CORNERSTONE



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



"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:

- Message from Father John
- Welcome, Simone
- God Squad news
- Christmas Bazaar
- Reflections from Ireland
- Report from Africa
- Reflections on walking my
 dog
- Bittersweet Autumn
- ...and more!

November edition deadline: Tuesday, November 1, 2016

Please send submissions to:

cornerstone@stpaulshk.org



A message from Father John

An attitude of gratitude

I love Thanksgiving and the cool days of fall. For our family, it will be the first Thanksgiving dinner in over

50 years that we are not at our family cottage. This year, our family will gather at our home to celebrate Thanksgiving. I know that we will lament the changes to our traditions, but we will also begin to make new and lasting memories together. In truth, there are many changes to our lives that represent a loss and a gain at the same time.

St. Paul's is in a time of transition that will lead to changes and decisions that affect our communal life. It is important to remember that we are to face the future with an attitude of gratitude. In simple terms, God will continue to bless us just like He has done in the past. As we gather this Thanksgiving, let us concentrate on God's ability to draw us forward.

Many people have been asking me about the outcome of General Synod and the decision of our Bishop to go ahead with blessing Same Sex marriages. What does that mean for parishes, priests and

God Squad update All Saints Party, October 30

Our Holy Day parties use various fun activities to help the children understand the meaning of these special days. Mark these dates on your calendars:

October 30 All Saints Party November 6 Observe Remembrance Day December 24 Christmas Eve Family Service December 25 Christmas Day January 1 Epiphany Party January 29 Our Patron Saint St Paul's Day February 12 Super Hero Party March 5 Our Lenten Journey Has Begun April 14 Good Friday April 16 Easter Party May 7 Let's Learn About Our Church June 4 Pentecost Party June 25 Picnic Sunday couples seeking marriages? I will be having a parish meeting on October 25 at 7:30 p.m. in the hall. I believe that this date will work out well. Our Clergy Conference is Oct 3-5, and Synod will be Oct 20-22. After these two meetings, I will be better informed to talk about the state of the decisions and the effects that it will have on our Parish.

For many, this will be a difficult evening, challenging their deeply held beliefs, for others it will be an opportunity to begin to embrace others who have been excluded from our community. I invite everyone to come together and talk about our future with respect and a willingness to listen to the diverse views.

I thank God for the blessing of this community and pray that His presence will guide and direct our conversation.

Peace, Fr. John

We encourage parents to help our volunteer teachers, and to regularly discuss Sunday School activities with their child(ren).

For those children who attend the 8 am service, are not quite old enough to attend God Squad, or do not wish to leave their parents, colouring pictures and activity sheets similar to those distributed in God Squad can be found in the "Children's Corner" at the back of the church. The Children's Corner is available to the children year round.

For more information, please contact the church office at 613-836-1001.

See you at God Squad!

Welcome to St. Paul's, Simone

Student intern Sept 2016 to April 2017

Simone Hurkmans grew up in Embrun, Ontario and attended Roman Catholic elementary and high school there. She moved to southern Ontario to study mechanical engineering at the University of Waterloo. After graduation, she spent 10 years working as a professional engineer and manager in the automotive and renewable energy fields.

Simone and her husband, John, met as engineering students at Waterloo. They have been married 12 years and live in Westboro with their two daughters, Isabelle, 9, and Evelyne, 6. Simone and John have been very active in their home parish of All Saints' Westboro in various ministries, including: parish council, Sunday school, pastoral care, reading, intercessions, welcoming ministry (sidesperson), and Westfest.

Simone was surprised by a call to ordained ministry, and began to respond to it in 2012. In October 2014

she was recognized as a Postulant of the Diocese of Ottawa. Last year, she completed an intensive chaplaincy training program



at the Ottawa Hospital. She has served as a student intern at St. Luke's Anglican Church in downtown Ottawa and in the Anglican Parish of Metcalfe, Greely and Vernon. Simone is in her last year of a Master of Divinity in Anglican Studies at St. Paul University and hopes to be ordained to the diaconate and priesthood in 2017 (God willing).

