

CORNERSTONE

September, 2012

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. Sunday Morning – Holy Communion Said service

9:15 a.m. Sunday Morning – Traditional/Choral Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games

11:00 a.m. Sunday Morning – Praise Music Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games

Other Services

9:45 a.m Wednesday – Eucharist and Bible Study

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

7:00 p.m. Friday – EPIC Youth Group

Inside this issue:

- Messages from Father John and (in absentia) Father Craig
 - PWRDF Update
 - Two Sisters and a Funeral
 - GIFT Campaign Update
 - The kids are not all right
 - FLAME Conference
 - God Squad Kick-off
- ...and more!

October edition
deadline:

Tuesday, Oct 2, 2012

Please send submissions to:
cornerstone@stpaulshk.org



A Message from Father John

Launch of GIFT — Confirmation — Return to Normal

As we begin September this year, we have a great deal of activity at the Church. September marks the restart of many of our ministries and programs at St. Paul's. I encourage everyone to make a conscious effort to prioritize our busy lives. Please make time and room in your schedules for the upcoming wonderful opportunities to get involved in the life and work of your church.

The G.I.F.T. campaign launches September 16, and has the potential to unite us in ministry and works of the Spirit. I commend this campaign to everyone and hope that it will be a major success in our Parish. We need your help, so when someone calls to ask you to support this initiative I hope you will be open to volunteering your time and treasures to this campaign.

On September 23, the Bishop will join us in Worship at 10:00 a.m. Please make an effort to join with us on that date to support the people being confirmed, and get a chance to talk with Bishop John Chapman. It is always a pleasure to have Bishop John with us at cele-

brations, but remember it is his church. His is not a visitor, so welcome him home.

God squad, Parish Council, Nursery, and many other ministries return to normal operations. Please consider helping out with liturgical ministries. We need help with Lay assistants, prayers of the people, servers, healing prayer, sidespeople and greeters. If you want to volunteer, speak to me and we will get you the necessary training. In addition, there will be an open house on September 30 and you can sign up then.

I want to take this opportunity to say thank you to The Ven. Sally and Ed Gadd. They have blessed our parish for many years. They brought many and wonderful gifts to the parish and I want everyone to know how much I appreciate their love and support. They have decided to worship at St. John's and we know St. John's will be blessed by their participation. I know that we will see them from time to time and wish them well.

Peace, love and laughter,

From the Desk (or Fishing Boat) of Father Craig

It's all Greek to me!

Our beloved Father Craig is currently on a leave of absence for the purpose of learning Greek. As you can see, he is studying very hard!

So, Father Craig, how do you say fish in Greek?

WELL, (you can practically hear him saying), I'm glad you asked me that...

The Greek word for fish is *ichthys*. As an acrostic, the Greek letters say:

- Jesus
- Christ
- Son of God
- Saviour



The fish is a Christian symbol that was used in the very early years of Christianity when the Believers were being persecuted by the Romans. It was not safe to be known as a Believer, especially if you were of the household of the emperor. When two people met, one would draw one half of the fish; the second person, if they were a Believer, would complete the symbol, thus making it safe to talk about Christianity, Jesus, or about the things that were happening in the new assembly of Believers.

Happy fishing (um, studying) Father Craig! See you soon.

PWRDF Update

provided by Philippa Wilson

The Primate's World Relief and Development Fund (PWRDF) is the relief and development arm of the Anglican Church of Canada. If you would like to know more about what we, here at St Paul's, are doing to help PWRDF, contact me at philippa_wilson@sympatico.ca or see me after the church service. For what is happening at the diocese visit <http://www.ottawa.anglican.ca/PWRDF.html>.

PWRDF Mission Statement

As an instrument of faith, PWRDF connects Anglicans in Canada to communities around the world in dynamic partnerships to advance development, respond to emergencies, assist refugees and act for positive change.

Government of Canada to Match Donations for Sahel Relief, by Simon Chambers

The Canadian government has created the Sahel Crisis Matching Fund to match donations made by Canadians to eligible charities from August 7 through September 30, 2012. They are matching all donations for the Sahel region of western Africa dollar for dollar. For more information, go to: <http://pwrdf.org/2012/government-of-canada-to-match-donations-for-sahel-relief/>.

