

# CORNERSTONE

October, 2017

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

**7:00 p.m. every other Friday** – St. Paul’s Youth (SPY) Group

## Inside this issue:

- Messages from Fr. John and Rev. Kerri
  - God Squad update
  - SPY group
  - Christmas Bazaar
  - Christian meditation
  - Operation Christmas Child
  - Coffee, Cake and Copples
- ...and more!**

October edition deadline:  
**Tuesday, October 31, 2017**

Please send submissions to:  
[cornerstone@stpaulshk.org](mailto:cornerstone@stpaulshk.org)



## A message from Father John

### Living in thanksgiving

You and I 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 Rev. Kerri

### On being a hospitable people

Fall is the season when we welcome each other — back to school, back to work following holidays, and yes, back to church — and we return to our “regularly scheduled programming.” In a sense, it's a season of hospitality. And so, throughout September I spent time with Christine Pohl's “Making Room: Recovering Hospitality as a Christian Tradition,” and I asked what it means to be a hospitable people.

As I usually discover, it's more challenging than we like to think. It's more than saying “good morning!” or welcoming someone into our home for tea or scotch, or into our pew. It's about learning to willingly placing ourselves in the position of vulnerability. Jesus, we must remember, was both dependent on the hospitality of others during much of his journey, while also serving as gracious host in his words and his actions. Those who turned to him found welcome and rest and promise of reception in the Kingdom. He, in turn, urged those who would listen and those who

would follow to open themselves and their experiences to those who could not return the favour — the poor and sick, hungry, prisoner, widower, children. Really, what he reminds us is that our responsibility as hospitable people extends to anyone in need, and it demands we come face-to-face with those persons most commonly excluded or unrecognized. The challenge, as I say, is that this means there is no room for us to emphasize our rights at the cost of devaluing strangers or our known neighbours. Rather, extending hospitality leads us into deep and real relationships where we affirm the value of absolutely everyone.

My invitation to you as we welcome Fall is to remain mindful of those uncomfortable moments — when you find yourself dependent on another's hospitality, and when you are presented with the opportunity to be hospitable. And as you come face-to-face with another, know that in them, is the person of Jesus.

*Rev. Kerri*

## Messy Church!

Messy Church uses hands-on activities to explore Bible stories, liturgical seasons (like Advent or Lent), liturgical feasts (Christmas, Easter, Pentecost), and to reflect on God in creative ways.

Children and youth 13 and under are invited with their families to hear a story told in the Godly Play practice, teaching us to listen for God and make authentic and creative responses to God's call in our lives.

Trust that the morning will truly be messy and come in your comfortable clothes!

Saturday, **October 14**

Christ Church, Ashton 9:30-11 a.m.

Saturday, **November 25**

Location TBD 9:30-11 a.m.

Saturday, **December 9**

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

*Rev. Kerri*



*what a mess!*

## SPY Group

### Youth 9-14 are welcome!

Welcome back!

St. Paul's Youth (SPY) group has started up again!!

The group meets every other Friday evening at the church from 7pm to 9pm. Please mark the following dates in your calendars:

Oct 6

Oct 20

Nov 3

Nov 17

Dec 1

Dec 15

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

I'm looking forward to seeing everyone again!

Contact Zdena Harder at [spy@stpaulshk.org](mailto:spy@stpaulshk.org) for more info.

## Christ Church events

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

## Kilby Dancers

### Thursdays at 10 am

The Kilby Club has started up again after the Summer break. This group was initiated as a tribute to Angela and Nigel Kilby, long-time Glencairn residents who died after a tragic accident in their beloved Portugal. Many people in Kanata loved folk dancing with this popular couple. The group meets every Thursday morning at 10:00 am at St. Paul's Anglican Church (20 Young Rd, Kanata), under the direction of Michelle Sutherland.

Newcomers are always welcome! You do not need a partner. All we ask is that you wear comfortable clothes and flat shoes, and come prepared to enjoy lively music and good fellowship. The dancing is not too strenuous!

A weekly donation of \$2 is requested to support outreach projects, there is no other charge. A project of the group is to support the re-building of St. Jude's Anglican Cathedral in Iqaluit, NT, seat of the diocese of the Arctic. Largely built by volunteers, the church houses many examples of Inuit craftsmanship. This year, we have also been able to give a donation to the Ruddy-Shenkman Hospice, which has just opened in Kanata.

Do drop in and see what happens on Thursday morning. You may find your feet tapping and would like to stay and join in.

