CORNERSTONE





"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
- Christmas Bazaar
- God Squad news
- Meditation minute
- Operation Christmas Child
- PWRDF update
- SchoolBOX mission
- Circle of Blessing concert
- ...and more!

December edition deadline: Tuesday, November 28, 2017

Please send submissions to:

cornerstone@stpaulshk.org



A message from Father John

So great a cloud of witnesses

As we enter the month of November we can easily lose sight of the importance of All Saints Day. The world is preoccupied with Halloween,

Remembrance Day, and the frantic build up for Christmas. I believe that All Saints is a wonderful celebration of the past and an inspiration for our future. Their example can encourage us on our journey and remind us that we are not alone. Others have faced the challenges of living a Christian life and their faithfulness rekindles our hope.

Last month we had a meeting to talk about the liturgy and some noise concerns. It was good to talk together and express our points of view. At that meeting I made a commitment to implement some changes to mitigate some of the concerns. I will set up the chapel to be a quiet zone for those who wish to have some quiet prayer before the service begins. I would encourage who want to get into long conversations to use the narthex or hall.

The place of children is in the worship with the community as a whole. We continue to offer God Squad (church school) and the nursery as a choice for the parents. There is a craft table available along with books and quiet toys for children who stay in the worship area. We are looking for a carpet or flooring to put at the back to help with the noise dampening. We are so blest to have children join in the worship. Many churches wish they had this issue.

All Saints reminds us that the Christian Journey is a communal journey. We are given the stories of how people have remained faithful to gospel in their lives. The Lives of the Saints and those who have gone before us are present in our worship and our lives. At the Eucharist they join in our celebration and remind us that we are part of God's continual plan for the world and His Church. Their presence and their stories are a treasure we should celebrate and a legacy we should cherish.

May their memory empower and support our journey of faithfulness in our lives.

Fr. John

Peace, love and laughter,

From the desk of Rev. Kerri

Going beyond the walls

With our mortgage well in hand and the new roof campaign underway, I know we don't need much reminder of the advan-

tages of church buildings. Our church building provides a visible and physical presence within the community. It is recognizable, distinctive, and as such, it naturally offers advertisement to the community that we are here. Warm in the winter, (somewhat) cool in the summer, dry at all times, it serves as a safe place for God's people to worship, engage in fellowship and to study the Bible together.

Our building serves the wider community as a means for meeting, quilting, painting, counselling, and feeding. And I suspect we take great pride in our building, both for what it enables us as a faith community to do, and what it offers to the community beyond.

That said, those same walls that we seek sanctuary within and offer ministry from, can, despite our best efforts, limit us. Those same walls built up can separate us, physically, emotionally, and spiritually, from God and from each other if we're not careful. They create a place to be welcomed to, certainly. But they can also keep us inside, waiting for others to come to us. They make us comfortable. Perhaps, sometimes, more comfortable than we're called to be.

There is a movement a-foot where church is reemerging in homes, backyards, in parks, or even along

(Continued from page 2)

a riverbank. The idea is still to live like those of the early Church: eating meals together, worshipping together, studying the Word and praying together, wrapped up in each other's lives, and accountable to one another in close-up relationships. And doing so outside of the church walls (however strong, beautiful, or comforting they may be—stretches us. Probably makes us uncomfortable. But might also inspire us, or those around us, to touch and see how the Lord is good.

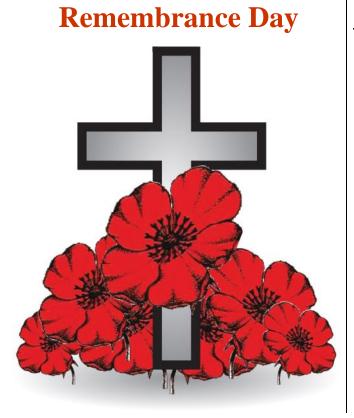
To this end, I'm looking to introduce a little *Church Outside the Walls* through Advent. You're invited to join in conversation each week around the themes of Thanksgiving, Patience, Humility, and Joy while sharing a meal or a pint together. And hopefully through it, we'll discover something new about each other, and about God. Perhaps we'll even meet, and be moved by, those we encounter.