PWRDF Responds to Flooding in the Philippines, by Simon Chambers

PWRDF has sent an initial grant of \$20,000 to the National Council of Churches in the Philippines (NCCP)—a long time PWRDF partner—through the ACT Alliance. This grant is helping to provide food packs and water, clothing, temporary shelter, hygiene kits, and medical supplies to some of the 3.7 million people affected by flooding brought on by several devastating typhoons and tropical storms in the last two months. For more information, go to: <http://pwrdf.org/2012/pwrdf-responds-to-flooding-in-the-philippines/>

Tropical Storm Isaac Relief

PWRDF has committed \$25,000 to the ACT Alliance's relief efforts in Haiti after tropical storm Isaac



crossed the country on August 24. The storm's heavy rains caused severe flooding, and damaged crops, houses, schools, and other buildings. To date, 19 people have been reported as killed and 6 more are missing. New outbreaks of cholera have also been reported since the storm. PWRDF is working with the Lutheran World Federation (LWF)'s Haiti office and other ACT Alliance members to provide hygiene kits, cholera medicine and prevention, and livelihood support for those who have lost their crops, livestock, and homes.

Teaching Music to Make a Change, by Maureen Ononiwu, PWRDF Intern

Jen Hoyer left her job as a librarian in Edmonton to volunteer overseas as a music teacher a year ago. Today, the young Canadian is making a difference in the lives of children in an isolated rural community in South Africa.

Jen trains children to play musical instruments at Keiskamma Music Academy, in Hamburg. The music academy is part of the Keiskamma Trust, a PWRDF partner organization. Keiskamma is a community organization in the rural area of the Eastern Cape of South Africa, which works to address the challenges of widespread poverty and disease through holistic and creative programs including health, art, education and music. For more information, go to: <http://www.justgeneration.ca/2012/teaching-music-to-make-a-change/>.

KAIROS Sisters in Spirit 2012 Vigils: A call for people of faith to honour missing and murdered Indigenous women.

On October 4, 2012 the Native Women's Association of Canada (NWAC) and its partners will hold Sisters in Spirit vigils across Canada, including Parliament

(Continued on page 4)

Hill. They will join First Nations, Métis, and Inuit women and their supporters at these vigils in communities across Canada to honour their missing and murdered sisters, daughters, mothers, grandmothers, and friends. Vigils and gatherings will also take place on the weekend before October 4 and throughout the year in locations across the country. KAIROS is in full support and invites you to join this movement. For more information, go to: <http://www.kairoscanada.org/dignity-rights/indigenous-rights/sisters-in-spirit/>.

Over the past five years tens of thousands of people have attended vigils in 90 communities as part of this movement for social change. Together we call for immediate action to end violence against Indigenous women and girls. Join us on October 4 and throughout the year as we stand in solidarity with the families and friends of the hundreds of missing and murdered Indigenous women and girls. This is one concrete way to express our commitment to right relations and reconciliation between Indigenous and non-Indigenous peoples.

Look up vigils in your area (<http://www.nwac.ca/programs/2012-vigil-locations>), or work with Indigenous groups in your area to plan a vigil or other event. Get your faith community and wider community involved in listening, learning, and taking action. See this action page for more ideas! If you're planning a vigil, please let KAIROS know so we can help promote it. Get in touch with Ed Bianchi at ebianchi@kairoscanad.org or Julie Graham at jgraham@kairoscanada.org or 1 877 403 8933 x233.

Vigil in Ottawa - Feast at St. Andrews Church, October 4, from 4:30pm - 6:30pm/Candlelight Vigil at Parliament Hill at 7pm.

PWRDF Provides Aid to Syrians Fleeing Uprising,
August 31, 2012 By Simon Chambers

The 2011–2012 Syrian uprising is an ongoing conflict that has led to an extraordinary time in Syria's history. Many cities throughout Syria have been caught in the crossfire between opposition and government forces. Thousands of Syrians have fled their homes, attempting to escape the violence. PWRDF is responding to this man-made disaster through the International Orthodox Christian Charities (IOCC) and their local partners as part of the ACT Alliance.