Interested seniors who would like to dance English country and international folk dances may contact Margaret Jones at [marg@jonesrus.com](mailto:marg@jonesrus.com) for further information.

*Margaret Jones*



## Quietude continues

An interesting and, I hope, productive meeting/discussion was held on Saturday morning, Sept 23. It was an opportunity to air opinions, ideas and thoughts. However, as with most discussions, it is the outcome that is the realisation of its success. It is my hope that wisdom, common sense and a desire to reach a mutually-satisfactory solution will prevail. Sincere thanks to everyone who took the time to attend.

Regards,  
*Moir Green*

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## Confirmation classes

Confirmation classes are scheduled for the following Sundays:

October 15 & 29

November 12 & 26

December 10

Classes will start at 12:15 in the Boardroom. Lunch will be provided.

A rehearsal will take place at 9:00 am on Saturday, January 6, 2018. Confirmation is scheduled to coincide with the Episcopal visit of the bishop at 10:00 am on Sunday, January 7, 2018 (confirmands to arrive at church by 9:30).

If you are interested in confirmation or reaffirmation, or have a child who is interested, please speak to Fr. John or Rev. Kerri.

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## Poppy Campaign

### Volunteers needed

Across Canada, members of the Royal Canadian Legion will conduct a Poppy and Remembrance Campaign from October 27 to November 10. You do not have to be a legion member to do a shift at a Poppy table venue. Two/three hours is all that is required. If you are interested in sitting at a Poppy table and meeting lots of great people, please let me know your availability. All Poppy donations are returned to our veterans, seniors and youth in the Kanata area. I look forward to hearing from you.

In continued service,  
*Moir M Green*  
[mmgreen@live.com](mailto:mmgreen@live.com), 613-592-3376

## Christmas Bazaar

### November 24 and 25

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

**Friday, November 24, 4:00 – 8:00 pm**

**Saturday, November 25, 10:00 am – 2:00 pm**

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

Thank you to all the lovely ladies who attended the bazaar meeting and for their input. Also to Minx for her expertise. The format remains the same. Sign-up sheets will be available soon for you to do your bit. Wayne and Co. will cook a chili supper on Friday evening, and there will be a soup/sandwich lunch on Saturday.

Your assistance is needed at the following areas:

- Set up/ take down/ clean up
- Ticket sales
- Assisting the convener at each table where needed. What would you like to do?

We will have the following tables:

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

We will also have the special Kids' Shopping Room (where kids can buy and wrap gifts for their loved ones). Orders for Meat Pies will be taken soon.

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

*Moir and Marg*

Marg 613-592-5198, [marg1944@hotmail.ca](mailto:marg1944@hotmail.ca)

Moir 613-592-3376, [mmgreen@live.com](mailto:mmgreen@live.com)

# God Squad news

## Outreach projects for Oct and Nov, and All Saints party Nov 5

### God Squad Outreach Project

from

October 8 to October 15 2017

God Squad will be encouraging isolated seniors by writing letters.



Children are invited to the God Squad Room  
October 15 from 10:15 to 10:50  
To work on their letters

Please encourage the children in their outreach project.

Letters and envelopes are available in God Squad if families would like to participate in this activity together at home.  
Please return letters by October 22, 2017.

### God Squad Outreach Project

from

October 22 to November 19 2017

God Squad will be collecting

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



See the Bulletin for suggested items.

Please encourage the children in their outreach project.



### Kids do you want to know who are Saints?

November 5, 2017

Join us in the God Squad Room

10:15 to 10:50 am  
(during coffee hour)



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

# Operation Christmas Child

## Shoeboxes due back at church on November 12

It's time for Operation Christmas Child shoeboxes again this year. The boxes will be available in the hall, starting Sunday, October 8. Please return the filled boxes by Sunday, November 12. If you have any questions or concerns, please feel free to contact me at [jenniferfrigon@gmail.com](mailto:jenniferfrigon@gmail.com) or check out <http://samaritanspurse.ca/operation-christmas-child.aspx>.

