

CORNERSTONE

October, 2014

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

10:00 a.m Wednesday – Bible Study and Eucharist

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

Inside this issue:

- **Messages from Father John and Father Craig**
 - **Operation Christmas Child**
 - **Christmas Bazaar Nov 21-22**
 - **E100 Challenge**
 - **More Stewardship, Less Tax**
 - **Gift Card Program**
- ...and more!**

November edition deadline:
Tuesday, October 28, 2014

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

Giving thanks for gifts received

Dear Friends in Christ:

We have the privilege of living in a society of plenty. There are many reasons why we do not take the time or opportunity to be thankful. Maybe we are just too busy, or too preoccupied to offer thanks for the bounty of God's creation. The reality is that for most of us we concentrate on the things we don't have, rather than to rejoice in the things we do have. We do need goals in order to progress as individuals, but they must not overshadow the gifts we have already received. Thanksgiving allows us to pause and reflect on the reality that all we have is a gift from God.

By tradition this is the time of the year when we take the time to 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 the signs of the season. Through these celebrations 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.

We are called through our baptism to share in the management of creation. This stewardship of creation is a call to justice and harmony in the distribution of the gifts of God. Thanksgiving is a time to come together as friends and family and reflect on these gifts. Jesus Christ has offered an example and a way of life to His followers.

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 recognize God in your life and work and may He continue to walk with us in our journey.

Peace Love and Laughter,



From the desk of Father Craig

Be the light of hope in the world

Philippians 2:1-13

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death— even death on a cross. Therefore God also

highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

What amazing words from a man who was in prison! Something Paul endured at least three times, possibly four! It was written to people who lived in a city of great wealth and privilege. They had their troubles, but they used their wealth to bless Paul and his

(Continued on page 3)

(Continued from page 2)
ministry.

Although Paul can and does often write at a very high level, this is one of his most personal letters. He takes us into the heart of faith in Jesus.

Even in the midst of suffering – extreme suffering in Paul’s case, and the case of many in his world and ours – Paul points to a life lived in joy and purpose because of Christ.

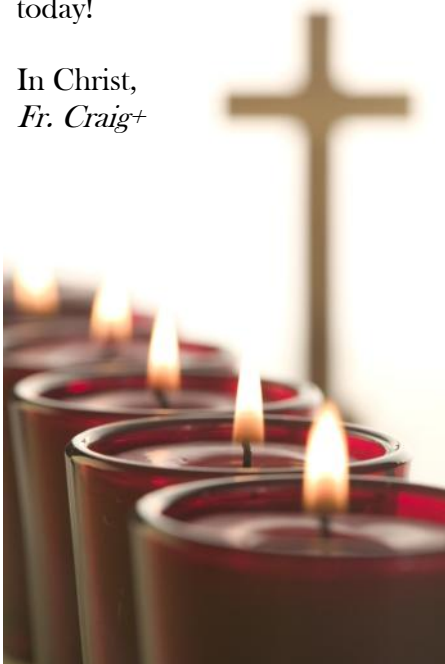
Paul saw persecution and suffering, not as defeat, but victory in Christ. Out of the darkness comes a great light. Let us light candles of hope in this world. Our God in Christ is the light of the world! Let us empty ourselves in love as He did. Let us encourage one another! We are not alone! Let us remind others who shine Christ’s light that they are not alone either.

Today I am praying for Canon Andrew White, vicar of Bagdad, for all minorities in Iraq and innocents. Wouldn’t it be a gift if we let the good vicar know we were all praying for him and all war torn countries! <https://twitter.com/vicarofbaghdad> or <http://frme.org/what-we-do/canon-andrew-white/>

Fr. John often reminds us of a wonderful Jewish proverb, “that it is better to light one candle than to curse the darkness!”

Let us be salt and light to this world. That’s how the gospel was first spread in Philippi, and is still shared today!

In Christ,
Fr. Craig+



The Kilby Dancers

Thursday mornings at 10 a.m.

Thursday, September 11 saw the start of the Kilby Dancers’ third year, continuing the work of Angela and Nigel Kilby who were sadly taken from us in 2011.

The dancers meet in the Fall, Winter and Spring in the church hall each Thursday and enjoy a variety of Folk Dances from 10 a.m. to 11:30 a.m.

Maintaining the traditions that Nigel started, a donation of \$2 is asked from all participants, the money collected going to the Iqaluit Cathedral fund. Over the past two years we have been able to send them \$1000, for which they are most grateful.