Who: Anyone open to join in good conversation

Where: The Royal Oak, 329 March Rd

When: 7:00 pm on Mondays November 27, December 4, 11, & 18

Rev. Kerri



Christ Church events

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

"The Seed," Christ Church's newsletter, can be found here:<u>https://www.ccashton.org/newsletter</u>

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, **November 25** Location TBD 9:30-11 a.m.

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

Rev. Kerri



SPY Group Youth 9-14 are welcome!

The St. Paul's Youth (SPY) group meets every other Friday evening at the church from 7pm to 9pm. Please mark the following dates in your calendars:

Nov 17 Dec 1

Dec 15

If you are between the ages of 9-14, like hanging out with friends, playing games, serving the community and connecting with God, then we have a group for you! Meet the best youth in town right here at SPY group... oh, there is always food too!

I'm looking forward to seeing everyone again!

Contact Zdena Harder at <u>spy@stpaulshk.org</u> for more info.

Christmas Bazaar

November 24 and 25

Mark your calendars and invite your friends to our Annual Christmas Bazaar:

Friday, November 24, 4:00 – 8:00 pm Saturday, November 25, 10:00 am – 2:00 pm

Items may be brought to the church starting at the beginning of the week (Nov 20) and stored in assigned areas. Please look for the designated sign and place. Set-up will take place on Thursday, November 23.

Sign-up sheets are available in the Narthex. Please sign up and do your bit. Wayne and Co. will cook a chili supper on Friday evening, and there will be a soup/sandwich lunch on Saturday.

We will have the following tables:

- quilts
- Christmas gently used
- Christmas centrepiece and floral
- gift baskets
- jewellery
- toys
- gently used (but not junk, please!)
- books
- knits and crafts
- jams and jellies
- baked goods

A Meditation Minute

Submitted by Ed and Elaine Papazian

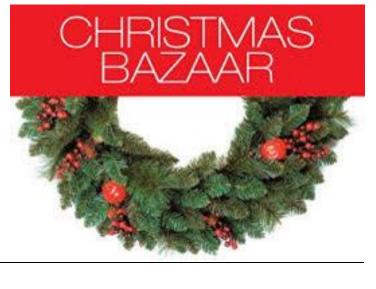
In an attempt to gain some empirical understanding of solitude, a cognitive neuroscientist at New York University placed more than twenty Buddhist monks and nuns inside magnetic resonance imaging (MRI) machines, tracking blood flow to their brains while they <u>meditated</u>. Other neuroscientists conducted similar studies. The results remain preliminary, but it appears that when the human brain experiences a self-consciously chosen silence, as opposed to sleep, the brain does not slow down. It remains as active as ever. What changes is *where* the brain is functioning.

Language and hearing are seated in the cerebral cortex, the folded grey matter that covers the first couple We will also have the special Kids' Shopping Room (where kids can buy and wrap gifts for their loved ones). Orders for Meat Pies are being taken.

Yes! Lots to do! No doubt I have forgotten something, so just let me know please. Marg Burton is looking after the kitchen end of the event and I will help organize the rest. Looking forward to working together.

Moira and Marg

Marg 613-592-5198, <u>marg1944@hotmail.ca</u> Moira 613-592-3376, <u>mmgreen@live.com</u>



When one experiences silence, absent even reading, the cerebral cortex typically rests. Meanwhile, deeper and more ancient brain structures seem to be activated — the subcortical zones. People who live busy, noisy lives are rarely granted access to these areas. Silence, it appears, is not the opposite of sound. It is another world altogether, literally offering a deeper level of thought, a journey to the bedrock of the self.

of millimetres of the outer brain like wrapping paper.

(An excerpt from "The Stranger in the Woods," by Michael Finkel.)

