you can - without sacrificing your current lifestyle and cash flow, while simultaneously taking advantage of significant income tax deductions.

Richard Walsworth, an employee with the Millar Corporation specializing in Business and Estate Planning Services, is donating his personal time to the Diocese of Ottawa's GIFT Campaign to explain some of the ways we may be able to take advantage of the financial opportunities in this area.

Imagine being able to see your money at work

now – while you still live – in fulfilling the vision and mission of St Paul's.

Richard Walsworth will be at St Paul's on:

Saturday, November 17

9:30 to 11:30 a.m. in Rutter Hall.

Don't miss this excellent opportunity to understand how you can organize your finances to benefit your church (or any charitable organization).

All are welcome. Please sign up at the GIFT table in the Narthex, or call Francis at 613-831-0874 to indicate your intention to participate.

PS: If you are between the ages of 60 and 72, you will be especially interested in learning about the "sweet spot" associated with establishing annuities!



Hugs for the Homeless

Ever felt like giving a Hug to a Homeless person?

How about "hugging" them with a nice warm scarf?

Calling all you knitters or "Want to be knitters" – I am putting together some homemade scarves for the homeless.

Apparently, there are around 150 people at the center downtown. If you would like to help out, then get your needles waxed up and ready to go!

I will be sending another note in mid-December with drop-off details.

Questions? Please feel free to call Janet Tonks at 613-591-3803.



Men's Retreat at Bethesda Renewal Centre

Men's Boot Camp, November 16-18, 2012
"Called to be Courageous"

To be held at Bethesda Renewal Centre.
Limited space. Mark your calendar now.

Watch the bulletin for more details and registration beginning October 14.

Ray Brûlé

Christmas Bazaar

Books, CDs and DVDs Wanted

If you have any used books, CDs, and DVDs to contribute for the Christmas Bazaar, please bring them to St. Paul's on November 8, 9, and 10.

This year's book display will be on the main level of the building.



The Travelling Crib (Creche) needs a new Supervisor

On the first Sunday in Advent, Mary, Joseph and the donkey will leave St. Paul's. But where will they go?

Throughout Advent, they make their way from home to home as listed on a sign-up sheet for their journey to Bethlehem. They will arrive at Bethlehem (St. Paul's) in time for the Children's service at 4 p.m. on Christmas Eve.

I have found this to be a very fulfilling way to celebrate ADVENT both for myself and the families involved and I will miss it. But I feel it's time for a new Director. The Holy Family spends one night

at each home and will be taken by the Host Family to the next home on the list.

Please phone me for details: Marg McGowan, 613-599-1326.



Why do I volunteer?

by Mark Stalter

Why do people volunteer?

In the past, it was thought that individuals volunteered strictly for altruistic reasons. For example, the Good Samaritan that goes out of their way to aid a stranger as in Luke 10:25-37, or the soldier who goes back to save a fallen comrade. It was the noble act, it was the right action for someone to lend a hand for the greater good of mankind. It was people helping those in need for no reward, no favor or any grand show of gratitude. However, recent studies have indicated that there may be other reasons.

There are those who volunteer to gain career experience, to build their resume, to develop skills or learn new ones. In addition, volunteer work enables others to make contacts with people in their field of work.

Some people volunteer to build self-esteem, to make themselves feel better, to feel needed, to feel that they have a place in this world, to truly feel like they are making a contribution to society.

Others volunteer for the social aspect, to climb the social ladder while helping those less fortunate.

Some people volunteer because of a set of instilled values they have been taught. Often, these values represent the moral fibre of the individual. The importance of helping others is a value that is paramount to community.

Some people volunteer because they have felt the cruel sting that life may have afflicted them or a loved one with. For example, someone might volun-

teer for the Cancer Society because a family member died of cancer.

And some people do it because they want a better understanding of different people or the organization they serve – "bridging the gap," so to speak, in order to better understand their community and themselves.

I have, for the better part of my life, been involved with the church and, therefore, I volunteer. I say it like that because volunteering comes from a set of instilled values that are as much a part of me as my leg or arm. I have a strong calling to give back to my community and the associations or clubs of which I am a member. I am grateful for the help I received from others and feel compelled to give back.

I have been influenced by those around me. I have been challenged by them to exceed all of their expectations, and to broaden my horizons of thinking. Through various life experiences, and by the grace of God, I have been able to acquire skills and opportunities that have helped me become the person that I am today. So I give back to enable others to have the same chances at life that I have had.

Volunteering is the ultimate payback to those who helped me on the road to success. Volunteering is the ultimate "Pay it Forward" experience.

