

# CORNERSTONE

November, 2013

20 Young Road  
Kanata, Ontario  
K2L 1W1  
613-836-1001  
www.stpaulshk.org

**St Paul's**  
ANGELICAN CHURCH



“A growing community called to know Jesus Christ and make him known in the world by our presence.”

## Sunday Services

**8:00 a.m.** – Holy Communion Said service

**9:15 a.m.** – Traditional/Choral Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

**11:00 a.m.** – Praise Music Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

## Other Services

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

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

**9:30 a.m. Sunday** – Youth Alpha (grade 6 and up). This course runs October 27 to December 15. Youth are welcome to join us for snacks, video and discussion during this time.

## Inside this issue:

- Messages from Father John and Father Craig
  - Christmas bazaar
  - GIFT Update
  - Operation Christmas Child
  - PWRDF update
  - St. Paul’s photo directory
- ...and more!

December edition deadline:  
**Tuesday, November 26, 2013**

Please send submissions to:  
**cornerstone@stpaulshk.org**



## A message from Father John

### Enjoy the ride

Someone asked me how my fall was going this year and my only response was that I felt like I was caught up in a series of waves that keep pushing me

forward.

You have seen the pictures or videos of those crashing waves – the beautiful pictures with the surfer in the middle of a tunnel of water, and it looks like the surfer is almost out of control. You have seen the surfer make it out of the wave and ride with a sense of elation. You have also seen the waves throw the surfer into a tumble.

Sometimes I feel just like that surfer. Life is fast and exciting, and somehow I manage to keep my balance and stay on for the ride. At other times, I feel out of control and get swallowed up by the waves that continue to crash all around me.

Regardless of the outcome of the wave, I know that God is with me. When that ride turns out well, I see



## From the desk of Father Craig

### Live the mystery

*Behold, I tell you a mystery; we will not all sleep, but we will all be changed, in a moment, in the twinkling of an*

*eye, at the last trumpet; for the trumpet will sound, and the dead will be raised imperishable, and we will be changed.... 1 Corinthians 15:51-52*

This past week I was fortunate to be part of a commission for the Canadian Council of Churches. We explored the Christian Self-understanding and Interfaith dialogue. It was quite amazing as the different denominations presented papers on the topic. I watched as a mystery unfolded... the wonder and mystery of our faith.

I will be presenting from the “Anglican perspective” in the spring. And then we are to “weave” all the com-

his power and guidance. When I am tossed and sucked under the water, I feel His presence and support in the mayhem.

We seem to be moving too quickly towards Advent and Christmas. And there seems to be much to accomplish in a short time. However, we need to be reminded that there is a beautiful view to be enjoyed in the midst of the waves. Don’t allow the hectic pace of material preparations to cloud the real preparations for Christmas. We need to make room in our hearts to welcome the King.

My hopes and prayers for you and I are that we take the time to recognize the presence and power of God in all the moments of triumph and turbulence. If you have too much turbulence, I hope that you are surrounded by people who love and watch out for you. Thanks be to God, who never leaves us to ride the waves alone.

Peace,

mon threads into a common statement of hope! Do any of us around the table – Russian and Ukrainian Orthodox, Roman Catholic, Mennonite, Baptist, Christian Reformed, Anglican, Presbyterian, Salvation Army, Coptic Orthodox and United Church – know what will be written in the end? No. But in prayer and with a common hope in Jesus Christ we have the assurance that God in the Holy Spirit will guide and direct!

That’s the great thing about the “mystery” of our faith. We know the foundation stone, Jesus Christ. We know the Father who created us in great love, and we know the Holy Spirit will be a great comfort as we journey this life and the next.

Now maybe my theme of “mystery” is just me rationalizing because I never know what’s next at this fascinat-

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## The Kilby Dancers

Thursdays, 10–11:30 a.m.

We are fast approaching that time of year again when taking exercise out of doors will become difficult, but all is not lost!

Come and join us on Thursday mornings from 10 to 11:30 a.m. in St Paul's Rutter Hall, where you can exercise in the form of Folk Dancing and have fun doing so.

We are a friendly group of people following in the footsteps of the late Nigel and Angela Kilby. As Nigel would say, "If you can walk, you can dance."

No previous knowledge of dancing is necessary, nor do you need a partner. All you need are flat shoes and a desire to have fun.

There is no charge, but a donation of \$2 for St Jude's, Iqaluit Cathedral Building Fund would be appreciated.



*Margaret Jones*

*(Continued from page 2)*

ing parish, but I don't think so!