PWRDF is providing \$30,000 towards the project which will provide aid to at least 7,000 families in the region. The project will provide:

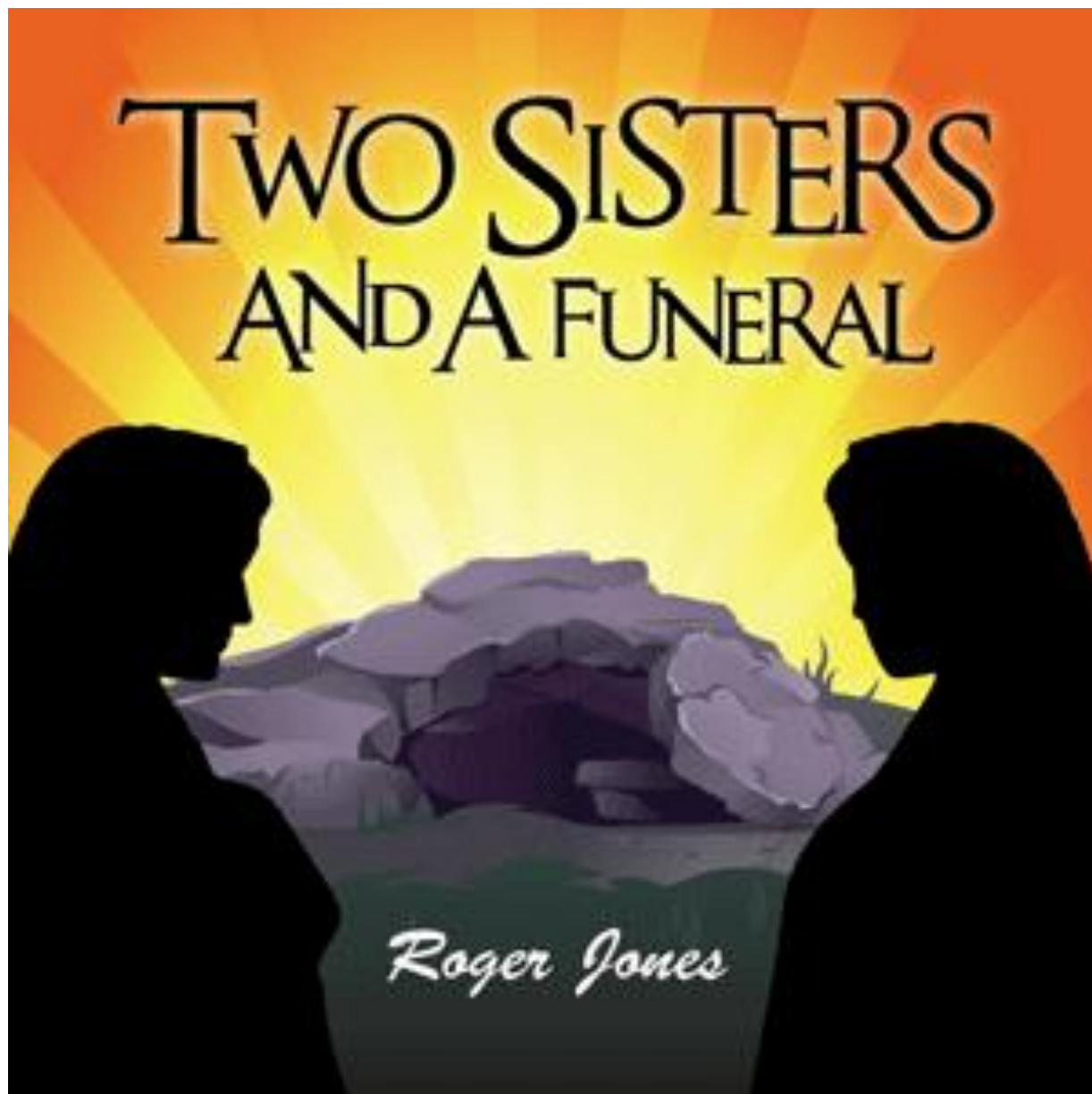
- 5,200 culturally appropriate food packages, 7,000 hygiene kits (items such as soap, shampoo, bathing soap, shaving cream, toothpaste, toothbrushes, bath sponges, hairbrushes, toilet paper, tissues, sanitary napkins, dishwashing liquid, dish sponges, laundry powder, disinfectant, a toilet brush, and a mop), 2,000 infant kits, 1,600 bedding sets (items such as blankets, bed linens, pillows, pillow covers and towels), 900 clothing vouchers, and 700 household kits (items such as a small stove, a thermos, and kitchenware)
- Workshops for 160 Health workers; 21 four-day psychosocial counselling sessions; and training on appropriate family nutrition and infant feeding for 60 mothers
- Support for 450 students to continue education to re-establish a sense of normalcy and helping to mitigate some of the longer-term impacts of the conflict such as psychosocial trauma.
- Rental subsidies to 250 families to relieve financial strains; and cash for work initiatives to restore 10 public buildings.

