

CORNERSTONE

October, 2013

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

St Paul's
ANGLICAN CHURCH



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

Sunday Services

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

9:15 a.m. – Traditional/Choral Holy Communion. 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

1:00 p.m. Sunday – EPIC, for youth aged 10 to 18, starting October 6, 2013

Inside this issue:

- Messages from Father John and Father Craig
 - Christmas bazaar
 - Pastor appreciation
 - My little pumpkin universe
 - PAW program
 - **St. Paul's curling**
 - Waupoos update
 - The Kilby Dancers
- ...and more!

November edition deadline:
Tuesday, October 29, 2013

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

Giving thanks

I love Thanksgiving. It is the time of year during which our hearts and minds turn toward God and all the wonderful and beautiful things he has given

us. Thanksgiving helps us to focus on God as creator and supplier of all good things. I have spent almost fifteen years at St. Paul's Church and I am still amazed at the love and support my family has received here.

I have just returned to work after a very busy weekend. My youngest child, Joshua, was married to Cassandra on the weekend. Gayle and I were amazed at the support and love we received by our Community here at St. Paul's. The Church was beautiful, the service was amazing and my entire family was blessed by this congregation. It is a privilege to serve in a community that loves being Church.

I believe that Thanksgiving is a perfect opportunity for us as Christians to reflect on the true essence of stewardship. By tradition, this is the time of the year when we offer our thanks for the bounty of the harvest and the wonderful cycle of creation. The beautiful colours of the trees and the crisp temperatures point us to the upcoming winter. The church will be decorated with



From the desk of Father Craig

Giving our best

This past week we as a parish gave thanks for the covenantal love of marriage. We celebrated with Joshua and Cassandra Bridges as they began their married lives together. It was and is a reminder of how our lives are made whole by the "other." And no, I am not giving room for either men or women to say, "I always knew men/women were **other** worldly!" What I am saying, and certainly been fortunate to experience, is that it is looking outside ourselves that we find completion and call.

Fr. Bill reminded me of this on Sunday. In looking at the Gospel of Luke and the story of the Rich Man and Lazarus, we see the worst of what humanity offers

the signs of the season. Through these activities, we are reminded of the Love God has for the world. He has given us a world that supplies us with our needs and much more.

He also challenges us to use our gifts to His Glory and Purpose. Stewardship is the management of the gifts we have received. Thanksgiving is an orientation towards these gifts. If we are thankful, we also become responsible for the way we use and share these gifts. There is no escaping the reality that God calls us to be accountable for the blessings we have received.

I am very thankful for all the blessings of this Parish and hope that we can come together on Thanksgiving Sunday and sing out our praises to our God. May you all recognise God in your life and work and may He continue to walk with us in our journey.

Peace, Love and Laughter,

when it sees the "other" as "nothing."

Fr. Bill asked this question: "What does he (Lazarus/our fellow human being) have to do with me?" The rich man answered the question with one word: "nothing!" And so he builds a chasm between himself and all that is good and life-giving.

Jesus tells the story to remind us what not to do; how not to answer the question. Instead, let us answer the question, "What does a fellow human being in need have to do with me?" with a resounding **EVERYTHING!**

Isn't that what Thanksgiving is all about? Thanksgiving

(Continued on page 3)

Being a Christian is like...

being a pumpkin.

God lifts you up, takes you in, and washes all the dirt off of you.

He opens you up, touches you deep inside and scoops out all the yucky stuff – including the seeds of doubt, hate, greed, etc.

Then He carves you a new smiling face and puts His light inside you to shine for all the world to see.

Submitted by Nancy Moxley



(Continued from page 2)

is a time to gather in the harvest that God provides, and share it with the world. Let us think of our Time, Talents and Treasures as the harvest! Let us replace the abstract “fellow human being” with something more immediate and concrete. For example...

What do the children in Sunday School (God Squad) have to do with me? What do the children in the nursery have to do with me? What does outreach, PWRDF, etc, have to do with me?

We might answer those questions with: At the very least, I should pray about and for these ministries; at the very least, I should consider supporting them. Let's take it further. If these are the very least I can do, what would my very best look like?

I give thanks that more people have already begun to bless the ministries of Christ in this place! What a great ministry Open House we had in September. Thank you, Lorna, and all the ministry people who were out!

Let us continue to give thanks in ways that draw more and more people to the light and life that is Jesus Christ!

In Thanksgiving,
Fr. Craig +

Christmas Dinner Saturday, November 30

Don't Look Now, but... Christmas is coming.

In years past it was the custom for the gentlemen of the parish to prepare and serve a Christmas dinner a few weeks before Christmas. It seems to me that it is time we revived the tradition.

Accordingly, Rutter Hall has been booked for Saturday, November 30, and planning is beginning. What we need now are some gentlemen to put it together.

We will need:

- 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

The menu will be traditional Christmas fare, with turkey and all the trimmings, winter vegetables, Christmas Pudding, Mince Tarts, tea and coffee. Ticket availability and price will be announced in early November.

So, gentlemen, if you see a role for yourself in this event, please email me at william.colls@ncf.ca, indicating which team you would be willing to join.

See you at dinner.