It's truly a wonder all that God is doing around us that is new. Please keep in prayer Hospice Care Ottawa as they move into their new digs up the road (Old Presbyterian Church), pray for the youth group as it meets Sunday morning at 9:30 a.m. and pray for our new ministry at Garden Terrace.

As Christians, a common thread that we have in all our ministries is a personal relationship. Yes, our faith has rules and moral values that guide and direct, but it is seeing the other as Christ, that personal encounter, that is key. It is by walking side by side to offer care and be cared for that our true calling is seen. "What you have done for the least of these, you have done for me." Matthew 25

Let us live the mystery of the resurrection, today and always!

In peace,  
*Fr. Craig +*

## Christmas Dinner

Saturday, November 30

Mark your calendars! Cost is \$12.50/person. Tickets go on sale Nov 10 (limited quantity, so get yours early!).

The men of St. Paul's will be offering traditional Christmas fare, with turkey and all the trimmings, winter vegetables, Christmas pudding, mince tarts, tea and coffee.

We need more gentlemen to help with the following:

- Cooks (4 or 5) from noon until dinner is served
- A setup team (4 or 5) during the afternoon for about an hour and a half. Set up tables and chairs, lay tables, maybe a little festive decorating.
- A serving team (6 or 7) to actually serve the meal
- A clean-up crew to wash dishes, and return the hall to a state ready for Sunday after-service coffee

If you can help with this event, please contact me.

See you at dinner!

*Bill Colls*

[william.colls@ncf.ca](mailto:william.colls@ncf.ca)



## Knitted goods for sale

Proceeds to Nursery and God Squad

Jill Kuhlman will be selling her knitted items in the Hazeldean Mall on Nov 29 and 30, and she has graciously offered to give the proceeds to St. Paul's Nursery and God Squad. This is a wonderful opportunity to raise money for our children's ministries!

Can you spare a couple of hours to supervise the table? **We need people to be at the Hazeldean Mall between 8:00 a.m. and 3:00 p.m. on Friday, November 29 and Saturday, November 30.** If you can spare a couple of hours during these times on either or both of these days, your help will be greatly appreciated!

Please contact Alison Stortz at 613-599-7176 or [dstortz@magma.ca](mailto:dstortz@magma.ca).

Thank you!  
*Alison Stortz and Jill Kuhlman*

## Parenting courses

Looking back, I was a pretty bad parent. Frankly, I had no training at the job, and my instincts let me down. Maybe that is what has inspired me to be involved in Building Strong Families. Don't get worried – I'm not providing the teaching. People far more successful than I at parenting are doing that! ☺ Whether you are currently parenting teenagers, or children who will become teenagers, these 5-week courses will have something for you.

Wednesdays, starting Nov 6, 7:30pm	Parenting Teenagers	Kanata Baptist Church
Saturdays, starting Nov 9, 9:30am	Parenting Teenagers	Christ's Chapel Bible Church
Mondays, starting January 20, 7pm	Parenting Children	Holy Spirit Parish

For more information, please visit our website:  
<http://www.relationshipcentral.ca/the-parenting-teenagers-course/>

*Tony Copple*  
 Building Strong Families  
 613-591-3903

## GIFT Campaign update

Thanks to all St Paul's parishioners for their continuing support of our GIFT Campaign. We now stand at almost \$492,000 in pledged donations. Further, we have now paid down just over \$160,000 of our mortgage. The Diocesan GIFT Campaign is now at \$12,184,703 in cash, pledges and bequest intentions and still climbing.

Through your exceptional generosity in exceeding our original campaign goal of \$400,000 by almost 25%, we will now be in the enviable position of having additional financial resources to apply to emerging priorities. The unexpected but mandatory clerestory roof replacement this fall is a prime example of this flexibility.

The diocesan share of your GIFT donations is also funding these and many other initiatives:

- Insight for Difficult Conversations Workshop
- The Hunger Games Eucharist
- Open Table

## St. Paul's Christmas Bazaar November 15 and 16

Don't miss our Christmas Bazaar. Invite your friends and neighbours. Everyone is welcome!

**Friday, November 15, 4:00 p.m. to 8:00 p.m.**

(Come for the Chili Dinner!)

**Saturday, November 16, 9:00 a.m. to 2:00 p.m.**

(Come for Lunch!)

Here are some of the treasures you'll find:

- Jams, Preserves, and Baked Goods (including our much-loved Frozen Meat Pies)
- Children's gift room (for young shoppers only!)
- Handmade crafts
- Books
- Gifts
- Christmas decorations

See you at the Bazaar!