To Donate to the Syria Relief Effort

Please make cheques payable to "PWRDF", mark them for "Syria relief" and send them to:

The Primate's World Relief and Development Fund
The Anglican Church of Canada
80 Hayden Street
Toronto, Ontario
M4Y 3G2





Coming Saturday, October 27, 2012 @ 7:00pm

St. Paul's Anglican Church, 20 Young Road, Kanata

Free Admission

a Freewill Offering will be gratefully received

Roger Jones, the composer, will be our guest Director.

Mark the date in your calendar and plan to attend.

GIFT Campaign Update

What is GIFT?

A Five-Year Plan

To Support Exciting New Ministry

In Our Parish, Around Our Diocese And Beyond

St. Paul's is participating in the Diocese of Ottawa's \$12 million GIFT Campaign. Our parish goal is to raise \$400,000 over the next 5 years. The first \$300,000 will go directly towards reducing our mortgage, which is currently at \$875,000. As an added bonus, the Diocese will waive interest payments for the next 5 years, which would have cost us an additional \$35,000 (approximately) per year. The last \$100,000 will be split 50/50 with the Diocese. Our 50% of that last \$100,000 will go towards youth programs, air conditioning for the hall, and senior programs. Any additional money raised above our \$400,000 goal will come directly to St. Paul's.

*Francis Christensen and Alison Stortz,
on behalf of the GIFT Campaign Team*

Questions? Please contact GIFT@stpaulshk.org.
Your query will be addressed as soon as possible.

Official Launch Sunday, September 16

- At our Kick-Off on Sunday, September 16, learn about the objectives of this appeal for both the parish and the diocese. Guest Speaker: Jamie Tomlinson.
- Attend an information session with a GIFT ambassador: at someone's home, at the church, or with a visit to your home.
- Receive your personal brochure package and learn about the planned ministry projects so you can prayerfully consider your response.

Your generosity to GIFT will support new ministry and help us to achieve and even surpass our five-year goal.



What sort of Parish is this, anyway?

by Bill Colls

In their book “When Not To Build” authors Ray Bowman and Eddy Hall recount an incident that occurred in a large and busy parish:

A gentleman walked into the office, and approached the desk of the very busy Parish Administrator. The admin, vaguely recognising the gentleman, put aside her work, and gave him her best 200-watt smile.

“I attended a service here last Sunday with my family. We were very impressed with everything we saw, but after some discussion, we don't feel that this the right parish for us. I was wondering if perhaps you could recommend an other place to me?”

“What kind of community are you looking for?” inquired the admin.

“We want a parish where we can just go and attend the service on a Sunday morning, and then go home again. We don't want to attend a coffee time. We aren't interested in helping in the garden, or working at the Christmas Bazaar, or attending Bible Study groups, or sending our children to Youth Group, or participating in any activities, or anything like that,” the gentleman replied.

The admin thought a moment, then said, “I know just the parish for you. If you turn left out of the parking lot, and go west to the third traffic light, and turn right and go north for two blocks, you will find a church on the corner that should suit you very well.”

“Thank you so much for your help” replied the gentleman as he left the office. The admin returned to the job at hand, and thought no more of the incident. Except that the gentleman returned to the office an hour or so later.

“Excuse me,” he said as he re-entered the office. “I think I must have mis-remembered your directions. I went where I thought you directed me, and there was a church there, but it was all boarded up, and in disrepair, and appears to be abandoned.”

“Oh,” replied the administrator, “I thought that was the sort of community that you wanted to join.”

As with being a Christian, so being a member of a parish is not spectator sport. While Sunday service is an

important part of our Christian and parish life, it isn't what makes us a strong and vibrant community. It is all the things that happen outside the service time that make us who we are. It is these activities that carry our message of hope and joy out to the community, and an important part of your membership in the parish is your involvement in them.