God Squad news Outreach project for November

God Squad Outreach Project

from

October 22 to November 19 2017

God Squad will be collecting

Shoe Box gift items for children of families who are homeless or at risk of homelessness.



See the Bulletin for suggested items.

Please encourage the children in their outreach project.

Suggested Items for the Children of Chrysalis House:

- Arts & craft supplies
- (for example Cravons, Pencil Cravons, Construction Paper, etc.) Water bottles
- Lunch Containers
- Small toys and books
- Slippers
- Socks
- Underwear
- Boys hygiene supplies (deodorant)
- Tooth paste, toothbrushes
- Toques
- Mitts
- Gift cards to Tim Horton's



If you would like to get more involved in our wonderful God Squad program, please speak to Tracy Albert (613-470-5647), Joyce Prentice (613-592-4426), or Amy McKechnie.

Quietude continues

Awaiting decisions from our wardens as to how we can have a more respectful level of noise at St. Paul's before and during our Sunday services.

Respectfully submitted, Moira Green

Ministry Support Group

St. Paul's is very blessed to have so many active ministries! The Ministry Support Group (Ed Gadd, Alison Stortz, Vera Near, Ken Miller, Janet Tonks & Rev. Kerri), is here to help you promote your activities, find volunteers, transition leadership, submit budget requests and Vestry reports, or provide whatever other kind of help vou need.

Our first Mission was to hold an Open House! This was successful in promoting the variety of ministries at St. Paul's, answering questions, and giving people an opportunity to join different groups. Please note that you do not have to wait for an Open House to sign up for a group that you want to join. If you are interested in joining any ministry, please ask and you will be directed to the right person.

Our second Mission is to make sure the Budget Reports are all completed! If you would like to expand your ministry, purchase an item for your ministry, or host an event, and need financial support from the church, please complete a budget request and return it to the office before the end of November (to the attention of Mark Stalter). Questions? Please let us know and we'll do our best to help you!

One of the issues that we have been having on Sundays is that people on the Service Schedule (Readers, Servers or Lay Assistants, etc), have not always been present, this puts extra work on our priests, who already have a heavy load! If you are scheduled to be a part of the service on a Sunday but cannot make it, please find a replacement from your group list, or get in touch with the leader of your ministry.

The function of the Ministry Support Group is to ensure the well-being of everyone involved in ministry work at St. Paul's. You are welcome to approach any member of the group directly with any concerns or Ideas you may have, or you can contact us through the church office.

God's Blessings! Janet Tonks, the Ministry Support Group



Operation Christmas Child

Shoeboxes due back at church on November 12

It's not too late to fill a shoebox! Please return the filled boxes by Sunday, November 12. If you have any questions or concerns, please feel free to contact me at <u>jenniferfrigon@gmail.com</u> or check out <u>http://</u><u>samaritanspurse.ca/operation-christmas-child.aspx</u>.



A letter from Claude

Our one-year sponsorship of the Wakass family ended in October

Editor's Note: Claude, Mousa and Eskander Wakass joined our community on October 19, 2016. Over the past year, they have begun to adjust to life here. Although our official sponsorship has ended, our relationship with them continues. Please keep the family in your prayers. Claude and her niece, Sophia, visited St. Paul's on October 22. Sophia read the following letter from Claude to the congregation.

Good morning, everyone,

It's been 2 years since we left Syria. We spent 5 years living under war and fear, hopeless and futureless. We stayed in Lebanon for about 8 months, where we experienced difficult times. My two kids were without school in a country we weren't welcomed in.

It has now been a year since we arrived in Canada. We thank God and thank each and every one of you for lending us a hand, and supporting us throughout this year. You helped us settle and start a new life, giving my children a new chance for a better future.

Mousa is now in grade 11. This year he was on the school honour roll, with an average of over 85%. He

also received a medal for the highest average in science class.

Eskander doesn't exactly love school, but he enjoys being with friends. Now he is a part of the Cadet program and is involved in a youth group.