*Heather Colls,*  
 613-509-1304 or  
[heather.colls@ncf.ca](mailto:heather.colls@ncf.ca)

- PWRDF for Medical Missions at Al Ahli Arab Hospital, Gaza, Diocese of Jerusalem

It is not too late to join in the GIFT Campaign. We have just over 4 more years to go. The fact that we are currently over target does not diminish the opportunities that increased financial flexibility and enhanced ministry programs at St Paul's can provide.

If you are new to St Paul's and would like more information about the GIFT Campaign, or if you have already completed your pledge and wish to consider an additional contribution, please contact either of the GIFT Campaign co-chairs, or the church office.

St. Paul's GIFT Campaign co-chairs,

*Francis Christensen, 613-831-0874*

*Alison Stortz, 613-599-7176*



## Cursillo upcoming weekends

**118<sup>th</sup> Women's Cursillo Weekend,**  
November 7 to 10, 2013

Rector: Wendy FitzPatrick

Theme: "If you have faith the size of a mustard seed... nothing will be impossible for you." *Matthew 17:19-20 NRSV*

**119<sup>th</sup> Men's Cursillo Weekend,**  
November 28 to December 1, 2013

Rector: Hans Posthuma

Theme: "This is my beloved son, in whom I am well pleased." *KJV*

Please hold the Rectors, and those being called to these teams up in prayer that they may discern God's will and have the time and energy needed to give of themselves as God's servants for this weekend.

Hold also up in prayer, all those who may be approached to attend a weekend and their sponsors. May they feel the support of a caring community that will answer their questions, help with family situations if necessary and hold them up in prayer.

Application forms for the weekend are available at [www.oacm.ca](http://www.oacm.ca). Click on weekends and you can download the forms there.



De Colores,  
Bev Hatt

OACM Weekend Coordinator

## Operation Christmas Child Boxes due back November 17, 2013

To date, Operation Christmas Child has collected and distributed over 100 million shoe box gifts world-wide.

Each shoebox gift is filled with hygiene items, school supplies, toys, etc, is given to children regardless of gender, race, religion, or age. For more information about the program and the "dos and don'ts" of packing a box, please refer to their brochures or visit the Samaritan's Purse website.

Operation Christmas Child shoeboxes from Eastern Canada will *tentatively* be going to Equatorial Guinea, Guinea, Guinea Bissau, Ivory Coast, Senegal, Sierra Leone, and Haiti.

Boxes and brochures are available in the Narthex. In 2012, St. Paul's collected 131 boxes. Let's see if we can increase that number this year!

Please return the boxes to me at the church by November 17.

Thank you!  
Jennifer Frigon  
[jenniferfrigon@gmail.com](mailto:jenniferfrigon@gmail.com)



## St. Paul's offering envelopes and PAW program

In December, we will be issuing boxes of offering envelopes for 2014. **In January, please destroy all old, prior-year envelopes as some numbers may change for 2014.**

It's not too late to get a box! Parishioners who donate regularly by way of cash or cheque without using offering envelopes are asked to consider requesting a box of envelopes because this makes the recording of donations much easier and leaves less room for error. We order a supply of extra boxes to issue to new parishioners throughout the year, so we have enough to fill any requests. To request a box, please fill out one

of the envelopes found in the pews and place it on the Offering Plate.

We also offer the PAW program (Pre-Authorized Withdrawal) for monthly donations, which is a convenient way to donate to St. Paul's. The PAW program is helpful to our treasurer, especially during the summer months when cash flow fluctuates. Small wooden fish or crosses are available each week for those who wish to put something on the Offering Plate. PAW application forms are on the table in the Narthex.

Questions? Please contact Bob or Nancy Moxley, or the church office.

# Praising our kids

## Some types of praise may cause long-term harm

by David Gilbert

Everyone wants their kids to be happy and self-secure. Whether you're a parent, teacher, relative or friend, we all typically offer praise on a regular basis. There are, however, two forms of praise which offer radically different long-term outcomes. The first comes naturally in today's society: compliments on how smart or intelligent our kids are. The second is kudos for the effort they've put in. Studies have shown that functional intelligence goes up over time in the effort group and down in the intelligence group.