Simone enjoys yoga and knitting (though not at the same time). She is delighted to be placed as a student intern at St. Paul's. She will be in the parish on Thursday afternoons and on Sundays from September until April.

Bazaar help needed

November 25-26, 2016

For many years, St. Paul's has had one of the best bazaars in and around the Ottawa area. Will you help us make this bazaar another fun-filled, successful weekend?

If we are going to have a Used/Regifting Table, a Toy/Kids' Books Table, or a Kids' Christmas Shopping Room, we need convenors for these. Can you help? If you would like to do another type of table, let's talk about it!

Can you help with advertising/marketing for the event?

We also need contributions of sewing, knitting, crafts and preserves:

- Do you sew, knit, crochet, make crafts?
- Save up your used books, cds, and dvds.
- Do you have things that could use a new home?
- Do you make preserves, jams, jellies?

[Note: There are apple trees on the church property. You are welcome to pick them, they could be perfect



for apple jelly. Please consider making extra to donate to the Bazaar.]

Drop-off dates for donations will be posted closer to the Bazaar. Your contributions are greatly appreciated!

If you can help, please contact Minx Mulhall: email <u>minxmulhall@hotmail.com</u> or phone 613-253-8632.



Conversations about living well and dying well can be challenging - but they are important.

Please Join Us for a FREE Three Part Conversation Series to talk about life and death and the questions that matter.

WHERE & WHEN 7:00 pm - 9:00 pm

La Charrette Meeting &
Space Event, Nepean

September 12 September 19 September 26

http://conta.cc/2bbVj4c

Richcraft Recreation Complex, Kanata October 4

October 11 October 18

http://conta.cc/2bbVFId

Holiday Inn Express Orléans Octobre 13

Octobre 20 Octobre 27 http://conta.cc/2bbYoBo Holiday Inn Express, Orléans

November 2 November 9 November 16

http://conta.cc/2bbX01v

PART IIntroduction to Advance Care PlanningPART IIWishes, Values and Beliefs – what's important to you?PART IIIHaving the Difficult Discussions

To register please select one of the links above or call 613-683-3779. Space is limited.





Sponsored by the Champlain Hospice Palliative Program and the OutCare Foundation with a grant from the Community Foundation of Ottawa.



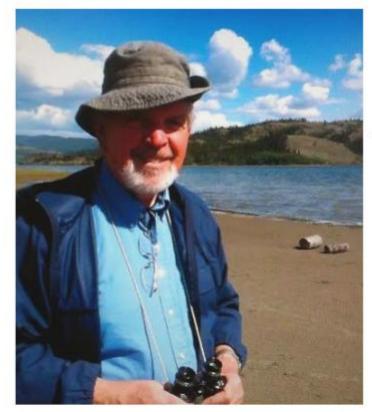
4

www.flameconference.ca

27th Annual



Archbishop Terry Buckle (Retired)



For information Call Roger Spack At: 514-684-4356

November 4,5,6, 2016

A weekend of spiritual enrichment, refreshment and

fellowship for Men at:

Ermitage Ste Croix

21269 Gouin Blvd West

Pierrefonds QC H9K 1C1



CORNERSTONE October, 2016

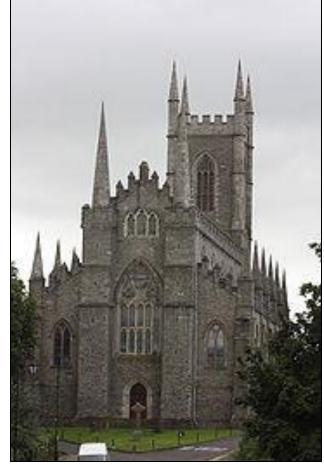
Reflections on a visit to Ireland

by Moira Green

On a recent trip to my home town of Belfast Ireland, I was privileged to worship at St. Anne's Cathedral, Knockbreda Parish Church, and Down Cathedral in Downpatick, where St. Patrick's grave is located.