I have joined a baking class at Algonquin, in addition to English class.

We can't thank you guys enough for what you've done for us. Our prayers go out to all of you and your families, and for Canada to stay in peace.

Claude



A happy Thanksgiving An update on Thomas

By Pieter and Kathy Selst

This year, as we celebrated Thanksgiving, we had so much to be thankful for. God has blessed us and heard our prayers. It has been six months since the surgery where our daughter Tracy donated a kidney to her nephew, our grandson, Thomas. Many people have asked how they are doing and we have been very thankful for the support and prayers from our church family at St. Paul's.

We are very thankful to report that the surgery was successful, and both of them have recovered well.

Tracy returned to work after eight weeks of leave and is adjusting to the changes that come with having one kidney. We are all so thankful for this priceless gift she has given to Thomas.

Thomas has bounced back, literally! He jumps all the time, bouncing all over the place! It is such a joy to see him being a normal toddler, a normal "terrible two." He wasn't talking much at all before the surgery and now his language is normal for his age. The speech therapist at CHEO has said he doesn't need her any more. He still doesn't eat very much so has supplemental feedings and still has the tube in his tummy (Gtube) for that. He gets medication every 12 hours, also through the G-tube. The medication helps prevent rejection of the kidney. Despite not eating well, he has grown 7 cm since the transplant. His blood pressure is now normal, and that medication reduced. We are thankful for the healing that has taken place, and for the medical expertise at CHEO that has helped Thomas and his family so much.



We are thankful for the answer to our prayers and for the many people who continue to pray for Thomas and his health and recovery. God has been with us and carried us, as a family, through a hard year and we can trust that He will not leave us, ever!

PWRDF Christmas Cards

By Janice Biehn, submitted by Philippa Wilson

PWRDF Christmas cards let you send your Christmas greetings and spread the word about PWRDF at the same time.

Each pack contains 12 cards and envelopes of one of either Christmas Caravan or Three Kings designs, with the same inside message, "For we have seen his star in the East and come to worship him." (Matthew, 2:1). Christmas Peace is also included in seven languages. Cards measure 5"x 7".

Cards may be ordered through Philippa, your PWRDF Parish Representative (a sign-up list is on the notice board), or directly from PWRDF by calling Ricky de Castro, toll-free at 1-866-308-7973 or by email at <u>rdecastro@pwrdf.org</u>.

A minimum donation of \$20 per pack of 12 cards is recommended.

Three Kings design



Christmas Caravan design



PWRDF World of Gifts offers safe online shopping 24/7

October 24, 2017 | By Janice Biehn

Not sure what to get that hard-to-buy-for person on your Christmas gift list? **PWRDF hopes to** make it easier with **World of Gifts**, the annual gift guide in support of development and relief work around the world. The guide is live at <u>pwrdf.org/worldofgifts</u> and also includes items supporting projects from the Anglican Church of Canada's Global Relations and Indigenous Ministries.

Many of the items support project needs in Tanzania, Rwanda, Burundi and Mozambique, where PWRDF All Mothers and Children Count programs receive a 6:1 match from Global Affairs Canada. These items focus on newborn, child and maternal health and nutrition.

Last year the gift program generated \$210,000 for PWRDF programs and galvanized many parishes across Canada to fundraise. Congregations looking for a Christmas fundraising project will be interested in our livestock programs, which provide nutrition, income and greater gender equality to families. Sunday Schools can relate to purchasing livestock such as goats, ducklings and chicks who will grow and provide for communities. If your parish has its sights set on a bigger gift, why not fundraise for a bore well? Clean drinking water improves health in so many ways in an impoverished community. Plus, your donation of \$2,000 will be matched with \$12,000 from the government, which is a lot of bang for your buck.

There are also items supporting displaced people around the world, such as a program helping refugees in Kenya make and sell peanut butter, or refugees in Egypt resettle with a bag of groceries and other supports.