When children and adolescents are consistently praised for their intelligence, it often becomes their self-identity. The problem lies in the fact that no one can expertly or perfectly accomplish all tasks. As they inevitably run into issues they find difficult, fear of failure raises its ugly head and a pattern of avoidance develops. They feel, "If I try but fail everyone will know I'm not really intelligent; they'll be let down, disappointed or contemptuous." Fear and shame hamper their ability to tackle challenging subjects or assignments. This can have a devastating impact on long term economic, emotional wellbeing and life satisfaction status. As this underlying fear of failure becomes entrenched and chronic, stress and anxiety levels rise and self-sabotage and procrastination may become the norm.

Those who are praised for their honest efforts regardless of how well they succeed tend to evolve a can-do attitude. They'll face most challenges with gusto; secure in the knowledge there's no shame in lack of perfection or even failure. The ability to face failure, learn from it and move on is a critical life skill.

We all need to be able to internalize that failing or lack of perfection in a task does not equate with being

a failure.

For the intelligence praise group, there are often significant health ramifications as well as emotional. It appears that the increased metabolic demands created by chronic fear, stress and struggles to move ahead despite buried negative self-protection habits, often trigger a cascade of quality of life issues. These can include a broad range of inflammatory, immune, digestive and sleep issues.

Teens and adults unfortunate enough to have been in the first group are not however doomed to a life of struggle. In my experience, resources such as the



British style of EFT (Emotional Freedom Techniques) which concentrates on quite rapidly removing the power of negative beliefs, memories and thoughts, the Equilib Nutrient/Enzyme Protocol, physical exercise and simple meditation have had powerful normalizing effects. The fog of anxiety and hyper-reactivity to stress, sleep disorders, and the physical symptoms which are so frequently co-occurring have typically gone into remission or become much less severe. I speak also from personal experience. I was one who as a result of frequent parental assertions about my intelligence devel-

oped this chronic fear of failure with all that entailed. Ongoing use of these tools allows me to turn off the "emergency brakes" on my life.

When using EFT with my clients (and myself) it's surprising how often deep fears of failure come to the surface in highly intelligent people. Because these thoughts and memories are hidden in the subconscious, they've been at a loss until then to explain why they kept sabotaging themselves; despite all efforts to succeed. It's fascinating how often seemingly minor thoughts or memories lead step by step in the course

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## PWRDF news: Calgary floods – rebuilding Rowan House

by Diane Beaman, submitted by Philippa Wilson, from the PWRDF website: [www.pwrdf.org](http://www.pwrdf.org) (October 25, 2013)

On Thursday, June 20, 2013, our lives and our community in High River and the Foothills in Alberta, as we knew them, changed immensely due to the devastating flood. Despite the damage the water left behind in its wake, our spirits and determination have remained strong due to the many volunteers and forms of assistance we have received from friends and strangers. Our sense of community continues to grow as we move towards renewal and restoration.

High River is home to an emergency shelter, Rowan House, whose goal as stated on their website, "...is to provide women and their children a safe environment that nourishes feelings of self-worth, lends an opportunity for healing and personal growth, and provides temporary housing while facilitating transition back into the community. It is our intention to provide women and their children with services to foster coping skills that lead to a life free of violence."

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of a session to exposing and rewriting powerful subconscious limiting beliefs.

Not everyone praised frequently for being smart has noticeably been affected, but it's amazing how many highly intelligent people I've met who are to some degree haunted by the ghosts of compliments past. For those who are so affected, self-awareness and the tools to rewrite the subconscious programming can open the door to a different life.

Yours in Christ,  
*David Gilbert*

EcoSys Holistic Wellness Center  
[www.EcoSysHolisticWellnessCenter.com](http://www.EcoSysHolisticWellnessCenter.com)  
800-361-1370, 613-747-5458

[david@david-gilbert.com](mailto:david@david-gilbert.com)

Office hrs: 8:30 a.m. -5:30 p.m. EST.

Some evening hours available.

Resources:

[www.AAMET.COM](http://www.AAMET.COM)

[www.emofree.com](http://www.emofree.com)

[www.evincenaturals.com](http://www.evincenaturals.com)

[www.meditation.org.au](http://www.meditation.org.au)

Rowan House serves the rural foothills including the communities of Okotoks, High River, Black Diamond, Turner Valley, Longview, Blackie, Nanton, Vulcan, Claresholm, and the surrounding areas.

Sherrie Botten, Executive Director of Rowan House, reported that they had regained access to Rowan House on the evening of July 4 only to find that over 3 feet of contaminated water had flooded the lower level of the shelter. 3,500 square feet of programming space had to be completely rehabilitated: the lower level of their child care center and play area, teen area, multi-sensory therapy room, spiritual care room, counselling room, staff work area and board/meeting room. She commented further that the stress of the flood disaster will have a detrimental effect on some families and will increase the need for Rowan House's services ten-fold. It is estimated that it will take 3-6 months to re-open at full capacity.