We understand that everyone can't be involved in everything. Your commitments to family and job restrict your availability. Your own interests and talents may take you in certain directions. Certain ministries or activities don't require large teams; others require a large number of people over a relatively short time; some require a small amount of time on regular and predictable schedule. But in one way or another, there are opportunities for everyone to participate and contribute, and everyone does have something to offer. And when every one participates, the load is spread more evenly, we can do more, and the parish can make a greater contribution to the life of the wider community.

So how do you become involved? Look around, and see what is going on. Look for requests for help in the weekly bulletin or Cornerstone. Talk to other parishioners or members of parish council at coffee time. Take a copy of the Ministry Guide pamphlet, and look through the extensive list of ministries and activities. Decide when and how much time you can give. Then match that against your interests and talents, and you will find a place where you fit in, and become an outward and visible sign of the joy and hope of our faith community. And as an added benefit, you will make new friends, and meet some truly amazing people.

Finally, a word to all of you who are active in the dozens of activities and ministries that go on here at St. Paul's. *Thank you for all your generous gifts of time and talent. Thank you for your dedication. Thank you for your willingness to take on a job and be part of the face of St Pauls. Thank you.* We don't say that nearly often enough, or loud enough. Thank You. You are truly appreciated, and your work and support do not go unnoticed. Thank You.

The Gift Card Program

It's a win-win situation!

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.

Participating stores include: Farm Boy (5.5%) Bulk Barn (5%) Food Basics/Metro (4%) Sobey's (5%) Loblaws (5%) Your independent Grocer (5%) Super Store (5%). The last three stores all use the same card.

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? Come and see us:
Larry @ 8,
Jean @ 9:15, and
Darell @ 11.
Or, please call Darell at
613-831-7580.



Friend, can you spare some time?

Are you comfortable using a computer? Can you spare one day every six weeks? The Kanata Food Cupboard only needs you for that time commitment. This job is finished by 5 p.m. or earlier. And, this work can be done from home.

The job involves checking messages for food requests, then checking those on the computer, making arrangements for the people to come to the Kanata Food Cupboard to pick up their food, and entering the information into the Kanata Food Cupboard computer.

If this sounds like something you could do, please contact me and we can talk at greater length about this job. You can reach me at 613-226-6813, or heather.colls@rogers.com.

Heather Colls
Kanata Food Cupboard Team Lead

Brush the Dust off your Dancing Shoes

As many of you know, Nigel and Angela Kilby were tragically killed in an accident in Portugal this year, but they shall not be forgotten. Nigel and Angela both had a great love of dancing and Nigel ran a group known as Folk Dance for Fun in the Church Hall on Thursday mornings. This is to continue, but has become known as The Kilby Dancers.

The dancers will meet at the usual time, from 10:00 till 11:30 a.m. There is no charge, but a donation of \$2 is requested each week for St Jude's Cathedral, Iqaluit, which was Nigel and Angela's choice. A good friend of Nigel's is to call the dances. She is very experienced and is delighted to continue the great tradition that that Nigel and Angela started.

The first class is to be on September 13, and we hope that you will be able to join in with the fun. You do not need a partner, just a pair of comfortable shoes.

Remember, laughter and exercise are good for you! For more information, ring Margaret on 613-435-4453 or email marg@jonesrus.com.



Come and join The
Kilby Dancers for fun
and exercise at 10 a.m.
on Sept 13!

The kids are not all right

by Christy Bhatnagar

We live in a crazy world. As children, we spend all kinds of time in school, training - learning. Learning to read, learning to write. Learning math. Learning science. Learning about how the world works. School progresses and we learn more and more, and eventually many of us truck off to university, where we learn even more specialized and advanced training. We learn to be doctors, lawyers, accountants. We learn the tools to succeed professionally.

But what does success really mean — and what about the rest of life? What about the other things: family, friends? Where is it that we learn to be good husbands and wives; good partners? Where do we learn how to parent our children? And assuming we figure that out OK, what on earth do we do when those kids become teenagers? How do we help steer them through the difficult issues that plague teens these days?

The truth is that there aren't a lot of options out there for help in these areas. We look to our own experience to figure out how to do this. We may look at our parents' marriages to work out how to be good partners. We look at how we were brought up; we talk to our friends about what they do to figure out how to navigate the parenting maze. We get it right sometimes; we get it wrong sometimes. We trial and error, and refine, and hope for the best. We rely on instinct. The trouble is, these instincts aren't always enough.