Disaster relief has been front of mind with many of our donors this year. Two items will help meet people's immediate needs when they have had to flee their homes: immediate food relief and seeds for farmer to replant crops that have been ruined by disaster. Both of these items are offered through our membership in Canadian Foodgrains Bank, and those donations are also matched by the federal government at 4:1.

Buying an item from World of Gifts has several benefits:

- ∞ No costly shipping of items overseas
- ∞ Benefits local economies
- ∞ Culturally appropriate

For every gift purchased, you will also receive a beautiful cardboard ornament that you can personalize on the reverse, for your loved one to hang on their Christmas tree. By purchasing an item from the World of Gifts guide, you are truly making a world of difference!

To order gifts:

Online: Visit our secure <u>website</u> and order any time of day using Visa or Mastercard. By mail: Look for your guide in the October, November or December issue of the Anglican Journal and use the order form included in the guide. Or <u>browse</u> the gift guide online and download the <u>order form</u>. By telephone: Call 1-866-308-7973 between 9 a.m. and 5 p.m. (EST) to place your credit card order.





PWRDF Myanmar update

submitted by Philippa Wilson

Federal government announces Myanmar Crisis Relief Fund

October 31, 2017 | By Janice Biehn

Medical Teams International photo



International Development Minister Marie Claude Bibeau today announced that the federal government will match 1:1 donations to Rohingya relief efforts through its new <u>Myanmar</u> <u>Crisis Relief Fund</u>, retroactive from August 25 until November 28, 2017.

The Rohingya are a Muslim minority population of more than 600,000 living in Rakhine state of northern Myanmar. The Myanmar government considers them stateless, and places restrictions on their rights as citizens. Rohingya militants attacked government forces in August, but the government's response was disproportionately violent, according to the <u>United Nations</u>. Entire villages have been destroyed, and there has been widespread panic and flight.

Since August, the world has watched in horror as refugees pour into Bangladesh with little to no resources. *PWRDF has funded a response from the Canadian Foodgrains Bank along with World Renew and seven other Foodgrains Bank members in the Cox's Bazar region of Bangladesh. PWRDF is already contributing \$20,000 from its Canadian Foodgrains Bank account to a food relief project in Bangladesh being managed by fellow Foodgrains Bank member World Renew. The effort will provide about 18,000 Rohingya refugees — who have fled to the Cox's Bazar region — with emergency rations of rice, lentils, oil, sugar, salt and high energy biscuits for three months. The project is budgeted at \$700,000.*

"We're glad to be working and coordinating with the **Canadian Foodgrains Bank, World Renew and the Christian Commission for Development in Bangladesh** on this project," says Will Postma, Executive Director of PWRDF. "We're able to leverage each other's resources and multiply the benefits on the ground in caring for people struggling in such horrific conditions. The match from the federal government will help Anglicans in Canada twice as much support to this important relief effort."

To help PWRDF contribute more to this project you can donate:

- Online Visit <u>pwrdf.org/donate</u>, choose Emergency Response from the drop down menu and specify Myanmar Crisis Relief Fund in the message box.
- By mail Please send donations to The Primate's World Relief and Development Fund, 80 Hayden Street, Toronto, Canada, M4Y 3G2 and mark Myanmar Crisis Relief Fund on your cheque.
- By telephone Please call 1-866-308-7973 between 9 a.m and 5 p.m. EST with your credit card ready.
- $_\infty$ On the collection plate using PWRDF envelopes mark Myanmar Crisis Relief Fund on cheques and on the envelopes

PWRDF Pikangikum update

submitted by Philippa Wilson

Pikangikum water projects benefits youth trainees too

September 29, 2017 | By <u>Janice Biehn</u> with files from Jose Zarate

Trainees Jenelle Turtle and Desiree Peters with Dave Steeves, left, and Jose Zarate, right.