Why not come along and join us? Everyone is welcome, no previous knowledge is required and no partner is needed. We wear comfortable clothing and flat shoes and enjoy having fun.

Further information from Margaret at 613-435-4453 or email marg@jonesrus.com.

We look forward to meeting you!

St. Paul’s Curling Group

Starting November 1, 2014

Don’t get cold feet! Come and curl with us.

St. Paul’s Curling Group invites you to join us on the ice every other Saturday evening at Nepean Sportsplex from 7-9 p.m.

No experience necessary. No pressure, no play-offs – just curling, fellowship, and fun.

First curling night: Saturday, November 1, 2014. We will have 10 game nights: Nov 1, 15, 29, Dec 13, Jan 10, 24, Feb 7, 21, Mar 7, 21.

Cost will be approximately \$65/person for the season (depending on the number of curlers we have).

To register, please contact Dave Dobson by October 25 at 613-599-4793, or dabdobson@gmail.com.



The E100 Challenge is coming — are you ready?

50 weeks, 100 essential passages from the Bible

by Elizabeth Kennedy



St. Paul's is about to embark on the E100 challenge. Over the course of 50 weeks starting in November, we will read, absorb, and be transformed by 100 "essential" Bible passages.

There are a million reasons why you may decide to participate in this challenge, anything from the thrill of a dare to a deeper relationship with God. On the off-chance that my reasons might resonate with you, I thought I'd share.

I will be doing the E100 challenge because I don't have time add one more thing into my schedule. My house is a mess, my kids are needy, my job is demanding. Without a commitment, time in scripture easily falls to the bottom of my list. I'm doing it because if I don't find time to listen to the still small voice of God, all I hear in the middle of the night is crying. I'm doing it because I love my crying, needy children and I want them to know the Story. I want them to know that Love came to earth for them. That Love died on a cross for them. That Love shines into the world through them.

If I don't engage in regular Bible reading, how can I teach it? How can I live it, if I don't know it? But, all these things could be achieved through any Bible reading program. Why do this program, at this time, with this community?

I'm doing E100 because I know that as I engage these passages with fresh eyes, I will be challenged; and when I am, I hope and pray that the community of St. Paul's will be reading with me, ready to uphold me as I grow deeper in my relationship with God. I pray that I will be used as an instrument in the faith walk of others in the community. I believe that as we faithfully undertake this challenge, as a community, that God will be with us — teaching us, guiding us, working in us to do infinitely more than we could ask or imagine.

CHALLENGE BEGINS NOVEMBER 23, 2014

WHAT IS E100?

- A bible reading program for the whole congregation
- 100 essential passages from the bible (50 from the Old Testament, 50 from the New Testament)

WHAT IS THE CHALLENGE?

- To get everyone to participate
- To read the passages in 50 weeks (1 Old Testament and 1 New Testament per week)

WHY READ THE BIBLE?

- Psalm 119:105 - Your Word is a lamp to my feet and a light for my path.
- Matthew 4:4 - We do not live on bread alone, but on every Word that comes from the mouth of God.
- 2 Timothy 3:16 - All scripture is God-breathed and useful for teaching, rebuking, correcting and training in righteousness, so that the person of God may be thoroughly equipped for every good work.

WHY READ THE BIBLE AS A COMMUNITY?

- To increase fellowship and strengthen community
- God's Word transforms lives; God's Word transforms churches

WHO SHOULD TAKE THE CHALLENGE? ALL CHRISTIANS!

- Individuals, families, couples, friends, existing groups, new groups, new Christians, long-time Christians, people who love to read the bible (and especially those who don't)

WHEN SHOULD WE DO IT?

- Read the passages whenever works for you
- Opportunities for group discussion will be available during Advent and at other times throughout the challenge

HOW DO I TAKE PART?

- Sign up at the back of the church

WHAT DO I NEED?

- Any Bible
- also available: Reading Plan \$1.00 (to let you know what to read), and Reflection Guide \$10.95 (With devotional material). **Note:** Group purchases will be co-ordinated through the sign-up sheet to allow for these discounted rates.

Increasing stewardship and saving more tax

by Melissa Clark

Most Canadians are aware that if they make a donation to a registered Canadian charity they are entitled to claim a tax credit on their personal tax return. However, many people are not aware that if they donate securities (stocks, bonds, or mutual funds) which have appreciated in value rather than cash, there will be additional tax savings.