Thanks,  
Jennifer Frigon

## HOW TO PACK YOUR SHOEBOX



- Find regular-sized shoeboxes
- Choose boy or girl
- Fill your shoeboxes with:
  - School supplies
  - Hygiene items
  - Toys & other gifts
  - Personal note
- Make your \$10 donation
- Drop off your shoeboxes

SamaritansPurse.ca | 1.800.303.1269

## Christian meditation

submitted by Elaine Papazian

This is a scene from the life of Jesus in the Gospel of St. Luke:

They even brought babies for him to touch, but when the disciples saw them they scolded them for it. But Jesus called for the children and said, "Let the little ones come to me. Do not try to stop them. For the Kingdom of God belongs to such as these. I tell you that whoever does not accept the Kingdom of God like a child will never enter it." Luke 18:15-17

Learning to meditate is learning to unlearn. The big problem that faces anyone who starts to meditate is the simplicity of it. God is One. And Christian prayer has been described as the way of one-ing, becoming one, becoming one with the One who is One. The problem we face is to leave complexity behind. We are used to complexity because we are brought up to believe that the more perfect the technique the more

stunning will be the result. The perfecting of techniques increases complexity. The perfecting of a discipline leads to simplicity. And Jesus tells us to become simple, to become childlike. Meditation is the way of re-discovering our innate, childlike sense of wonder. Christian prayer is a state of innocence.

When we meditate we go beyond desire, beyond possessiveness, beyond self-importance, beyond all sources of guilt and complexity. So the first thing you must learn when you set out on the pilgrimage of meditation is to listen to the message with the simplicity of a child. God is One. And the extraordinary thing about the Christian proclamation is that our vocation is to be one with Him, in Him and through Him.

(An excerpt from The Way of Unknowing, by John Main)

## GIFT celebration

Thanks be to God!



These photos were taken at the celebration on Sunday, September 24, by Steven Shamess.

Working together, we not only reached, but surpassed our goal of \$400,000 over 5 years in the GIFT Campaign. At this time, we have received just over \$500,000!

We give thanks to God, to the many volunteers who helped in a variety of ways, and to everyone who participated in the GIFT Campaign.

*Francis Christensen  
Alison Stortz*



## FLAME Men's Weekend

November 3-5, 2017

**How battles are really won (and lost!)  
on and off the field.**

Saul, the first king of Israel, a military hero, had everything going for him. He started on the throne with great promise, but came to a very bitter end. Join us as we look at four of his key military battles to reflect on what really makes a man ready for the everyday struggles we face.

**Speaker:** Rev. Joel Coppieters,  
B.Th., M.Div.

Joel was born and raised in Quebec's Eastern Townships in a ministry home where his parents modelled a deep love for the Church. Joel went on to develop a business career and a small consulting practice that allowed him to serve in Bible teaching and lay administrative posts with several churches and a number of para-church ministries.



After a series of personal tragedies shook his faith, God pulled Joel through a season of doubt and then slowly into the Reformed tradition. Theology courses taken at first to deepen his own understanding led to preparation for ministry at Presbyterian College, and in 2012 to ordination, when he was inducted as Minister of Côte-des-Neiges Presbyterian Church - a growing urban congregation in Montreal striving to make the love of God relevant to one of the neediest areas in Canada.

**FLAME:** A weekend of spiritual enrichment, refreshment and fellowship for men at:  
Ermitage Ste Croix  
21269 Gouin Blvd West, Pierrefonds, QC

To register (by October 14), contact  
Roger Spack 514-684-4356  
[roger.spack@sympatico.ca](mailto:roger.spack@sympatico.ca)  
or Andre Hammond 438-492-9569  
[andrehammond@videotron.ca](mailto:andrehammond@videotron.ca)

Questions? To speak to a member of St. Paul's who has attended several FLAME weekends, please contact Dave Stortz at 613-599-7176, or [dstortz@magma.ca](mailto:dstortz@magma.ca).

## Iris 3-year mission to South Africa

by Laurie-Ann and Tony Copple

I've been part of St. Paul's since November, 2000. During these years, one question has been asked again and again: "When are you going on another mission trip?" I was even asked this when I attended Algonquin College for radio broadcasting. You knew my heart then, and you still do. Well, now Tony and I are being called overseas for three YEARS. This is not a short-term mission.

I've now been on ten short-term missions - seven of those involving St. Paul's through prayer, encouragement and finances from my loving St. Paul's family. Most of those ministry trips were in Africa: Kenya, Sierra Leone and last year to Mozambique and South Africa. Last year, my husband, Tony, and I fell in love with South Africa - the landscape, food and especially the people. Our hearts were especially tugged by those we call the "latch key" orphans of the poor neighbourhoods and townships. These children had sad, empty eyes, and often missed their parents, who were usually working a number of low-paid service jobs just to make ends meet. I couldn't get the image of them out of my mind, as I sensed a calling that had been hinted at in a series of dreams given to both Tony and myself last year.