There has been peace in Northern Ireland now after many decades of insidious warfare. May it continue forever in this beautiful part of the world. Peace is indeed possible and may it be found in the countless other countries of the world.





Down Cathedral and St. Patrick's Grave, Downpatrick, Co. Down, N. Ireland.

Cursillo upcoming events

123rd Women's Cursillo Weekend October 27 - 30, 2016

124th Men's Cursillo Weekend November 24 - 27, 2016

Please pray for the Rectors, Teams, and those who will be coming on the weekends!

Gifts of love are always appreciated. OACM is a registered charity and completely self sustaining. Please consider the Ottawa Anglican Cursillo Movement in the possibility of making a gift towards a candidate who will attend an upcoming weekend.

St. Paul's curling group

Grab those brooms and sliders! Curling season is almost upon us. If you enjoy curling, or have never tried it and would like to, you are welcome to join St. Paul's curling group. Stay tuned for dates and times.

For more information, contact Gayle Bridges at gayle_bridges@hotmail.com

See you on the ice!



CORNERSTONE October, 2016

Experiences in Africa

by Laurie-Ann Copple

Hi! Tony and I are back from Africa as changed people. Thank you so much for your prayers and support. We couldn't have done it without all of you coming alongside us. Some of you were on our Facebook prayer team for the journey, so you would know some of our encounters.

While most of you had a summer heat-wave from May to September, we had varied weather in the South African and Mozambican winter. South Africa was cold (they do not heat their houses like we do), but Mozambique was still quite warm and often quite hot! We found the Iris Global Harvest School in Pemba, Mozambique, was an incredibly intense ten weeks. We learned alongside 248 internationals, plus 300 Mozambican pastors who were paired with us in groups that were named after colours. Our colour group was light brown, and we went on a trip together to a nearly unreached village called Linde. It is not far from the mining city of Montepuez, where they mine rubies.

The people in Linde were very welcoming and open to our message and love. We made some friends,



Pedro (a new convert), Laurie-Ann, "Mama" Maria, and Tony in Mozambique.

even though our knowledge of Makua was limited. There were a number of dramatic healings while we were there, including the curing of blindness and deafness in some locals. Another team that included friends went to another village, and they prayed for a four-year-old boy who had died of malaria earlier that day. He was certified dead by the village chief. After they prayed for some time, the boy began to return to life! Yes, raisings from the dead still happen! The boy's father came to faith in the process and joined in with the prayers for his son. They took the boy to the hospital for follow up and he was confirmed as recovered from malaria. He is going to be fine! I also was able to share my coming to faith story in Linde before the assembled crowd, and many people in the village came to faith in Jesus Christ.

Tony and I were also encouraged by an Ottawa friend that we were to leave a legacy in Mozambique. I had assumed that meant we would sponsor or bless a former orphan, but it seemed that God had something else in mind. Tony and I were paired with a Mozambican mama named Maria. Maria is a widow with five children and she does not have a job (we did try to get her one, but she was not hired). She and her children live in a two room bamboo and stone house with a broken tin roof. There are many holes in the walls as well as the roof. Her house is located at the bottom of a hill, beside the village latrine. During the rainy season, her family cannot sleep laying down, because the house seriously floods. It is also not secure from thieves or wind. We were asked to help with house repairs. So we asked the Iris mercy ministry to help us estimate what was needed. They told us that the house was not worth fixing, but that she instead needs a completely new house constructed for her. House building is one of the ministries that the Iris mercy department does for poor widows and families. Maria is not the only one who needs help!

It costs \$3,200 USD to build a new concrete block house. We prayed and were led to begin a fund with Iris Pemba and Iris Ministries Canada so that Maria could have a new house. We didn't think we could (Continued on page 8)

CORNERSTONE October, 2016

(Continued from page 7)

raise enough on our own to build her a house this year, but thought perhaps next year might be do-able. Maria was worried for this year, but it turns out that God has other plans. Tony wanted to set up a new campaign on GoFundMe (a crowd funding website), but I strongly felt led to tell Tony that we needed to just trust God for the funds. He met with two friends on our return to Ottawa, to share and to pray with them about their own needs. Both of them took out their chequebooks and wrote large cheques to Iris Ministries Canada. We also received some unexpected funds, and then we were only \$400 Canadian short of the goal! Tony decided to not wait for the rest (although another friend gave on GoFundMe towards the house). This means that Iris can build Maria's house in early October! God is so good! His plans are so much better than you can ever expect. We are so pleased about this quick answer to prayer.