My desire to give back to the community is constantly renewed by the fact that I believe that I make a difference.

My feeling is that you should not volunteer for the praise or to boost your resume. You should not do it because it gives your organization a community service for some kind of quota. You should do it simply because it must be done. Yes, just because there is a need. When we volunteer we are ultimately filling in the gaps that have been stretched out by apathy and the need of the community.



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Operation Christmas Child

by Jennifer Frigon

To date, Operation Christmas Child has collected and distributed over 94 million shoe box gifts worldwide. Each shoebox gift is filled with hygiene items, school supplies, toys, and candy, is given to children regardless of gender, race, religion, or age.

Operation Christmas Child shoeboxes from ON, QC, NB, NS, PEI, NL in Canada collected in 2012 will be distributed to: Sierra Leone, Senegal, Ivory Coast, Guinea, Bissau, Haiti, and Uruguay.

There are different categories for the boxes:

Girl aged 2-4, 5-9 or 10-14

Boy aged 2-4, 5-9 or 10-14

Fill your shoebox with a well-balanced variety of items from the following categories:

- School Supplies – pencils, pens, pencil crayons, note pads, and picture books
- Toys & Other Gifts – stuffed animals, small musical instruments, hair clips, toy jewelry, t-shirts, socks, and candy (loose, individually wrapped hard candy in a sealable bag), dinky cars
- Hygiene Items (please put soap in a sealable bag)
- Personal Note – Include a personal note and/or a photo in your shoebox (not inside the donation envelope)

DO NOT INCLUDE:

- Toothpaste (due to customs regulations)
- Food and any chewy, crumbly, or soft candy, in-

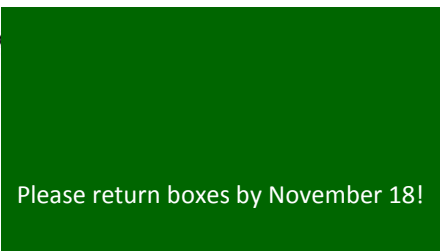
cluding gum (due to customs regulations)

- Used items (due to customs regulations)
- Playing cards (other card games such as UNO are allowed)
- Liquids or items that could leak, melt, freeze, or break - Shampoo, creams, lip balm, bath gels, mirrors, or glass, etc. (these can damage other items in the shoe box)
- War-related toys, knives, toy guns, or other items that could scare or harm a child.

They do recommend a donation of \$7 for every shoe box you pack to help cover project costs and shipping. Donations can be made at samaritan-spurse.ca by credit card, or enclose a cheque or cash in your shoebox. Please make one combined donation for multiple shoeboxes.

St. Paul's Anglican church collected 152 boxes in 2011. Let's see if we can increase that number this year. Please have the boxes returned to me at the church by November 18, 2012.

Jennifer Frigon



(Continued from page 6)

Some people are dissatisfied with those who volunteer for personal gain. I, on the other hand, am not. Yes, it is selfish of them to be volunteering under the guise of doing something for others when they really are doing it for themselves. However, despite the fact that they are benefiting from volunteering, so are the people they are helping. It is the classic case of symbiosis – and that is a good thing. After all, we all win when we volunteer.

So, I implore everyone to find a cause and volunteer.

Not only will you be helping others, you will be helping yourself as well. Who knows, you may surprise yourself with what you are able to help with here at St. Paul's.

Robert Fulghum said it best in his book, All I Really Need to Know I Learned in Kindergarten, "Share everything." I think that is what we are called to do as Christians: to share the gifts that God has given us.

Mark Stalter

A volunteer heads overseas again

You may remember some “Letters from a Volunteer Overseas,” in previous issues of the Cornerstone, in which Lenna Gore described her adventures at an elephant sanctuary in Thailand and a school in Cambodia. At the end of this month, Lenna will be heading off to Thailand again. This time, she will go with Openmind Projects (www.openmindprojects.org) to volunteer to teach English to children in Mae Sot, Thailand. Most of the children she meets will be Karen orphans (refugees from the civil war in Burma).

The Openmind Projects website provides information about the area and people with whom Lenna will be working: “Mae Sot and Umphang are located in far eastern Thailand a few kilometers from the border with Burma/Myanmar in the Dawna Mountains. Mae Sot is the site of one of the few border crossings between Thailand and Burma by way of the Thai-Myanmar Friendship Bridge. Large (and cramped) camps found throughout the border area are home to refugees and migrant workers (mostly Karen) from the civil war across the border in Burma.