The Primate's World Relief and Development Fund has generously provided Rowan House \$7,000.00 out of flood relief donations from caring and compassionate people and church groups across the country to restore and rebuild the child care centre. The funds will purchase new educational toys, books and resources, clothes for the dress-up centre, new toys, puzzles, books and games given for the children's use and to take with them when they move into a new home.

The Rowan House website mentions "that the Rowan tree is also known as the Mountain Ash. The berries, often retained through the winter, symbolize the endurance of Life through the dark of the year and the tree itself was said to afford protection to the dwelling by which it grew. Rowan trees have traditionally been associated with peace, sanctuary, privacy and beauty. The Rowan Tree symbolizes what we at Rowan House stand for."

With this donation, the PWRDF has provided an immeasurable gift to children with special needs by providing them and their mothers with education, support, encouragement, hope, healing and shelter not only under these most extraordinary circumstances but in the days and years to come! Praise be to God!

# Between God and Satan

by Douglas Beyer (2001), submitted by Ray Brule

A frustrated truck driver parked in a red zone and tucked this note under his windshield: "I've circled this block for twenty minutes. I'm late for an appointment. If I don't park here, I'll lose my job — forgive us our trespasses." When he came back he found a parking ticket and this note: "I've circled this block for twenty years and if I don't give you this ticket, I'll lose my job — lead us not into temptation!"

"Lead us not into temptation, but deliver us from evil," is the wording of the familiar King James Version of the Lord's Prayer. Newer versions more accurately translate the last word as "the Evil One." It is not just evil from which we desire deliverance, but evil personified—the Devil himself.

A boxer was being badly beaten in a match. Battered and bruised, he leaned over the ropes and said to his trainer, "Please throw in the towel! This guy is killing me!" The trainer responded, "No, he's not. He hasn't laid a glove on you." The boxer groaned, "Well, then, I wish you'd watch the referee—somebody is sure hitting me!"

Like the reassuring trainer, some people deny the Devil has laid a glove on us. But if he hasn't, somebody is sure hitting us. Those who don't believe in the Devil must have a very low view of humankind, to believe that we are capable in and of ourselves to be so self-destructive.

The Lord's Prayer shows us that there are two great powers in the world: the Father in heaven whose will is that none of these little ones should perish (Matthew 18:14), and the Devil in hell whose will is that all of these little ones should perish. There is an agent of death loose in the world who is trying to undo all that God has done to give us life. Is it only coincidental that evil is live spelled backwards? "Lead us not into temptation, but deliver us from the Evil One."

## THERE ARE THREE AGENTS OF TEMPTATION

Each of these three agents of temptation is described in holy scripture. To begin with, James 1:14 tells us that temptation comes from ourselves. "A person is

tempted when he is drawn away and trapped by his own evil desire." Freud was not saying anything new when he announced that in psychotherapy he discovered that we all have a death-wish as well as a life-wish. Psychiatrist Karl Menninger entitled one of his books, *Man Against Himself*. A bumper-sticker summed up the human condition in these words: "Lead me not into temptation. I can find it by myself." We are often our own worst enemies. Temptation comes from our own evil desire.

But temptation comes not just from ourselves. Jesus called Satan the "Tempter" (Matthew 4:3). I am tempted by my own lust and also by Satan. Mark Twain said, "The Devil is spiritual leader of four fifths of the human race and political leader of the whole of it." It is humbling and frightening to realize that the same evil spirit that moved Adolph Hitler and Joseph Stalin to their atrocities also moves me. He is to be guarded like a lion, dreaded like a serpent and distrusted like an angel of light.

But that is still not all there is to temptation. In the last analysis, God is an agent in my temptation. Genesis 22:1 says "God did tempt Abraham" when he offered up his son Isaac upon the altar. And in the Lord's Prayer we ask God, "Lead us not into temptation." That's a problem to many people. Do we have to ask God not to act like the Devil...to put it bluntly?

Though it is difficult to understand, it is clear that in some way God, Satan and self are all involved in my temptation. By that I do not mean that they act independent of each other: that sometimes God tempts me, sometimes Satan tempts me and sometimes I tempt myself. What I do mean is that...