Bill Colls



St. Paul's Christmas Bazaar

Friday, November 15 and Saturday, November 16

We need everyone who is part of St. Paul's to make this wonderful tradition — our Christmas Bazaar — happen. Whatever your talent, bring it to us. Have we missed something that will enhance our Bazaar? Call me and we will see what we can do.

Some wonderful people and groups have already stepped forward. Please contact me or any of these convenors for information or to volunteer. Here is what we have lined up:

Friday night Chili Dinner (Wayne Keech)
 Saturday Lunch (April Boomer)
 Bake Table (Linda Keech)
 Jams, Jellies and Pickles (Betty Dukes)
 Books, Tapes, and CDs (Don Brown)
 Quilts and Crafts (Quilting group)
 White Elephant Table (Patricia Cillis)
 Knitting and Crafts (Barbara Snasdell-Taylor)

The Jewellery Table is taking this year off; however, we are excited to have back our much-loved and missed Frozen Meat Pies (Minx Mulhall)!

You may have noticed an important element missing from our list above — **the Children's Room**. At this time, we do not have a leader for this and we will have some very disappointed children if we do not find one. Here, the children do their shopping for everyone in their family and we wrap the gifts for the children and tag them. This is a very special room and anyone who

has been there has seen how important it is to these children. You go away with memories of what Christmas is all about through the eyes of a child. The gifts are not big, but the love that goes into them is!

If you want more information or feel called to lead this wonderful and important Children's Room, please do give me a call or e-mail me.

There are some items we are in need of:

- crock pots and card tables (we need these on Thursday, Nov 14)
- people to help set up at 4 p.m. on Thursday, Nov 14, and take down again on Saturday, Nov 16, at 2 p.m.
- items for the Bake Table. Everyone has a favourite recipe — please bake an extra batch and bring it in.

Watch the church bulletin in the coming weeks for more information on what we need and when.

Mark your calendars and invite your friends for dinner and/or lunch and a shop. Come for a wonderful time and see how talented our members are!

See you at the Christmas Bazaar!

Heather Colls, 613-509-1304 or
 email heather.colls@ncf.ca

The Kanata Food Cupboard needs you!

Please help fill the spaces on our shelves before Thanksgiving

Last week our team was on at the Kanata Food Cupboard and we were dismayed at the lack of some items we all consider important. We have no apple juice, no baking supplies (cake, cookie, muffin mixes) no diapers for size 5 and 6. We are short of cereal, and casserole mixes in the packages.

Packing food for families or helping them shop can be rewarding if we have the food on the shelves. Thanksgiving is coming! Please remember there are people in this community who need your help.

Please do what you can.

Thank You!
Heather Colls
St. Paul's Team Lead



Cursillo upcoming women's and men's weekends

I've often wondered why Cursillo is so important in my life. My weekend was in February of 1996 and I have served on several teams since. I've worked in the kitchen, given talks, been prayer support and even had the privilege of leading the 113th Women's team. I've sat on Secretariat as Palanca and now hold the position of Assistant Lay Director. This year will be one of watching and learning from Jack Barclay (current Lay Director) as I prepare to lead the Ottawa Anglican Cursillo Movement next fall.

Why the Cursillo movement started? It was to train leaders! It wasn't and was never meant to be the Alpha and Omega of Christian Weekends. Our weekends were to help us take a good look at ourselves and how we could use our God-given talents and gifts to help our Community. The weekend was for strong, committed Christians and we were encouraged, given tools, taught methods, held up in prayer ... and totally blessed by other Cursillistas. So our weekend was a beginning, not the end.

We are holding two Fall weekends:

Women's 118th Nov 7-10

Men's 119th November 28-Dec 1.

Notice, please, the numbers 118 and 119 - wow, that is something to celebrate! Over 2,000 people have been blessed by Cursillo in Ottawa!

One 2014 Spring initiative will be a Day of Deeper Understanding... stay tuned for date, time and place.

At St. Paul's, all of our Clergy - working and retired - have participated in several weekends. Many of those on Parish Council are Cursillistas. Cursillo is not for everyone. But if you think God would like you to take the time to experience Cursillo for yourself this Fall, then let me know.

So, why is Cursillo so important to me? Just ask me!

Lorna Brule

St. Paul's Cursillo Parish Rep, Assistant Lay Director

www.oacm.ca



*Make a friend,
Be a friend,
Bring a friend to Christ.*

FLAME men's conference Nov 1-3, 2013

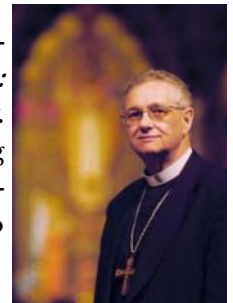


Fellowship &
Learning for
Anglican
Men's
Enrichment

We invite and encourage you to attend this weekend of fellowship and spiritual refreshment which begins on Friday night and winds up after lunch on Sunday afternoon. Our activities focus on prayer, music, and a series of talks, followed by small group discussions. You are always free to take time by yourself whenever you wish. All activities are built around an easy timetable designed for men to share and discover more about life with one another, in the brotherhood of our Lord Jesus Christ.

Guest Speaker: The Right Reverend Daniel W. Herzog, retired Bishop of the Diocese of Albany, NY.