Digging foundations, hauling wood and assembling cabinets is hard work, but five young people in Pikangikum don't mind. Jenelle Turtle, Jonas Peters, Jamie Suggashie, Desiree Peters and Raphael Peters are getting valuable on-the-job training as they help complete Phase 2 of the Pikangikum water and wastewater systems project. They appreciate their new skills in carpentry, plumbing and electricity and have also expressed an interest in being involved in other community programs that the Band Council at this remote Northern Ontario First Nation community might initiate in the future.

The training is being led by Habitat for Humanity Manitoba, the implementing partner for this phase. Two of their trainers were trainees on Phase 1, which outfitted 10 homes with indoor plumbing in 2013. The benefits to the youth are corollary to the primary goal of outfitting 10 more homes with indoor plumbing. This past August, PWRDF Indigenous Communities Coordinator Jose Zarate returned to Pikangikum First Nation in Northern Ontario with Bob White and Dave Steeves from the Pikangikum First Nation Working Group (PWG) to assess the progress of Phase 2.



Youth trainee Jamie Suggashie

The team met with the First Nation Chief Dean Owen and the Band Council, the 10 families who are having their homes retrofitted, representatives from the local nursing station, police station, school and elders, and the five trainees. "We received a very warm welcome," says Zarate. "The Chief and Band Councillors reiterated their gratitude to The Primate's World Relief and Development Fund (PWRDF) of the Anglican Church of Canada for the funding support to Phase 2 and acknowledged the success of Phase 1 thanks to PWRDF. They also endorsed support to the youth community initiatives for Pikangikum proposed by the PWG."

Chief Owen and councillors expressed their high satisfaction on the status of the retrofitting work to date. Storage sheds that hold 1,200-gallon water tanks have been added to the sides of eight homes (two more to go), and bathrooms and kitchens are being renovated to connect to the clean

A 3-year mission to South Africa begins!

Tony and Laurie-Ann Copple have been accepted by Iris Ministries Canada as **long term missionaries** at the Iris Western Cape base in Robertson/Worcester, South Africa.

They will be leaving Ottawa on November 8. Please keep them in your prayers. If you feel called to help them financially, donations will be received by Iris Ministries Canada: <u>http://irismin.ca/</u>.

To learn more about the Copples' ministry and follow their adventures, please visit their website: <u>https://www.coppleswesterncape.ca/</u>





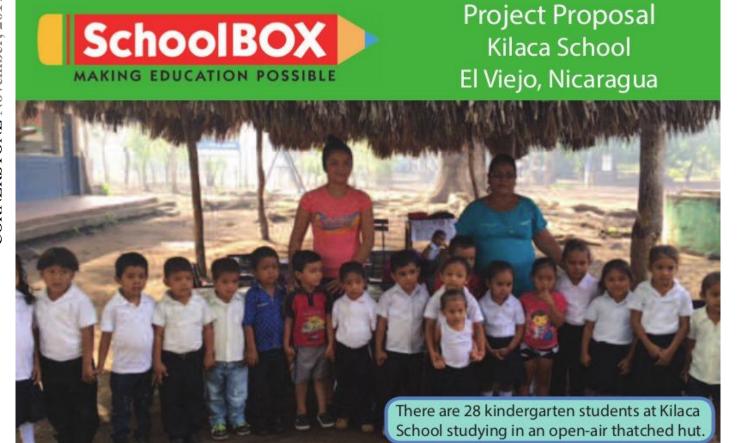
water source. Phase 2 water tanks are twice as big as Phase 1 tanks, which need to be refilled often. The Band Council also recognized the benefits of training five local youth with new skills – both for the community as well as for the youth. Some of the families, mostly elderly and with extreme health constraints (diabetes, dialysis, blindness, amputation), expressed relief and happiness in having access to clean water, toilets and bathing facilities at home. "They're eager to have the kitchen pipe connections ready in the coming weeks," says Zarate.

The delegation also met with Steve Krahn, VP Regional Development of the Habitat for Humanity Manitoba (HFHM) in Winnipeg, to brief him about the visit. The delegates praised HFHM on the work accomplished and have no doubt the remaining work will achieve the same standards of quality for the beneficiaries and community.