Generally, one half of capital gains realized by the sale of a security are taxable but thanks to changes introduced in 2006, any capital gain triggered by making a donation of publicly traded securities to a registered charity is eliminated under tax law.

The following example illustrates this point by comparing two alternatives for donating securities – sell the shares and donate cash or donate the shares directly to the charity. In the table below, the securities are assumed to have a “Fair Market Value” (FMV) of \$10,000 and an “Adjusted Cost Base” (ACB) of \$5,000 and the person making the donation is assumed to have a marginal tax rate of 46%.

This example demonstrates that there are significant tax savings to be realized by donating publicly traded securities with appreciated gains as opposed to donating cash. In this example, the donor saves \$1,250 by donating the securities rather than selling the securities and donating the cash.

The process to donate securities is quite simple. Your financial institution requires the information regarding the investment account set up by the Anglican Diocese of Ottawa for this purpose. This information is available from the Diocesan website: www.ottawa.anglican.ca. The donation would be directed to St. Paul’s without any administrative charges. This is a service provided by the Diocese.

If you have any questions, do not hesitate to give me a call.

Melissa Clark, CFP, CSWP
Wealth Advisor, RBC Dominion Securities
613-564-4221

	Sell Shares and Donate Cash	Donate Shares Directly
Fair Market Value of Donation (a)	\$10,000	\$10,000
Adjusted Cost Base	\$5,000	\$5,000
Capital Gain	\$5,000	\$5,000
Taxable Capital Gain	\$2,500	\$0
Tax on Capital Gain @ 46% (b)	\$1,250	\$0
Tax Savings from donation Credit (c)	\$4,600	\$4,600
Total Cost of Donation = (a)+(b)-(c)	\$6,650	\$5,400



Operation Christmas Child Boxes available October 12, 2014

History: Operation Christmas Child was started in 1990. In 1993, Operation Christmas Child grew and was adopted by Samaritan's Purse, a Christian organization run by Franklin Graham. To date, Operation Christmas Child has collected and distributed over 100 million shoebox gifts worldwide. In 2013, Canadians donated more than 664,000 Operation Christmas Child shoeboxes for hurting children around the world.

I will be organizing the Operation Christmas Child Shoe Boxes again this year at St. Paul's. The boxes will be available for pick up starting on October 12, 2014, and need to be returned to St. Paul's in the hallway by November 16, 2014.

In 2013, St. Paul's donated 130 gift-filled shoe boxes. Thank you for your generosity.

How to fill your shoebox:

- Fill your shoebox with a well-balanced variety of items from the following categories:
- **School Supplies** - Items such as pencils, pens, pencil crayons, note pads, and picture books
- **Toys & Other Gifts** - Items such as stuffed animals, small musical instruments, hair clips, toy jewelry, t-shirts, socks, and candy (loose, individually wrapped hard candy in a sealable bag)



- **Hygiene Items** - Please place soap in a sealable bag
- **Personal Note** - Include a personal note and/or a photo in your shoebox (not inside the donation envelope)

DO NOT INCLUDE:

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

If you would like further information, please feel free to contact me at jenniferfrigon@gmail.com or go to: <http://www.samaritanaspurse.ca/operation-christmas-child/>

Thank you,
Jennifer Frigon

Increase stewardship with the Gift Card Program Give more without giving more — yes, you can!

Well, we got the letter. You know the letter, from the wardens, saying we need more money. It came much earlier this year.

Some of you may have had this reaction: "I can't dig any deeper. I've got a mortgage to pay, car payments to make, clothes to put on my family, and I've got to feed my family." Well, you're not alone. Even when we want to give more, it's hard to find more to give.

BINGO! Why not let somebody else do the digging while you feed your family?

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

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

We accept cash, cheques or debit card.

Questions? Please call Darell at 613-831-7580.

Men's FLAME conference

October 31 to November 2, 2014

FLAME presents a weekend of spiritual enrichment, refreshment and fellowship for men, with guest speaker Rev. Dr. Ron Kydd, Associate Professor of Church History at Tyndale Seminary in Toronto.



The topic for this weekend will be:
The Christ Life through the Holy Spirit: Walking in Step with God

Ermitage Ste Croix
21269 Gouin Blvd West
Pierrefonds QC H9K 1C1
October 31 to November 2, 2014

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.

The deadline for registration is October 11th

The registration table will be open between 4 and 7:30pm on Friday Oct 31st. Dinner is served between 5:15pm and 6pm.