Bishop Dan's focus for our Weekend will be *Sustaining the Flame: Growing in Grace under the Spirit*. He requests that each man planning to come begin praying for the weekend, and for every other man who will be participating.



The weekend is held at the attractive, comfortable and easily accessible facilities of the Ermitage Ste Croix in Pierrefonds, overlooking the Lake of Two Mountains. Well appointed bedrooms accommodate one person. All meals and snacks are provided at the centre's dining facilities.

A registration fee of \$65 is requested at the time of registration. A free-will offering will be taken at the end of the weekend to defray the overall cost (approx. \$170/person).

For more information, please contact:

Roger Spack

514-684-4356 or roger.spack@sympatico.ca

Andre Hammond

514-694-9567 or andrehammond@videotron.ca



Fellowship and
Learning for
Anglican
Men's
Enrichment

Pastor Appreciation: a 24x7x365 ministry

by Ray Brule

Editor's Note: Ray first preached this message in 2000. Given that October is Pastor Appreciation Month, we believe it is time for a refresher.

October is Pastor Appreciation month. I believe that pastor appreciation is NOT a one-day, or even a one-month activity; Pastor appreciation is a 24x7x365 ministry.

I once heard a sermon delivered by David Sweet, president of Promise Keepers Canada, that opened my eyes and started me on a journey of understanding the need for Pastor Support. (That sermon is the foundation of this article.) In October of 1999, I listened to Bishop Peter Coffin's SYNOD charge, where he specifically challenged the entire Diocese to take care of the clergy. In part I quote:

"While we who minister as deacons, priests, and bishops, more often than not, take delight in the ministries to which we are called, and are deeply aware of the privilege of serving God and God's people, the responsibilities can be awesome and heavy. At our [clergy] conference we talked about many things.... The one that I would like to bring to your attention now is that of the care of the clergy and their families by the bishop and the whole church and their care of themselves.... If we expect our clergy to care for us, to lead as they are called and to proclaim and live the Good News of God in Christ, then they need to be well and they need to be happy in their vocation. They need to be supported and they need loyalty...."

This article contains a difficult message, but one that must be delivered and one that **MUST BE HEARD**. Pastors will never preach this for themselves. So on their behalf, so that our pastors can continue to be courageous and strong in their fight for the Kingdom and for us in this Diocese, I submit this article for your learning and action.

There have been a number of surveys on Pastors and their ministries, and most results indicate the same concerns. Some data from a survey by the Fuller Institute indicate the following about Pastors:

- 90% feel inadequately trained to cope with ministry demands
- 80% believe that ministries are affecting their family negatively

- 75% reported at least 1 significant crisis due to stress at least once every five years in their ministry
- 70% have a lower self-image than when they started ministry
- 70 % don't have a close friend
- 50% are unable to meet the demands of the job
- 40% reported a serious relational conflict with a parishioner, at least one per month

So why are pastors so tired? What part do we play in their success or failure? When they stand before the Lord and are held accountable for all they've done or failed to do, what part have we played as part of the body of Christ? When we stand before the Lord, will we have beside our name more criticisms, or more prayers, for our pastor?

Now ask yourself this question – "What role have I been playing in the health of my pastor?"

What does Scripture say about how we treat leaders? From 1Samuel 24 and 26 we read, "And David said ..., 'I will not put forth my hand against my lord; for he is the LORD'S anointed."

David could have killed Saul two times. David shows us the behaviour that we need to model. When someone is selected for leadership, it is the office that requires the respect. They have been anointed, called by God, ordained for this ministry. If we criticise our leaders in front of our children, they will learn to do the same. This lack of respect will then spill over to secular leaders as well – teachers, politicians, police, and parents...

1 Thess 5:12: But we beseech you, brethren, to respect those who labour among you and are over you in the Lord and admonish you, and to esteem them very highly in love because of their work.

I repeat – esteem them very highly in love because of their worth. The investment they make in our lives and the price that they pay for our spiritual well-being cannot be described.

James 3: Let not many of you become teachers, my brethren, for you know that we who teach shall be judged with greater strictness.

(Continued on page 7)

(Continued from page 6)

Leaders and teachers have a more strict judgement than those who don't. A person who takes on this call to ministry is taking on a greater burden in the body of Christ. Yet this person is still a human being, trying to operate in a super natural dimension to feed us.

And aren't we so nice to give them half an hour (sometimes less) to feed us? They have to squeeze in a message that will feed everybody in less than 30 minutes. For most of us, that is how long our pastor sees us each week.

As soon as the feeding is done, the pastor is thinking about next week because Jesus said to Peter (and through Peter to all pastors), "if you love me, feed my sheep." So, our pastors are trying to figure out what each person needs to eat and how to prepare for the next feeding so that **everyone** gets fed. If the pastor has a joyful message and you are joyful but your neighbour is not, then you're happy but your neighbour is not. The stress the pastor is under to deliver a message that is necessary for your spiritual health is so enormous. Do you realise that if you have a criticism, then likely 40 others do too? So if, during the week, you make a little phone call, or drop a little note in an email telling your pastor how disappointed (or worse) that you are, how many others are doing this too?