We found many more answers to prayer when we were in Mozambique. We were continually reminded of God's faithfulness and we often felt his love, mercy and compassion. We even had mercy extended TO us during our time in Pemba. We went to lunch with our colour group in a beautiful beach restaurant and one of our group wanted to be After she was baptized in the Indian baptized. Ocean, we spent some time together and headed back to base in a truck. I had help to get into the truck by standing on concrete blocks because it was so high. After Tony and our group leader helped me in the truck, Tony left behind our shared bag of valuables. (!) Both of us thought that the other had the bag. As soon as we were back on base, I asked

Tony for the bag. He and Kenny, one of the leaders, immediately drove back to the restaurant, and our other leader phoned them right away, so they could look for it. Tony and Kenny inquired about the bag, and were asked many questions about the contents. After satisfying the owner of the adjacent hotel, our bag was returned with not one single thing missing! We were so thankful that an honest guard handed in the bag to the management.

This action was highly unusual, since poverty is so severe in this area. After we thanked God for his mercy, I was reminded of Matthew 5:7, "Blessed are the merciful, for they will receive mercy." This was a promise to us, since we had continually showed mercy and help to Mozambicans in (what seemed to us) small ways. We weren't counting the acts of mercy, especially since the needs could be overwhelming. There is a good reason why Iris Global co-founder Heidi Baker says to "stop for the one." If you stop for the person that God brings to you (like a divine appointment), loving your neighbour one-on-one becomes do-able. You can ask the Holy Spirit to fill you with compassion and guidance each time. We did this many times and it works, although it is always best to pray and worship beforehand, so this comes as an extension of your devotional time with God.

We found there were many needs on the Pemba base, including: working with former orphans, widows, primary, elementary and high schools, library classification, media team, the visitor centre, feeding programme, farm, clinic/birthing centre, Bible school, Pemba University, Harvest School, Iris Arts, and weekly bush outreach. That is only part of what they do in northern Mozambique, and they'd like to do radio as well. Although I saw the radio as an opportunity, my heart was and is pulled to South Africa instead. I'll share about our time in South Africa next time.

By now, you may have missed our St Paul's report on October 1. If you'd like to learn more, please email me at <u>kootenaysprayer@gmail.com</u>.

Laurie-Ann Copple



Tony filming Heidi Baker, co-founder of Iris Global.

Reflections on walking my dog

by Don Pruner

My dog, Mickey, is a white toy poodle / bichon frise mix. He is a small dog, weighing about 15 pounds. I take him for regular walks in a park near my home.

The customary route for our walks is down the street from my home, across a busy avenue and into the nearby park. In the park, we first pass through a small wooded area, and come into the park proper with the children's playground, the football / soccer pitch and the baseball diamond / hockey rink. After that, we enter a large wooded area of the park where there are a number of alternative routes that we can take; usually, exiting the wooded area either in the sports field

of a nearby high school or on the West side of the baseball diamond / hockey rink in the park. From there, we make our way home, once again having to cross the busy avenue. On our way to and from the park, Mickey is always on the leash, and in the park, he is usually off the leash.

From time to time, I have reflected on our walks, seeing them as a metaphor for my

journey through life – with, in the metaphor, Mickey representing me and me representing God.

In the metaphor, I see the leash as the agents through which God is influencing me – family, friends, coworkers, pastors, and members of my church.