To ensure that participation in this weekend is available to everyone interested, the weekend's expenses are covered primarily through a "free-will offering" approach. Please include a cheque for \$70 with your advance registration. During the closing service on Sunday morning, participants will be asked to help defray the costs of this event through a private free-will offering. Our total cost per participant is expected to be \$180.00, for accommodation, meals, snacks and materials. We invite each participant to contribute as he is able and feels led.

Contact *Roger Spack*
514-684-4356,
roger.spack@sympatico.ca
or *Andre Hammond*
514-694-9567,
andrehammond@videotron.ca



FELLOWSHIP &
LEARNING
FOR ANGLICAN
MENS
ENRICHMENT

FLAME

Christmas bazaar

Come, and bring a friend!

Mark your calendars – the annual Christmas Bazaar is just around the corner!

Friday Nov. 21 from 4 p.m to 8 p.m.
Saturday Nov. 22 from 10 a.m. to 2 p.m.

On Friday, plan to come to the Chili Dinner, prepared and served by men of St. Paul's. Lunch will be available on Saturday.

You will be able to purchase an array of crafts, jams, jellies, home baking, and quilted items, along with White Elephant treasures, books, and much more.

Once again there will be a Special "Kids Only" room where your children can shop for family gifts.

Always needed are those quality crafts that we are known for. Hope you are working on some! Jams and jellies, other preserves, and baked goods are always in demand.

All contributions will be much appreciated.

Surprises are being planned, so don't forget to put the dates on your calendars. Tell your friends and neighbours and come out and support the parish.

For more information, please contact Minx at 613-253-8632 or minxmulhall@hotmail.com.



The hospital window

Submitted by Janet T

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window.

The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation.

Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by.

Although the other man couldn't hear the band - he could see it. In his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The

nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside.

He strained to slowly turn to look out the window beside the bed.

It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall. "Perhaps he just wanted to encourage you," she said.

There is tremendous happiness in making others happy, despite our own situations. If you want to feel rich, just count all the things you have that money can't buy.



Cursillo news

Ultreya!

Cursillo weekends are coming up!

Please keep the teams and participants in your prayers. If you know someone you think would benefit from the Cursillo experience, please speak to Fr. John.

Fall Weekend Dates:

120th Women's Cursillo Weekend Oct 23-26
(Diane Brown, Lay Rector)

121st Men's Cursillo Weekend Nov 20-23
(David McCreery, Lay Rector)



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

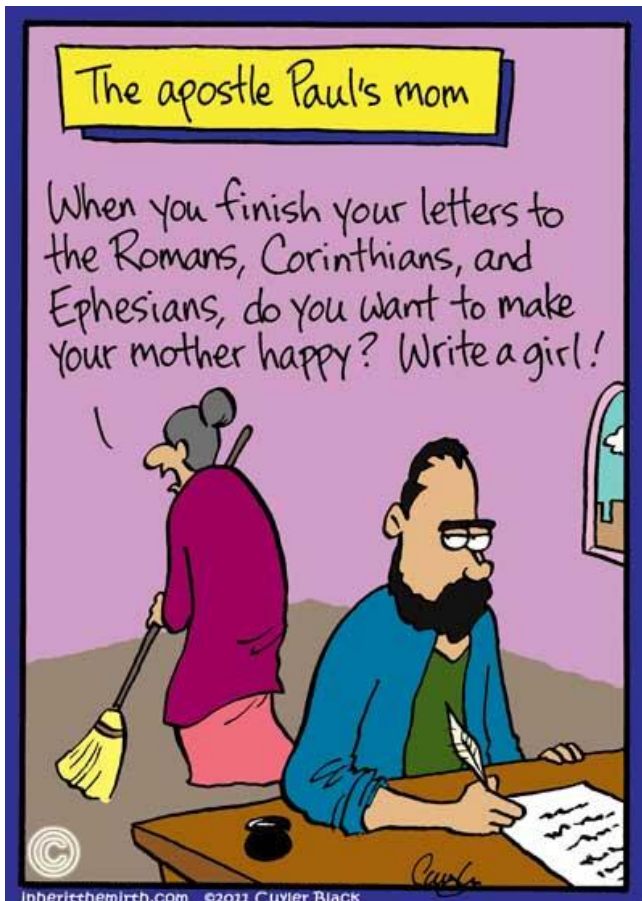
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Sales Consultant

tel. 613-663-2969
fax. 613-271-7332
sbaldwin@chartwell.com

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Cartoon by Cuyler Black

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