1 Tim 5:17: Let the elders who rule well be considered worthy of double honour, especially those who labour in preaching and teaching.

Heb 13:17: Obey your leaders and submit to them; for they are keeping watch over your souls, as men who will have to give account. Let them do this joyfully, and not sadly, for that would be of no advantage to you.

Obey your leaders and submit to them. If they groan about their ministry, it's harmful to us.

Some of us have bad attitudes

Some of us leave church to go home for lunch to have not only roast beef, but also roast pastor. Some of us

have even backbitten, criticised and spread gossip. Scripture has some interesting things to say about that. Read and follow the true and tested guidelines God has already given us in Matthew 18 to make things right with each other.

If we want to have healthy and strong leadership then we need to address these attitudes and ask for God's forgiveness. If it's been an overt act against our pastor, then maybe we need to go directly to them for forgiveness and healing, and pray for them. Praise God that all we need to do is confess our sin and He is faithful and just to forgive our sin and cleanse us. But that act just puts us back on a level of playing field. That doesn't build up our pastors for that great job they are called to do. And so, for homework, let this be our

challenge: that we have some attitudes and behaviour to deal with. Pray about it and make some new commitments on how we want to treat our pastors.

What are some things we can specifically do in order to build up our pastors? In order to have them battle ready and fighting fit, so not only can they feed us, but also understand that they contend in the spiritual realm against Satan who walks around like a roaring lion ready to devour. They wrestle not only against flesh and blood, but also against principalities, powers and rulers of the dark world, against spiritual wickedness in high places.

As a layperson, I can tell you that every time I have been blessed with an opportunity to deliver a homily; it's like running a marathon. I am absolutely exhausted. For pastors, there is an emotional, spiritual and psychological draining that happens. When you're speaking in business it's strictly emotional and psychological, but when you're speaking the word of God, there it also becomes a spiritual drain.

Did you know most pastors fall right after a very successful stint in ministry? Why? Because that is when they are spiritually exhausted, and that is when Satan comes in. We need to be mindful of that, especially as the church grows and as ministry increases, **and we must increase our prayer coverage.** In that way we in-

(Continued on page 8)

(Continued from page 7)

crease the protection and encouragement for our pastors.

Here's a list of 12 things we can do to actively support our pastors, starting NOW.

Be faithful to attend and participate. Heb. 10:24-25: "...let us consider how to stir up one another to love and good works, not neglecting to meet together..." Have you ever spent a whole week planning, shopping for and preparing a meal for a dinner party, only to have half of the guests show up? How do you feel? Our Pastors are no different. Yes they are paid to prepare the meal, but they still derive encouragement when all the dinner places are full. They get even more encouragement if everyone is engaged in welcoming and visiting with ALL the guests and family members that show up. Come to church faithfully and come on time. Put a smile on your face, be friendly, sing and worship.

Do small things. Do the small, insignificant things for your pastors that normally get left for your pastor. The jobs that don't normally get done at church. Your church may be different, so forgive me if there is an area touched on that doesn't apply to your church, but in most churches the jobs that don't get done are the ones with no glory. Your pastor loves you so much that he/she will just look after if for you. Like changing light bulbs, fixing a toilet, picking up church bulletins out of the pews, washing dishes... These tasks are high spiritual callings for our pastor, aren't they? NOT!! We need them doing the spiritual warfare for us!!

Pray for your pastor "Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence." (1 Timothy 2:1-2) Let us not be a church guilty of not praying for our pastors. We don't want to get to heaven and find out some danger, or illness or brokenness happened to our pastor because we didn't intercede for them in prayer and the devil got a foothold. Consider praying especially when you get annoyed with your Pastor. Pray first, "Oh Lord, help me see the fruitfulness of that message that's making me mad." Analyse your heart and take time to ask — how can I contribute to the spiritual help and strength of our pastor(s) in order for us to see this greater vision of advancing the kingdom? Pray for your pastor first, not as a last re-

sort. Pray often (daily!) Pray in teams. Pray for the whole individual – spiritual, emotional, physical, for their marriage and family, for their friends, for time for relaxation. You may also want to support your pastor by praying for your church and its other leaders.

End gossip. You really want to bless a pastor? Be someone who is vigilant in ending gossip. Want gossip to end right now? Here's a foolproof method. When someone comes to you and gossips about your pastor, listen to them, acknowledge the concern, and then take them by the arm and say, "Let's go see the pastor." Now, one of two things will happen: they will go with you because it is a concern, or they will say something like, "Oh it's not that serious!" If it is a serious problem, you must take it to the source (not necessarily the pastor) and get it resolved; don't let it fester. (See Matthew 18:15) Apply this step to any gossip you hear about anyone in the leadership or ministry positions in the church.

Give cheerfully. God loves a cheerful giver and so do pastors. Consider the story of a man who said he got saved in 1969 and his wallet in 1982. If God's got your heart, he's got your wallet, too. Asking us to share the bounty that God, from His love and Grace, has given us is something most Pastors don't like having to do. In fact they shouldn't have to say anything. As a Christian, giving cheerfully is part of our commitment to Jesus Christ, part of our thanks to God for all we have. I challenge you to spend a month praying and acting on Malachi 3, especially verses 8-10.