The migrant schools serving the Burmese children in the area are not supported by the Thai government, leaving them starved for resources. Schools may have several grade levels in a single classroom.

Education is one of the only ways for refugee and migrant children to escape the great poverty their community faces. Openmind Projects helps the disadvantaged people in this area to better educational opportunities in several ways. We work in village primary and secondary schools, orphan homes and child-care centres. We donate computers to poor schools and provide training in their use and maintenance. Besides their time at a project, volunteers can also help refugees in the camps by contributing educational materials (such as books and laptops) to support the schools.”

Please pray for good health and safety for Lenna, and for the Thai people and other volunteers with whom she'll be working. If you would like to donate some money towards the purchase of school supplies or whatever items are most needed by the children, please see Lenna at the 11 a.m. service, call her at 613-270-8592, or drop your donation off at the church office.



www.openmindprojects.ca

Writing the Sacred: A Psalm-Writing Workshop

Sunday, November 11, at St. Michael and All Angels Anglican Church

On Remembrance Day, author and poet Ray McGinnis will speak at our 10 a.m. service. He will offer a reflection on the Psalms, poetry and what these offer to both church and society when we are called as a people to remember. In the Gospel lesson from Mark 12:38-44 Jesus presents his listeners with a choice to consider the way of the scribes (of his time) and the way of the poor widow. Ray will explore these two different paths for opening to God's spirit in our lives and for creating peaceable communities.

Writing the Sacred: A Psalm-Writing workshop.

The Hebrew Psalms are among the most loved books of the Bible. The 23rd Psalm, for example, has been put to music by as diverse a range of artists as Johann Sebastian Bach, Duke Ellington, Bobby McFerrin and Lucinda Williams. From the Psalms we hear honest and direct expression of emotion as the psalm-writers express to God, including thanksgiving, lament, confession and trust. As a person raised in the church, Ray McGinnis has had firsthand experiences of the power of the Psalms to speak to people at times of gratitude, sorrow, wisdom and vision. He brings an understanding for both the musicality and poetry of the psalms, and provides information to help others grow in their appreciation of the psalms. The Psalms not only offer us glimpses of the cries of the spirit by people of faith from long ago, but as a stepping stone for leading each person in our contemporary society to a deeper relationship with God.

As someone who has kept a practice of writing in a journal for many years, Ray knows firsthand the power of reflective writing. At this Psalm-writing workshop you are invited to come play with words. You are invited to come and nurture your spirit as you discover through simple step-by-step activities, ways to make your own new psalms. Come and explore the thin spaces where reflective writing and spirituality meet. This workshop is designed for both those who enjoy writing and those who have never put pen to paper. This is a workshop open to older children, youth and adults.

In times of war and in peacetime we remember universal including themes of war, conflict, peace, sacrifice,

vision and hope. Often a society turns to poetry to express something that prose often does not satisfy. Our spare words of poetry somehow agree with the somberness of the day.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

Lawrence Binyon, For the Fallen (excerpt)

As this workshop falls on Remembrance Day, there will be some time during the workshop to remember and opportunity to write Psalms of remembrance and peace.

Come and discover how God is still speaking to us in these times.

When: Sunday, November 11, 2012, after the 10 a.m. service

Where: St. Michael and All Angels Anglican Church, 112 Bel-Air. Contact: stmikes@bellnet.ca

Signed copies of Writing the Sacred will be available for sale during the workshop for those who wish to purchase a copy priced at \$26

About Ray McGinnis

Ray McGinnis is author of Writing the Sacred. He is a graduate of the Center for Journal Therapy in Denver and leads journal-writing workshops at health care facilities. He has studied at the Banff School of Fine Arts in Banff, Alberta, Canada, with a focus in poetry. Ray serves on the Advisory Board of the Institute for Poetic Medicine, based in Mountain View, California. He leads poetry and nature walking workshops, prayer writing workshops, Psalm-writing workshops and journal writing workshops. He is also a writer for the Seasons of the Spirit Church School Curriculum.

A popular presenter, Ray has taught over 11,000 participants at writing workshops across North America. His website is www.writetothetheart.com. He lives in Vancouver.

A notice from the Diocese of Ottawa



HEAVEN CENT FUND

Over 160,000 cents have been raised since April 2011



Katapila Community School, January 2012: \$500.00 Donation

All building projects in rural Zambia need a store to keep all the tools and materials secure so when building started at Katapila Community School in 2009 that was the first thing to be built.