PWRDF staff and PWG plan to carry out a final monitoring visit during the winter to determine the working capabilities of the newly installed water and wastewater systems during very extreme cold weather. At that point a final narrative report will be submitted by the PWG to PWRDF to conclude the Phase 2 of the project.

The community has experienced tragedy this summer with the deaths of four more young people to suicide. PWRDF has extended its sympathy to Band Council Chief Dean Owen as the community grapples with this loss. Please keep Pikangikum in your prayers.

For background on the Pikangikum Water Project, please read our past stories on our website at: www.pwrdf.org



Together we can 'Make Education Possible'



Kilaca School

Project Cost: \$19,100 USD

Project Breakdown: 1 Classroom: \$18,000 Tools: \$1,100 (Desks, chairs, whiteboards)



Kilaca School is located on the Pacific coast of Nicaragua, just outside of El Viejo, Chinandega. This small city is located on the north-west tip of the country, close to Cosiguina Volcano.

Kilaca School is very large with over 270 children in 8 classrooms. The kindergarten teacher Roxanne just finished her teaching degree and is now teaching kindergarten in an

outdoor, open air hut. This makeshift classroom was built using wooden beams to support a roof made from sheet metal, plastic and palm leaves. It is similar to the homes in the community. Roxanne brings so much energy and love to her 28 kindergarten students, but she could impact them even more with a real classroom to welcome them each day!





Together we can provide these kindergarten students with a safe and proper place to study!



Many children live close by which means they are able to help their families with subsistence farming, shrimp farming and chocolate plantations outside of school hours. Some older students come from remote villages, walking up to 6km each way.

Help us to make this dream of a real classroom a reality for Roxanne and her kindergarten students!

> For more info: schoolbox.ca/projects2018 or contact Sarah Kerr: sarah@schoolbox.ca

Donate: online at schoolbox.ca/projects2018 or by mail to SchoolBOX PO BOX 201, Mill St. Almonte, ON, K0A 1A0





A CIRCLE OF BLESSING CHRISTMAS CONCERT

Tuesday December 12th 7:30 PM start St. Paul's Anglican Church 20 Young Road, Kanata

Tickets \$10 each (\$15 at the door)

Purchase tickets: Online: <u>http://schoolbox.ca/fatherrickschool/</u> In person: St. Paul's Church Office 613-836-1001

All proceeds go towards the building of 1 Classroom with desks, chairs, and whiteboards for Kilaca School in El Viejo, Nicaragua In memory of Rev. Rick Marples



In cooperation with SchoolBOX Inc. and St. Paul's Anglican Church



This classroom will give many children a chance for a better life.

St. Paul's Agora

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

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

Simply send your ad to: <u>cornerstone@stpaulshk.org</u>

For Sale, Glider Rocking Chair

Light blue/grey glider rocking chair. \$40 Call Cheryl 613-254-7248.



For Sale, Travel Golf Bag

Dark blue golf bag with wheels. Great for taking in an airport. \$20 Call Cheryl 613-254-7248.





Don Belanger

6569 Harvest Grove Dr., Greely, Ontario, Canada Phone: (613) 821-4570 • Cell: (613) 292-0187 don@belangerheating.com www.belangerheating.com





A COMPLETE CONTINUUM OF CARE

The PEACE OF MIND You're Looking For OFFERING INDEPENDENT LIVING, RESIDENTIAL CARE AND ASSISTED LIVING

480 Brigitta Street bridlewoodretirement.com

613.595.1116

ECÓSYS WELLNESS CENTER

David Gilbert Integrative Therapist Office: 613.747.5458 Toll Free: 800.361.1370 wellness@david-gilbert.com

59 Westcliffe Road Ottawa, ON K2H 8A4

EcoSysWellness.com

Specializing in:

- ï Anxiety/depression
- ï Trauma
- ï Guilt
- ï Self-sabotage
- ï Insomnia
- ï Pain &
- ï Inflammatory conditions