Affirm your pastor. Send notes, cards, give a phone call. Especially for those messages or sermons that are tough, that make you mad before you're glad. You know those ones, where you grind your teeth and wonder "how did you know I was sinning?" but then you reflect and realise "yes, that's an area that I need to address." Send him a card saying something like, "you know, three weeks ago when you preached that sermon, I thought you were prying into my life, but the Holy Spirit used that to confront me, and now I'm living a deeper spiritual life because of it." That kind of note is nourishment to the pastor's soul. On Sunday, don't leave the church saying "nice message pastor." Be specific about what touched you, what nourished you. This response also will build up your pastor.

(Continued on page 9)

(Continued from page 8)

Get involved in ministry. Seek out and use your gifts.

“...since you are zealous for spiritual gifts, let it be for the edification of the church that you seek to excel.” (1 Corinthians 14:12 NKJV) One of the biggest heartaches of pastors is there is never anybody to fill ministry. There are always open spaces. The best thing you can do is start praying and ask God what your gifts are (get a gift inventory) then ask God where He would like you to be placed in this body to start to minister. If you are over 1 year old in Jesus Christ, there is some ministry that you can be used for in the church. We haven’t been given gifts for our own gratification, but so the church can be edified or build up.

Apply the teaching and ministry to your life.

“Brethren, join in imitating me, and mark those who so live as you have an example in us.” (Philippians 3:17) There’s not much that a pastor loves more than to see his flock practicing what he has preached – living a Godly, holy life. It helps your church when you live and conduct yourself in a Christ-like manner. Whether you realize it or not, you’re a walking billboard for your church and for Jesus Christ. Whatever the people of your community see in your life, they will tend to identify with your pastor and his flock. Behave yourself and speak well of the church and your pastor. Eyes and ears are always open to the things you say and do.

Commit yourself to love the Lord and your brethren.

The Bible teaches that all the desires of God are condensed into only two cardinal commandments that Jesus gave to His followers. He said, “...You shall love the LORD your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself.” (Luke 10:27) By clothing ourselves in God’s love, we help the church to reinforce this objective for every believer, and we also help to eliminate the elements of conflict and division which can hinder the unity of the church. “I... beseech you to have a walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavouring to keep the unity of the Spirit in the bond of peace.” (Eph. 4:1-3)

Be trustworthy. If the pastor shares something with you, it’s important to keep it to yourself. Look at the statistics, 70% of pastors don’t have a close friend. Why? They’re taught in seminary school not to share anything with people in their congregation. Too many

pastors have lost their jobs.

Make rest for your pastor mandatory. This is especially true for board members or church councils to monitor and be active. Most pastors have such a zeal for the Gospel, they could go years without holiday, burn themselves out. This is a place of accountability and you need to make sure they get enough rest. This must happen often, not just each summer. Some wrestle with guilt about being away and resting. Ease their worries by being responsible and involved (see #7).

Bless their spouse and family. Minister to the pastor’s family. Know their names. Respect their privacy and let them enjoy their time as a family. Accept the pastor’s family as any other family. Accept their children as any other children. Don’t be unrealistic in expecting them to live to a higher standard than us, to not have the same concerns and challenges with living in today’s world as we do.

There is so much more that we can do. If you would like more thoughts and ideas, Wes Roberts has a book entitled, Support your local Pastor. Dale A. Robbins wrote, What People Ask About The Church. Focus on the Family also has material that can be used.

Our challenge is to take this list of 12 items, copy it, talk about it with friends and family and then do something about it. Take one item a month, and make that item part of our habit. Let us be a light to the rest of the world on how we support the Shepherds that God has sent to us to feed and protect us. May God’s blessings pour upon you as you act in faith.

Ray Brule

Former Rectors’ Warden

St. Paul’s Anglican Church



My little pumpkin universe

by April Forsberg

I have a little pumpkin that did not grow well in my garden this year. It is just the size of a baseball, mostly just dark green with lots of orange dots, and one huge orange one up near the top where the stem is. It's a very important pumpkin; it has shown me a lesson because it is so beautiful and perfect despite its size.

Have you studied the universe in school? Then you know that everything revolves around the sun. There are different kinds of little universes everywhere, because "universe" means a sphere or realm in which life takes place.

Squiggle your eyes shut tight, and turn your imagination on until you can "see" my little pumpkin – dark green with orange dots, and one bright orange part up by the stem.. It looks like a little universe. All of the little orange dots might be tiny planets or stars. But let your imagination stretch: you know, they might even represent people – people of all kinds, in different countries, with different languages or beliefs. Their lands might be very different from ours, but all of these people, no matter where they are, need the same basic things we do: love, food, and the hope that life will be better some day.

Some of the orange dots on the pumpkin are large – they seem close by, and are well-formed. Most of the orange dots in the pumpkin universe, though, are much smaller – meaning they are further away from us in our universe, and not as easy to recognize. If



they were people, maybe they would be easier not to recognize or think about at all.

The large, bright orange part of the pumpkin is shiny and very bright: by far the biggest and most colourful spot in the little pumpkin universe. It could represent the sun. It is the only bright spot on the whole pumpkin.