## GOD, SATAN AND SELF ARE INVOLVED IN EVERY TEMPTATION

If you look closely at any temptation, you are apt to find the fingerprints of God, Satan and self. They are often hard to distinguish. M. Scott Peck, a best-selling psychologist who takes seriously the existence of Satan, wrote in his book, *The People of the Lie*, "Perhaps it will be forever impossible to totally discern exactly

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where the human Shadow leaves off and the Prince of Darkness begins." (*Christianity Today*, 3/1/85, p. 22)

The involvement of God, Satan and self in temptation is illustrated by a curious incident in the Old Testament. 2 Samuel 24:1 tells us "The Lord was angry with Israel and he made David bring trouble on them. The Lord said to him, 'Go and count the people of Israel and Judah.'" But in 1 Chronicles 21:1 we are told concerning the same incident; "Satan wanted to bring trouble on the people of Israel, so he made David decide to take a census." What is the source of David's temptation to number his troops and thus rely on their strength instead of Almighty God? Scripture gives us two answers: Satan and God. And at the same time Scripture makes it clear that David himself did it and was held responsible for his decision.

From this data I draw two conclusions. First, no human circumstance is so good that Satan cannot corrupt it. Pride stands ready like a monster to devour every virtue as soon as it is born. Even our repentance needs repenting of. On the other hand, I have concluded that no human circumstance is so evil that God cannot work in it for good to those who love him and are called according to his purpose (Romans 8:28).

The Bible tells us that God causes even the wrath of man to praise him (Psalm 76:10). And in I Corinthians 5:5 there is a remarkable statement that Satan can be used as an instrument of salvation. The German poet philosopher, Goethe, said, that Satan is "part of that power not understood which always wills the bad, but always works the good."

An ancient Persian fable illustrates this. God scattered seed upon the earth. Satan buried it and sent rain to rot it. And up sprang a flower.

## **GOD WARS WITH SATAN ON THE BATTLEGROUND OF SELF**

The Lord's Prayer is very realistic in its view of the world. The world is not a fool's paradise where people can do what they wish without eternal consequences. Life is not a playground where everyone is ultimately safe, but a battleground where opposing forces clash. People surrender too quickly. The average number of times they resist temptation is about once weakly. They had rather request forgiveness than to resist

temptation.

We are at war. God wars with Satan on the battleground of self. And that's the reason we pray, "Lead us not into temptation, but deliver us from evil." God does not promise always to deliver us from temptation, but instead he promises always to go with us through temptation and bring us safely out. He did not keep Daniel out of the lion's den nor the three Hebrews out of the fiery furnace, nor Jesus from the cross.

God does not promise that he will not allow us to be tempted, but he does promise he will not allow us to be tempted above what we are able, but will with the temptation also make a way to escape that we may be able to bear it (1 Corinthians 10:13). Therefore, we can pray in faith, "Lord don't let anything happen which is too big for you and me to handle together."

God converts not only the tempted, but also the temptation itself. In his hands it becomes a test - a test designed not to make us weak, but to make us strong; not to make us fall, but to make us stand; not to make us sinners, but to make us genuinely righteous - doing God's will not as inanimate stones, but as living sons and daughters. Yes, in his hands temptation becomes a test. We may fail the test, but we were not meant to.

Temptation, then, is not the penalty of being human, but the glory of being human. Comets and cabbages do God's will, but they are not tempted and therefore do not choose God's will as you and I do, and consequently they miss the glory which can be ours.

The point of the Lord's Prayer is not to keep God from acting like the Devil but to keep us from acting like fools.

Someday we may count it all joy that we fell into temptations (James 1:2) because under the guiding hand of God they brought us to perfection (James 1:3-4). But for now, we pray with Christ in Gethsemane that God will deliver us from evil fully confident that if he does not, he will supply the power to bear it and the glory hereafter.



# Say “Cheese”! St. Paul’s church photo-directory

by Lynn Williams

For those of you who are not familiar with this type of directory, it is an extremely useful tool for getting to know fellow parishioners, especially those who attend a different service from you. It is also a real treasure for everyone to cherish for years to come.

The Photo-Directory is exactly what it says; it consists of photos, hopefully, of all parishioners, as well as groups of people who belong to the different Ministries within St. Paul’s. It will also have a certain amount of text, including a short history of our church, messages from our Priests, etc. What it will NOT contain are addresses, e-mails or telephone numbers of individuals or groups in order to protect peoples’ privacy and comply with diocesan privacy rules.