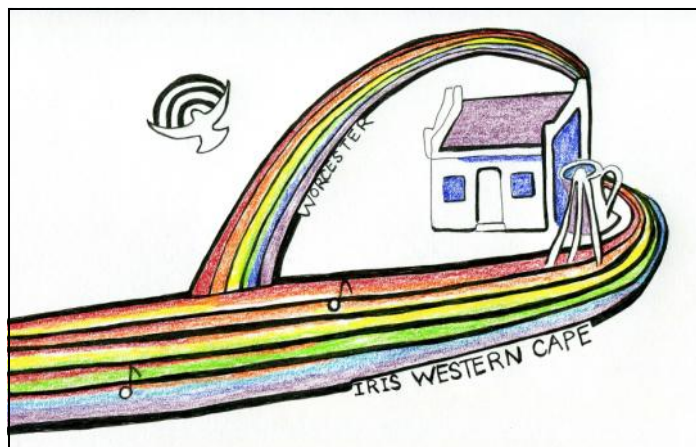
The first such dream was given to Tony - who dreamed I had a baby. Babies in dreams often signify the beginning of a new ministry. Since we were in Africa, it was natural to assume that the baby would be black. When I asked Tony the baby's ethnicity, he told me that he was so distracted in the dream that he didn't actually SEE the baby. So I asked God to give me the dream. I was given a pic-

ture of the baby during a time of worship a day later. After I asked to see the baby, the baby was black - at first. The baby's colour kept changing and I was clueless on what that meant.

Johan and Marie, the directors of the South African Iris base, are gifted in the area of dream interpretation - and I shared this dream, as well as others. Johan laughed when I shared about the baby. He told me, "That's a rainbow baby. Do you know what South Africa is often called? The RAINBOW Nation." Both confirmed our call to South Africa - and began to pray about our part in helping expand their base. Some of the other dreams and confirmations are noted on my website ([coppleswesterncape.ca](http://coppleswesterncape.ca), on the dreams page). Iris also signifies RAINBOW in Greek (in Greek mythology, Iris is the personification of the rainbow), and Portuguese (Arco-Iris - Rainbow). That's the rainbow again. Then there is the image of the rainbow that keeps showing up in my latest drawings, drawn in the context of worship. Not only is it a biblical promise, like it was in Genesis, but it's a reminder of the ministry and place where we are being called.

The Iris Western Cape base is actually a farm, mountain retreat and winery between Robertson and Worcester on Highway 62 in the beautiful Breede River Valley. This is a part of the Cape Winelands district of Western Cape (to the south west of South Africa). It's an incredibly beautiful and fruitful area. We will expand the work of the base from the farm and nearby Robertson to the small city of Worcester. We plan to have a Kid's club, teach art, the love of God, radio and many practical things as we settle in the area. We will support and work with the base in administration, pastoral care ministry, and local mission trips in the province. We plan to hold Bible studies, prayer groups, Alpha, prison and hospital ministry, and network with a local Youth with a Mission base in Worcester.

So, when do we leave? We leave November 8, via Toronto, Paris and Cape Town, although our send-off Sunday at St. Paul's will be October 22. We would love people to regularly pray for us, and for some to give financially. Donations are tax receipt-



(Continued on page 9)



(Continued from page 8)

able through Iris Ministries Canada. If you do choose to support us, please add a note that the donation is for Tony and Laurie-Ann Copple, and mail it to:

Iris Ministries Canada,  
10-1425 Abbeywood Drive,  
Oakville ON L6M 3R3

Meanwhile, we would love you to come and share free coffee, tea and cake with us at St. Paul's on **Saturday, October 14 at 7:00 p.m.**, and we will share

some of our heart for South Africa. We'll also have some of my art (if you'd like to take a piece of art home with you). But most of all, we want to see YOU. I'm going to miss St. Paul's during the next three years (although you are most welcome to come visit us).

To learn more, you can visit my website <http://www.coppleswesterncape.ca/>

Love,  
*Laurie-Ann Copple*  
[kootenaysprayer@gmail.com](mailto:kootenaysprayer@gmail.com)

## *You're invited to Coffee, Cake and the Copples!*

St. Paul's Anglican Church—Rutter Hall  
Saturday, October 14, 2017 7:00 p.m.