The brightest spot in our human universe is God. He made all of the people in the world, and all of the things we use without thinking nearly every day: the blessings of food, water, blankets or shoes for example. Do you think everyone in the human universe – especially those who are far away and unseen, enjoys these things? Maybe not. There are even people in Ottawa who do not enjoy what we do, every day.

That's why God wants us all to share with others those blessings we have for ourselves. God is the brightest and most perfect spot in our universe, and He knows what is best for us all – those who have, and those who have not. When we share with others, we somehow get to be bigger & better inside, easily recognizable as one of God's children.

My little pumpkin really is a universe of sorts because it has seeds inside that could grow into huge vines with very large pumpkins for lots of people. All of us humans are like a universe, too. We have in us seeds of kindness, seeds of compassion, seeds of love, and seeds of sharing. Instead of just water for growth, like a pumpkin, you have encouragement from your parents and the word of God for nourishment. So, when you are part of God's universe, you are never alone, and are a comfort and blessing to others, just as God wants you to be. And you'll be a bright shining spot in everyone's universe. And that is a very bright spot to be in, indeed.

When you sit down to Thanksgiving dinner this month, please think of my little green and orange pumpkin, and remember that even prayers and kindnesses are seeds we can sow for others.

St. Paul's PAW program

The PAW program (Pre-Authorized Withdrawal) is available to all St. Paul's parishioners.

This is an easy way to donate to your Church! No hassle, no envelopes to remember, no cheques to write. (Small carved wooden fish are available if you wish to put something on the Offering Plate.)

This program helps our treasurer Mark with cash flow, especially during summer months.

Applications are available in the Narthex and a voided cheque must be included.

Donations are taken from your account on the last business day of each month. In the event a change is needed, all that is required is a signed Revision Form, or letter stating your wishes. How convenient is that?

If, during the year, you wish to make an additional donation, just put your name on an envelope and place on the Offering Plate. (We would have your record number.)

Please give this program some thought. If you have any questions, please speak to either Nancy or Bob Moxley, or contact them through the church office.

Nancy and Bob Moxley

ALPHA

Intro night, Monday, Oct 7

Kanata Baptist Alpha Intro evening is Monday, Oct 7. Everyone is invited!

There is a free meal and an Alpha video the first evening, but no discussion, so anyone can attend without feeling uncomfortable. If you have not done Alpha, this would be a great opportunity to see what it's like with no obligation to continue.

For more information about this course, please contact Dwight McDougall at 613-592-2931 or email him at: dwight_mcdougall@hotmail.com

Don't get cold feet!

Come and curl with us

St. Paul's Curling Group will be hitting the ice at the Nepean Sportsplex at 7:00 p.m. every other Saturday evening, starting November 2.

We play for fun and enjoy socializing at a nearby pub after the game. With curling, there is definitely more fun in numbers and we need more players.

You don't have to know how to curl, more experienced players are able to help you out. Equipment is provided by the Sportsplex.

Mark your calendars and plan to come out and have some fun:

Nov 2, 16, 30

Dec 14

Jan 11, 25

Feb 8, 22

March 8, 22

Cost is \$65/person for the season (may be less depending on how many curlers we have).

Not sure?? Come out on Nov 2 for a \$5 "test sweep" and see how you like it. We'll be happy to explain the rules and show you the ropes (er, rocks). ☺

If you want to find out more, feel free to chat with one of our regular curlers, including Dave Dobson, Father John, Alison Stortz, Michael Turnbull or Vera Near.

To register for the season or a "test sweep," please contact Dave Dobson (dabdobson@gmail.com) or 613-599-4793).



Forgive us as we forgive

by Douglas Beyer (2001), submitted by Ray Brule

Does the Lord's Prayer frighten you? If it doesn't, have you carefully considered the words, "Forgive us our debts as we forgive our debtors?" Back in the fourth century Augustine called this a "horrible petition" — using the word "horrible" in its original meaning of terrifying. Augustine had not allowed sleepy repetition to so dull his mind that he missed the dreadful implication of what he was asking when he said, "Forgive us our debts as we forgive our debtors." Who of us is brave enough to ask God to treat us the way we treat others?

Perhaps Jesus anticipated that of all the petitions in the Lord's Prayer this would be the one we would be most likely to miss. To be sure we got the point he amplified it in a postscript to the prayer. In Matthew 6:14-15 he says, "For if you forgive men their trespasses, your heavenly father will also forgive you. But if you forgive not men their trespasses, neither will your Father forgive your trespasses."

If that doesn't frighten you, then maybe you have never carried a grudge, or harbored resentment, or become downright angry with someone. On the other hand, maybe you still miss the point of what Jesus said. Or maybe you get the point, but just don't believe it.

To be perfectly honest, this is a petition very few actually pray. We frequently ask for daily bread, we ask for deliverance from temptation, and we may ask for forgiveness—but it is a cheap forgiveness, because we certainly don't want God to forgive us to the same extent we forgive one another.

We are like the guy who rebuked his friend for using profanity. The one who had been cursing said, "Sure I swear a lot, and you pray a lot, but neither of us really means what he says."

How about it? Do you really mean what you say when you ask, "Forgive us our debts as we forgive our debtors?"