Work then started on the main 1 x 3 classroom block (a 1 x 3 is one main building comprising three classrooms and an office or two). The Katapila building has two offices but the Deputy Head has given up her office so the the children may have a library. Katapila is unusual as few rural schools can boast a library. Soon to follow were the toilets and a bore hole with hand pump.

Last to be built was the 3 bedroomed teacher's house which was completed in September 2010.

Sahel Food Crisis Response, September 2012: \$250.00 Donation \$250.00 Matching funds from the Government of Canada

PWRDF, as a member of the Canadian Foodgrains Bank, was part of a major \$10.9 million response to the ongoing food crisis in the Sahel.

Horn of Africa Drought, July 2011: \$500.00 Donation \$500.00 Matching funds from the Government of Canada

PWRDF responded to the famine in the Horn of Africa through the ACT Alliance and the Canadian Foodgrains Bank.

Through your kind donations to the HEAVEN CENT FUND our parish family, since April 2011, have been able to donate \$1,250.00 and secured matching funds from the Government of Canada of \$750.00 for a total of 200,000 cents or \$ 2,000.00 to help those less fortunate than ourselves.

Thank you for generous support. It really makes good CENTS to donate to the HEAVEN CENT FUND.

Ken Miller



2007: Classes took place under the roof of a thatched 'chitenge'



2010: Katapila 1 x 3 classroom block

Self-esteem rising in Sunday School

by April Forsberg

Here is an updated version of a little song you might recognize. Its renaissance began in the tears of two young boys in a Grade 5 Sunday School class I helped lead years ago. The boys were regularly tormented - one because he was short and wore glasses, the other because he was overweight. The effects of the teasing were visibly impairing their self-esteem. Being large myself, and having been a target of the same stinging taunts over the years, it seemed to me that we should at least try to be as equal in humanity as we are equal in the sight of God. Since tolerance and acceptance were encouraged then, the scribbling began.

I rewrote “Jesus Loves Me” for the class, but it uses the familiar tune. It was a favoured song in my own Sunday School years, but the words address current concerns kids have for self-esteem. Today, the effects of bullying are well documented; sometimes there is no psychological armour tough enough to withstand the slings and arrows of thinly-veiled hate for those who are different. But Jesus really does love all of us, whatever and whoever we are, because He can see beyond the obvious.

Would it not be wonderful if today’s kids could learn very early to believe and do the same – as Fr. John would say, to see the face of Christ in everyone we meet? That would be true equality. It has to start somewhere – why not Sunday School?

The words were on view, and we sang it occasionally. It may have sunk in; I don’t know. But then, that’s what parents and Sunday School teachers do: they take their best, honest shot at uplifting the next generation, and hope something sticks. You may never know. But if it does, there will be at least a few kids who can stand straighter as an adult and feel good about her- or himself, and know that they count: to the group, their family, the church, and the world. What a great start in life!

‘JESUS LOVES ME’

Jesus loves me as much as you;
Jesus loves me whatever I do.
If I’m good He says ‘well done’
If I’m not He says ‘try again’.

Chorus:

Yes, Jesus loves me, Yes, Jesus loves me
Yes, Jesus loves me - He tells me every day.

Jesus loves us all the same
No matter our colour or our name;
If you and I small seeds will sow,
Then together you and I will grow.

Chorus

Yes, Jesus loves me, Yes, Jesus loves me
Yes, Jesus loves me - He tells me every day.

Jesus loves us, every one;
Tall or short or big or thin.
Sad or glad, whatever mood we’re in....
So let’s help each other, however we can.

Chorus

Yes, Jesus loves me, Yes, Jesus loves me
Yes, Jesus loves me - He tells me every day.

Jesus loves me as much as you,
So let me learn here what I can, too.
Be kind with me when I go wrong :
That’s the way we’ll get along.

Chorus

Yes, Jesus loves me, Yes, Jesus loves me
Yes, Jesus loves me - He tells me every day.

Note: Jesus Loves Me lyrics were written in 1860 as a poem in a novel written by Anna Bartlett Warner. The tune was added in 1862.

Just for fun

Attendance Sermons

A man who hadn't attended church in years suddenly began attending faithfully on Sunday mornings instead of going fishing as was his normal habit.

The pastor was highly gratified and at the end of service one morning told him, "How wonderful it makes me feel to see you at services with your good wife!"

"Well, Preacher," said the fisherman, "Quite honestly, it's a matter of choice. I'd much rather hear your sermon than hers."

The Gift of Children

A tired mom opened the front door of her home to find a young minister from the neighborhood who said, "I'm collecting donations for the new children's home we're building. I hope you'll give what you can."