Again, in the metaphor, when Mickey is off the leash, I see that as God giving me free will; albeit, that God is more absolute in his granting of free will than I am with Mickey. When he is let off the leash, Mickey immediately takes advantage of this freedom by dashing down the path through the small wooded area, but pausing to look back to make sure that I am following him. In the metaphor, I see this as analogous to my youth, identifying my abilities and limitations, and testing society's rules, but with the reassuring confidence that God, through his influencing agents, was there with love, support, and guidance. In the developed playground area of the park, Mickey usually runs ahead, checks out areas where other dogs have been, approaches children and adults, expecting to be petted, runs to play with other dogs, and investigates anything that catches his interest. In the metaphor, I see this part of the walk as representing my mid to late teens and early twenties; experiencing life more independently, but still within defined parental and educational influences. I am still watching out for Mickey at a distance as God is watching out for me. If Mickey gets into some difficulty or mischief, I am there to help him get back on the path, just as God, acting through parents, friends, and teachers, has helped me in times of trouble or misdirection.

> When we enter the large wooded area of the park, Mickey tends to revert to the instincts of his ancestors. He trots with his nose to the ground, tracking the scents of anything that has crossed his path, and listening and looking for chipmunks and squirrels. If something catches his attention, he is off in hot pursuit with little thought to me or our planned route – he is intent on doing his

own thing. This behaviour is somewhat like my own – a bit too focused on my own objectives and desires, self-centered and unmindful of others and particularly of God's will. In these situations, I keep track of Mickey and keep calling him back to our path, just as I am sure that God keeps track of me and keeps calling me back to Him. On one occasion, Mickey caught up with and tangled with a skunk and I had to rescue him and take him home and clean and deodorize him with several applications of a skunk-off shampoo. In the metaphor, I see this event as representing occasions in my life in which I have been in serious trouble or danger and in which God has brought me through safely, not because of my doing, but rather through His Mercy and Grace.

When Mickey runs off doing his own thing and does not come back when I call him, I often become frus-



Bittersweet Autumn

by April Forsberg

Purple asters and golden rod mean back to school when days are warm and nights are cool. Backyard harvests overflow, and geese are gleaning before they go.

Sunlight is thin, it won't last long; it's coldest now just before the dawn. Woolen blankets and a flannel sheet are shields of warmth for chilly feet.

Maples scream orange, yellow and red; crows are shiny-black, big, and well-fed.

Pumpkins are fat, and the sweet-corn is gone grown-up now is summer's dappled fawn.

Autumn air is crisp and clear; temperatures are dropping – winter is near. One day we wake, and the frost has come. and the geese are leaving – their gleaning is done.

The world falls silent, as if to know Its blanket of rest is the gift of snow. Then autumn is gone, and comes Christmas mirth; We'll celebrate winter, and a Holy birth.



(Continued from page 9)

trated, even angry, but, even then, I still love him and always welcome him back with open arms, just as I am certain that, while God may often be disappointed with me, He does continue through his Grace and Mercy to love me and to welcome me back into his embrace when I return to serve His will.

My purposes in taking Mickey for these walks are to give both him and me regular exercise and fresh air, to give Mickey the enjoyment of experiencing the sounds, sights and smells of nature and of socializing with other dogs, and, finally, to give him the opportunity to answer any calls of nature. The plan to accomplish these purposes is simple – we walk on schedule on our regular path. Mickey is blissfully unaware of my purposes for him, but I have been taught that my purposes in life should be to worship God and to live my life so as to further the establishment of His Kingdom here on earth. However, while It is relatively easy for me to understand these purposes intellectually; it is, on the other hand, very difficult for me to accept them completely in my heart and to integrate them fully into my daily life and to discern God's will and to act on it in everyday situations.

Perhaps I should start with the simple step of learning from Mickey how to give unconditional love to those around me.

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>

In honour of St. Francis...

A team of little animals and a team of big animals decided to play football. During the first half of the game, the big animals were winning. But during the second half, a centipede scored so many touchdowns that the little animals won the game.

When the game was over, the chipmunk asked the centipede, "Where were you during the first half?" He replied, "Putting on my shoes!"

http://www.funology.com/animal-jokes/





Specializing in British & North American Genealogy

P.O. Box 151, Almonte, ON KOA 1A0