When a Presbyterian boy visited a Baptist church, he told his mother the Baptists had a different Lord's Prayer. Instead saying trespasses, he insisted they said, "Forgive us our debts as we forgive those who are dead

against us." That ain't easy!

FORGIVENESS IS DIFFICULT.

Forgiveness is difficult because we want to calculate our care. We want to manage our mercy. We try hard to keep score:

"If I turn the other cheek, will she slap that one too?"

"If he failed to pay his last debt, will he pay this one?"

"If she disappointed me once, can I trust her again?"

Trying to keep score in complex human relations is like comparing homeruns to touchdowns. Alienated people just don't play the same game. Enemies can't agree on the score because each feels the wounds he or she receives differently from the wounds he or she gives. How many New York Trade Centers equal a Holocaust? How many of her criticisms equal his slap in the face? "I don't get mad, I get even," says the bully. But getting mad is much easier than getting even. We can't even the score when one is making touchdowns and the other homeruns.

We find it hard to forgive because forgiveness offends our sense of justice. We feel that the offender somehow got away with something. He or she doesn't deserve to be forgiven. It seems so unfair. But let's face it; forgiveness that is given only when it is deserved is not forgiveness. It may meet the claims of justice, but it does not meet the claims of love.

Forgiveness is difficult for another reason. It is hard to forgive because we do not believe ourselves to be forgiven. As long as we do not feel forgiven, we tend to defend ourselves by holding others in guilt. To forgive them means we will no longer be able to blame them for part of our own failures.

Whenever we are offended by the behavior or attitudes of others we need to pray three prayers: Father, forgive *me*. Father, forgive *them*. And Father, forgive *us*.

God's mercy to us becomes a well of mercy in us springing up and running over to others. We have received that we might give. We have been forgiven that

(Continued on page 13)

(Continued from page 12)

we might forgive:

"I never go out to meet a new day
Without first asking God as I kneel down to pray
To give me the strength and courage to be
As tolerant of others as he is of me."
(Ned Nichols)

Nothing others can do to us can compare with what we have done to God. Nothing we can forgive them can equal what we have been forgiven. We pray forgive us our debts as we forgive our debtors knowing that our debt is much greater than theirs. (See Matthew 18:21-35.)

Forgiveness is difficult because we want to give our love only to those whom we judge worthy of it, and because we do not believe ourselves to be fully and truly forgiven.

Forgiveness is difficult. It is super-human. William O. Ward reminds us that we are most like beasts when we kill, most like man when we judge, and most like God when we forgive.

Difficult though it may be,
FORGIVENESS IS NECESSARY.

It is necessary because there can be no forgiveness for the unforgiving. Only the merciful can obtain mercy (Matthew 5:7). Only those who forgive debts can have their debts forgiven (Matthew 6:12-15). Those who will not forgive break the bridge over which they themselves must pass (James 2:13).

Jesus concluded the parable of the unforgiving servant who suffered torture at the hands of his master with these solemn words: "That is how my Father in heaven will treat you if you do not forgive your brother, every one of you, from your heart" (Matthew 18:35).

Forgiveness is a favor you do yourself. To remain angry does no harm to the one who offended you, but it destroys your peace. To forgive is to set a prisoner free and then discover that prisoner is you.

Forgiveness is necessary not just to be forgiven by God and to have peace within yourself, but even to claim title to the name of Christian. It is an entrance requirement to the family of God. Paul said, "If anyone does not have the Spirit of Christ, he does not belong to

Christ" (Romans 8:9).

Since Christ's forgiveness was "from the heart," yours must also be from the heart. Forgiveness begins as a decision, but that is not where it ends. It is not complete until your whole nervous system is re-programmed. When God forgives you, he is no longer angry with you. If that's the kind of forgiveness you want from him, then that's the kind of forgiveness you must give to others. Forgiveness is difficult and necessary for all of us. But I have good news:

FORGIVENESS IS POSSIBLE.

Give is the biggest part of for**GIVE**ness. It is not something you can earn, or buy, or achieve in any other way, except to have it given to you. Now that's downright scary to think about. I mean really lying-awake-in-the-dark-of-the-night thinking about it. When you think about the great price Jesus paid for the forgiveness of sin (his death on Calvary), you feel about as big as a worm and about as valuable as half a worm - which is not very.

Forgiveness, you see, comes to us by way of a cross, and betrayal, and love so great you can't begin to comprehend it. And the worst part is that you know that you need this kind of forgiveness over and over again. The harder you try to be good, the more aware you become of your great need for God's mercy. There is nothing you can do about forgiveness except to accept it.

There is not much you can do for forgiveness, but there is much forgiveness can do for you. It can make you **ALIVE**. I don't mean alive just in the life-after-death way, although that is a part of it too. I mean really alive here and now. It begins when you realize that if God in Christ loved you enough to die for you—which is what he actually did — it becomes possible for you to love and forgive yourself, and necessary that you love and forgive others.

That's really living — living forgivingly. You will come alive as you let God express his mercy to you and through you to your wife, husband, children, parents, neighbors — yea, even the world!

Forgiveness is something you must receive and give. You receive it from God and give it to others. "Freely you have received, freely give" (Matthew 10:8).