Tony & Laurie-Ann have been accepted by Iris Ministries Canada as **long term missionaries** at the Iris Western Cape base in Robertson/Worcester, South Africa. They leave in November from Ottawa. Please come hear their story and have FREE coffee, tea and cake!

You can find out more on the Iris Ministries Canada website: <http://irismin.ca/>  
or the Copples' website: [www.coppleswesterncape.ca](http://www.coppleswesterncape.ca)

Any donations will be received by Iris Ministries Canada.

# Encouraging words, from Joyce Meyer

submitted by Diane Brown

## Offer a Sacrifice of Praise

*Through Him, therefore, let us constantly and at all times offer up to God a sacrifice of praise, which is the fruit of lips that thankfully acknowledge and confess and glorify His name.*

—Hebrews 13:15

The Bible teaches that you must acknowledge and glorify God and offer up a sacrifice of praise regardless of what you may be going through. Perhaps you have been experiencing a time of trouble in your life, and you have been praying and trusting God to meet the need...but nothing has changed. While you are waiting for the answer is a perfect time to offer a sacrifice of praise.

It is easy to praise God when everything is going well, but when you acknowledge and glorify Him in the midst of a troubling situation, that is a sacrifice—and it does not go unnoticed. So offer a sacrifice of praise as you spend time with God at the end of your day.

*From the book Ending Your Day Right by Joyce Meyer. Copyright © 2004 by Joyce Meyer. Published by FaithWords. All rights reserved.*

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## “In” But Not “Of”

*I have given and delivered to them Your word (message) and the world has hated them, because they are not of the world [do not belong to the world], just as I am not of the world.*

—John 17:14

The verse for today teaches us that as believers we are in the world but not of the world, which means that we cannot take a worldly view of things. Not becoming like the world in our ways and attitudes requires constant vigilance. Watching too much graphic violence in the form of entertainment, as happens in the world, can sear or harden our consciences and reduce our sensitivity to God's voice. Many people in the world today are desensitized to the agonies real peo-

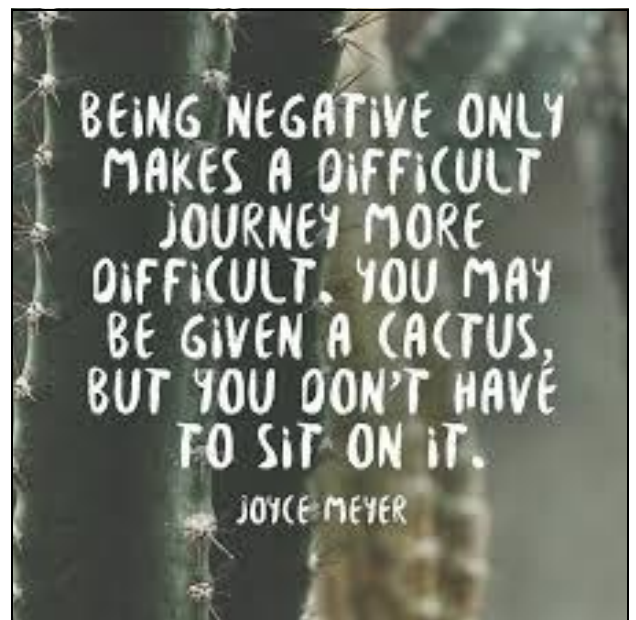
ple suffer because they see tragedies portrayed so often on television.


The news media frequently delivers negative reports or tragic stories in unemotional, matter-of-fact ways and we often see and hear these things without feeling. We hear of so many terrible things that we no longer respond to it with the appropriate emotions of compassion or outrage we should display.

I believe these things are part of Satan's overall plan for the world. He wants us to become hard-hearted and unengaged emotionally when we become aware of horrible events that take place around us. He does not want us to care about those affected by such things. But, as Christians, we should care, we should feel, and we should pray. Whenever we hear about what is happening in the world, we should ask God for His perspective and inquire as to how He wants us to respond. We then need to listen for His response and act accordingly. This is one way we can be in the world but not of the world.

**God's word for you today:** Take a stand for godly values and never compromise.

*From the book Hearing from God Each Morning: 365 Daily Devotions by Joyce Meyer. Copyright © 2010 by Joyce Meyer. Published by FaithWords. All rights reserved.*





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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](mailto:cornerstone@stpaulshk.org)

*I will praise  
the name  
of God  
with a song,  
and will  
magnify him with*

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*Psalms 69:30*

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