"To be sure," said the beleaguered woman, "I'll give you two boys, two girls, or one of each."

Knowing Your Spouse

One of the funniest memories I have of the trials and tribulations of making the journey from childhood to adulthood was our annual summer vacation trek from Chicago to a cabin usually someplace on a lake in Wisconsin or Michigan.

Every year, it seems, we would get on a highway a few miles out of the city, and mom would wail, "Oh my goodness! I think left the iron on." And every year we would turn around and go back. But as I recall, not once was it ever plugged in. She often had the same fear that all our earthly possessions would disappear in a fire caused by her forgetfulness.

When I was about 14 years old, we were headed

out of Chicago for Lake Geneva and, sure enough, Mom gasped, "I just know I left the iron on."

My father didn't say a word, just pulled over onto the shoulder of the road, got out, opened the trunk and handed her the iron.

Altar Call

A minister was planning a wedding at the close of the Sunday morning service. After the benediction he had planned to call the couple down to be married for a brief ceremony before the congregation. But when the time came, for the life of him, he couldn't think of the names of those who were to be married.

"Will those wanting to get married please come to the front?" he requested.

Immediately, nine single ladies, three widows, four widowers, and six single men stepped to the front.

Didn't See That Coming

The minister's little six-year-old girl had been so naughty during the week that her mother decided to give her the worst kind of punishment. She told her she couldn't go to the Sunday School Picnic on Saturday.

When the day came, her mother felt she had been too harsh and changed her mind. When she told the little girl she could go to the picnic, the child's reaction was one of gloom and unhappiness.

"What's the matter? I thought you'd be glad to go to the picnic," her mother said.

"It's too late!" the little girl said. "I've already prayed for rain."

*Submitted by Carol Spencer (from
www.cybersalt.org)*

Get your Christmas shopping done early

The Gift Card Program can help

When you participate in the Grocery Gift Card Program, you get to spend every cent of your money on groceries and the store gives a portion of the money spent to St. Paul's, by means of a discount.

This Christmas, pop a gift card into a gift basket with some special treats to make a thoughtful gift that keeps giving after the festivities are over.

Participating stores include: Farm Boy (5.5%) Bulk Barn (5%) Food Basics/Metro (4%) Sobey's (5%) Loblaws (5%) Your independent Grocer (5%) Super Store (5%). The last three stores all use the same card.

Smart card technology allows you to purchase a card for \$100. You get the full \$100 to spend at the store. Each time you shop, the amount of your purchase is deducted, leaving the unused balance on the card for next time.

We accept cash, cheques or debit card.

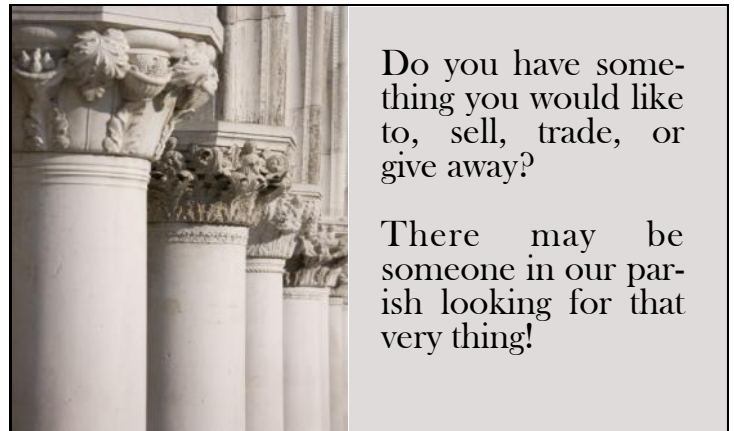
Questions? Come and see us:

Larry @ 8,

Jean @ 9:15, and

Darell @ 11.

Or, please call Darell at 613-831-7580.



St. Paul's Agora

You are invited to place your advertisements in this section of the Cornerstone, free of charge. This is an opportunity for us all to come together to meet each others' needs. Kind of like a parish garage sale, without the rain! Simply send your ad to: cornerstone@stpaulshk.org

Please, no business advertisements, or offers of professional services. If you would like to purchase a space for your business card in the Cornerstone, please send an email to: cornerstone@stpaulshk.org. St. Paul's Church is not responsible for transactions conducted through this section.

FREE – Child's Desk

It is presently painted white with 7 drawers. It would need a coat of paint. Please contact Michele Beckett at 613-270-9945.

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Thanks to Shirley Ostrander

01-15-2004


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