Volunteer as a family at Waupoos Farm

Giving back to the community is a valuable lesson we all try to teach our children. Unfortunately, there are very few places in the city where you can volunteer or serve together as a family, especially with young children. Thankfully, there is a Christian ministry just south of the city that encourages your entire family to give back. At Waupoos Farm, you have a chance to offer respite and a 'vacation with a difference' to low-income families and, most importantly, you can do it together.

We are the Harder family and members of St. Paul's Church. As full-time residents at the farm with two other dedicated families, we have been blessed with the opportunity to volunteer together. We have three children aged 10 years and under and they all get to experience the blessing of serving others, especially those who are marginalized in our communities.

Waupoos Family Farm is a Christian registered charity just minutes south of the Ottawa airport. It is run almost entirely by volunteers and is sustained primarily by donations and grants.

It is a vacation farm that offers a place for low-income families to come and getaway from the strains of everyday life and financial struggles. With 200 acres of grounds, trails, a swimming pool, a lodge for crafts/

games/potluck meals, fire-pit, chapel, basketball court and much more, vacationing families are able to spend time playing and laughing together.

During vacation times, Waupoos depends on volunteer families to become 'hosts'. Hosting is a wonderful chance to share your most favourite activities with needy families. As a host family, you are provided with your own cottage at the farm for the duration of your hosting stay. You get to plan out fun activities, offer a helping hand to the Waupoos resident families and often lend an open ear to listen to the stories of those coming for respite. So in essence, you are donating your time and talents!

You can host for an entire week during the summer months or just a few days at Easter, Christmas or New Years. But, whatever time you choose to host, you'll find that you leave the farm having received much more than you have given. Serving others is truly one of the greatest joys we can experience.

If you would like to learn more about hosting opportunities at Waupoos for your entire family, you can visit www.waupoos.com.

Feel free to contact the office at contact@waupoos.com or email me at zeeharder@rogers.com.



I would be more than happy to answer your questions or take you for a farm tour.

See you at Waupoos!

Zdena Harder

Waupoos Family Farm
Resident
2050 Rideau Rd.
Gloucester, ON, K1X 1B1
www.waupoos.com

5 riddles — no cheating!

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?
4. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?
5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!



Answers:

1. The third room. Lions that haven't eaten in three years are dead.

2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

3. Charcoal, as it is used in barbecuing.

4. Three consecutive days: yesterday, today, and tomorrow!

5. The letter e, which is the most common letter used in the English language, does not appear even once in the paragraph.

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



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

Eric Anderson
Marc Charbonneau

Independently Owned & Operated

Tel: 613-836-9091
Fax: 613-836-9625

Loaner Cars & Shuttle
Service Available



St. Paul's Agora

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

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

Simply send your ad to: cornerstone@stpaulshk.org



BHM
Bradley Hiscock McCracken
Lawyers

Richard K. Bradley
B.A., LL.B.

Business Law
Wills and Estates
Real Estate

Phone: 613 825 4585, ext. 111
Fax: 613 825 5101
1581 Greenbank Road
Ottawa, Ontario K2J 4Y6

rbradley@bhmlaw.ca
www.bhmlaw.ca




Melissa Clark
B.Comm., CIM, CFP
Wealth Advisor

BMO Nesbitt Burns Inc.
1600 Carling Avenue
Suite 700
Ottawa, ON K1Z 1B4

Patti Shaw
Client Service Assistant
613-798-4210

Tel.: 613-798-4221
melissa.clark@nbpcd.com
www.mclarkassociates.com


A member of BMO Financial Group



STONEHAVEN MANOR
retirement residence

Suzanne Mondoux, Leasing Manager

70 Stonehaven Drive, Kanata, ON K2M 3B4
T 613.271.9016
F 613.271.7332
C 613.295.7013
smondoux@residencesallegro.com
residencesallegro.com




Debra Randall
Agent

Allstate Insurance Company of Canada
Glencairn Plaza
462 Hazeldean Rd., Unit 18
Ottawa, ON K2L 1V3

Tel: 613-592-8283 ext. 5102
1-888-336-2099
Fax: 613-836-8910
E-mail: drandall@allstate.ca




PHASE IN
FAMILY SUPPORT SERVICES




Faye Lavergne
FAMILY, CHILD & YOUTH COUNSELLOR

email: phaseinfss@yahoo.ca 613-253-7476

David Gilbert
EcoSys Holistic Wellness Center
2338 Riley Ave
Ottawa ON. K2C1J9
613-747-5458, 800-361-1370
Wellness@david-gilbert.com
www.EcoSysHolisticWellnessCenter.com
www.ecosys.mediconsult.tv




BRIDLEWOOD TRAILS
RETIREMENT COMMUNITY
by RIVERSTONE



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




50 Plus Aquafitness
Program

**Dianne's
Aquafit**

Aquafitness Program available Monday to Friday
Call for more information about Class Times and Availability.

Classes held daily at the:  THE ROYALE
The Royale Retirement Residence
Call Dianne Cox 613-795-7453 CALA Certified Instructor
to book your class CCAA Certified Sr.'s Fitness Instructor



**At Your Service
Councillor
Allan Hubley**

613.580.2752 