To schedule a photo session, each family will be contacted by phone by a member of the Directory Team. At that time, you will be given a choice of times and days that best suit you and your family. Please let the Team Member know how many people will be coming for the photo shoot – if you have a large extended family, two sessions will be booked for you. Please don’t forget your pets; they’re also part of the family.

After your pictures have been taken, you will be able to view them with a photo-consultant. If you wish to purchase one or more of them, you’ll be able to do so at that time. Remember, you are under no obligation to buy any pictures, but if you don’t have a photo taken for the Directory, you will not be entitled to a free Directory later.



There will be two blocks of photo sessions which the Team Member will offer you when he/she calls. If none of the times and dates are good for you, let your Team Member know and we will make alternate arrangements.

People who are not well enough to leave home or who live in retirement/nursing homes need not be exempt from the Directory; arrangements can be made for their photos to be taken in their place of residence.

St. Paul’s is a very vibrant church – we’d like to celebrate that by taking group photos of all the different ministries we have, so expect to get a phone call to arrange a photo shoot of your group. These groups will be slotted in amongst the times of the family shoots to suit each group’s need.

With the amazing software available these days, people can be slotted into a group picture if they are not available at the designated time. Also, if anyone has a blemish that they’re particularly sensitive about, these can be removed – one need only speak to the photographer at the time of one’s session.

More details will be given to each of you at the time of the phone call to schedule yourself or your family. Please be assured that you will get a phone call, but we do have some 500 parishioners on our roll and they can’t all be called on the first day.

One last thing, if there is anyone, either within or outside the congregation who wishes to advertise their business or service in the Directory, that, too, will be available at a cost of \$50.00 for a Business Card size ad. Half page and full size ads can also be taken out for \$75.00 and \$100.00 respectfully. These can prove very beneficial to your business and the cost is just a one-time price.

This Directory will only be as successful as all of us make it. If you don’t have your photo taken, not only will we not know who you are, but the Directory will suffer from your absence.

Thank you all in advance for your co-operation!  
*Lynn Williams*

# Live, laugh, bike: summer 2013 at Waupoos

by Zdena Harder

We really should post bike traffic signs around Waupoos! Not a day went by this summer when there wasn't at least a handful of children zipping along the path with an old empty water bottle stuffed between their tire and bike frame creating the sound of a motorcycle careening down a country road! Even with all the child-powered vehicles caravanning around the farm in the background, a certain peacefulness settled around many of the Waupoos attractions, namely the pool at 2:00 in the afternoon. Many adults were found lounging under the gazebo with their feet up, enjoying the reflection off the pool water and engaged in meaningful conversations with other cottagers and farm residents. It was truly an image straight out of a Caribbean cruise brochure, minus the big boat, of course.

As usual, the summer at Waupoos was full of great activities put on by wonderful host families and exceptional staff. Along with the regular favourites like the annual Fear Factor, water games, team sports and too many imaginative crafts to count, we had the opportunity to experience tractor/wagon aided Waupoos apple picking (from the 50 or so apple trees on the property) followed by peeling, boiling and mashing of the apples into sauce for all to enjoy.

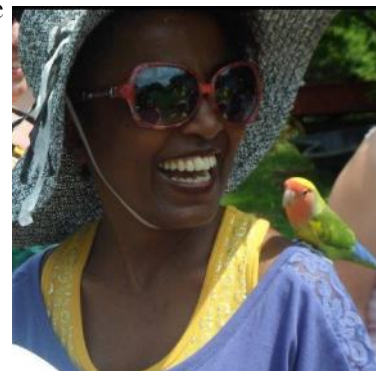
The success of a Waupoos summer like this year's is dependent on the 4 summer staff we hire in the late spring. Marina, Victoria, Hosana and Dylan lived up to all our expectations as a Farm Management Team. They all came with unique gifts, skills and personalities and melded together into a wonderful team that certainly had God's hand upon them. In addition to serving the cottagers wholeheartedly, they found time to minister to each other in their own walks of faith. They

were an awesome blessing to the community this summer and we are so grateful for their dedication.

Thank you to all our staff, hosts and volunteers (both on the 'main stage' and 'backstage') that make the summer at Waupoos even possible. We thank all the volunteers from St. Paul's that were host families this summer or are involved with the Adopt-a-Cottage initiative. Cottage #5, that has been adopted by St. Paul's Men's Group, was used everyday for the months of July and August by low-income families who were fortunate enough to get-away to Waupoos this summer. We have received many positive comments on how great the cottages look and how blessed they feel that people care enough about them to dedicate time and energy to make their stay memorable.

Now as the summer has drawn to a close, we can fondly reflect on the laughter, smiles, hugs and junior motorcyclists at Waupoos from the past few months. Then, with anticipation, we look forward to the beautiful fall colours, sleds, skates, ice, snow and Christmas lights just around the corner. This brings to Waupoos a whole new kind of vacation. Keep checking the website [www.waupoos.com](http://www.waupoos.com) for opportunities to serve and become involved in the Waupoos community!

*Zdena Harder,*  
Farm Resident



Summer 2013 fun  
at Waupoos!

## Isaiah 65:24

submitted by Lorna Brule

This is a story written by a doctor who worked in Africa:

One night I had worked hard to help a mother in the labor ward; but in spite of all we could do, she died, leaving us with a tiny, premature baby and a crying two-year-old daughter. We would have difficulty keeping the baby alive; as we had no incubator (we had no electricity to run an incubator). We also had no special feeding facilities.

Although we lived on the equator, nights were often chilly with treacherous drafts. One student midwife went for the box we had for such babies and the cotton wool that the baby would be wrapped in.

Another went to stoke up the fire and fill a hot water bottle. She came back shortly in distress to tell me that in filling the bottle, it had burst (rubber perishes easily in tropical climates).

“And it is our last hot water bottle!” she exclaimed. As in the West, it is no good crying over spilled milk, so in Central Africa it might be considered no good crying over burst water bottles.

They do not grow on trees, and there are no drug-stores down forest pathways.

“All right,” I said, “put the baby as near the fire as you safely can, and sleep between the baby and the door to keep it free from drafts. Your job is to keep the baby warm.”

The following noon, as I did most days, I went to have prayers with any of the orphanage children who chose to gather with me. I gave the youngsters various suggestions of things to pray about and told them about the tiny baby. I explained our problem about keeping the baby warm enough, mentioning the hot water bottle, and that the baby could so easily die if it got chills. I also told them of the two-year-old sister, crying because her mother had died.

During prayer time, one ten-year-old girl, Ruth, prayed with the usual blunt conciseness of our African children. “Please, God,” she prayed, “send us a hot water bottle today. It’ll be no good tomorrow, God, as the baby will be dead, so please send it this afternoon.”

While I gasped inwardly at the audacity of the prayer, she added, “And while You are about it, would You please send a dolly for the little girl so she’ll know You really love her?”

As often with children's prayers, I was put on the spot. Could I honestly say “Amen?” I just did not believe that God could do this.

Oh, yes, I know that He can do everything; the Bible says so. But there are limits, aren't there? The only way God could answer this particular prayer would be by sending me a parcel from the homeland. I had been in Africa for almost four years at that time, and I had never, ever, received a parcel from home.

Anyway, if anyone did send me a parcel, who would put in a hot water bottle? I lived on the equator!

Halfway through the afternoon, while I was teaching in the nurses' training school, a message was sent that there was a car at my front door. By the time I reached home, the car had gone, but there on the verandah was a large 22-pound parcel. I felt tears pricking my eyes.

*(Continued on page 13)*



(Continued from page 12)

I could not open the parcel alone, so I sent for the orphanage children. Together we pulled off the string, carefully undoing each knot. We folded the paper, taking care not to tear it unduly. Excitement was mounting. Some thirty or forty pairs of eyes were focused on the large cardboard box. From the top, I lifted out brightly-colored, knitted jerseys. Eyes sparkled as I gave them out. Then there were the knitted bandages for the leprosy patients, and the children looked a little bored. Then came a box of mixed raisins and sultanas – that would make a batch of buns for the weekend.

Then, as I put my hand in again, I felt the... could it really be?

I grasped it and pulled it out. Yes, a brand new, rubber hot water bottle. I cried.

I had not asked God to send it; I had not truly believed that He could.

Ruth was in the front row of the children. She rushed forward, crying out, “If God has sent the bottle, He must have sent the dolly, too!”

Rummaging down to the bottom of the box, she pulled out the small, beautifully-dressed dolly. Her eyes shone! She had never doubted!


Looking up at me, she asked, “Can I go over with you and give this dolly to that little girl, so she’ll know that Jesus really loves her?”

“Of course,” I replied!

That parcel had been on the way for five whole months, packed up by my former Sunday school class, whose leader had heard and obeyed God’s prompting to send a hot water bottle, even to the equator.

And one of the girls had put in a dolly for an African child – five months before – in answer to the believing prayer of a ten-year-old to bring it “that afternoon.”

“Before they call, I will answer.” (Isaiah 65:24)



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