If we look around at society, we can see the problems. Marriages breaking down, because people struggle to talk and relate to each other; to understand each other. Kids struggling with bullying, drugs, guns, peer pressure, suicide. The effects are far-reaching and they impact a lot more than just the immediate people involved. They affect our homes; our neighbourhoods; our communities, our countries.

What can be done? How can we help each other succeed in ALL areas of life?

We are a group of concerned citizens in the west end of Ottawa, and we've joined together to examine what we as a community can do to help.

This fall in Kanata and Stittsville, we are running an experiment. We will be conducting a series of courses focused around building strong families. The courses offered will include Marriage Preparation (for those looking to get married), the Marriage Course, the Parenting Children course, and the Parenting Teenagers course. These courses were developed by Nicky and Sila Lee in the UK. The courses are now running in many countries. They are fun, informative, and almost free!

The courses in Kanata and Stittsville will start in the fall, and will be offered on different nights and different locations so that as many as possible can attend. Visit www.BuildingStrongFamilies.ca for more information about the courses, including video and audio previews, schedules, and registration.



Getting married?



Already married?

Have kids?



Have teenagers?



This is for you!

BUILDING STRONG FAMILIES

Christmas Bazaar

St. Paul's Christmas Bazaar is coming up more quickly than anyone would believe – in just over 8 weeks. Are you ready?

The Christmas Bazaar is **November 9th and 10th** and if you are new to St. Paul's, it takes over the building. We spread out everywhere – it's a great time for everyone. However, we cannot do it alone! If you have ever thought "I could help with that," this is the time to come forward.

This coming year we need organizers! We have some willing helping hands already on board, so you won't be left to do all the work. We need:

- A few new table co-ordinators, especially Wood Table, Jam and Jelly Table, White Elephant Table, and the Toys Table. We do have people willing to work on the tables, but it's not their thing to co-ordinate.
- Someone to co-ordinate the Lunch on Saturday.

If you ever wanted to get involved, this is the time to say, "Here I Am." This is a time of fun and fellowship. It is also a major fundraiser for our church, and we need your help.

A big *Thank You* to all who have been there faithfully for so many years. We look forward to saying *Welcome Aboard* to those who are new.

You can contact me at 613-226-6813 or email heather.colls@rogers.com

Heather Colls
Christmas Bazaar

St. Paul's Christmas Bazaar,
November 9 and 10.

Volunteers needed!



Seniors Afternoon Out Program

Special entertainment this fall on Thursday afternoons!

Fun ... food ... fellowship

Service begins at 2 pm in the Church, followed by fellowship in the Hall.

- Sept 20 - Red Wing Fiddlers
- Sept 27 - Celtic Spice
- Oct 1 - Ukulele Ladies
- Oct 11 - Sounds of Music
- Oct 18 - Tom and Louise Flemming
- Nov 15 - Tom and Louise Flemming
- Dec 13 - United Church Choir (tbc)
- Dec 20 - Our Choir - last day for 2012

Just for Fun

You may not be heading back to school this fall, but if your résumé contains sentences like these, you may want to consider it...

1. 'I demand a salary commiserate with my extensive experience.'
2. 'I have lurnt Word for Widows, computer operations and spreadsheet programs.'
3. 'I received a plague for Salesperson of the Year.'
4. 'Wholly responsible for two (2) failed financial institutions.'
5. 'Reason for leaving last job: maturity leave.'
6. 'Failed bar exam with relatively high grades.'
7. 'It's best for employers that I not work with people.'
8. 'Let's meet , so you can 'ooh' and 'aah' over my experience.'
9. 'You will want me to be Head Honcho in no time.'
10. 'I was working for my mom until she decided to move.'
11. 'I have an excellent track record, although I am not a horse.'
12. 'I am loyal to my employer at all costs....Please feel free to respond to my résumé on my office voice mail.'
13. 'My goal is to be a meteorologist. But since I possess no training in meteorology, I suppose I should try stock brokerage.'

http://www.guy-sports.com/humor/jokes/jokes_resume.htm



23rd Annual **FLAME** Men's Conference

October 26, 27, and 28 in Montreal, QC
with Bishop Fraser Lawton

We invite and encourage all men 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.

Bishop Fraser Lawton will share his experience of God the Holy Spirit working in his and his family's life and teach from that experience to strengthen, encourage and heal us as followers of the Lord Jesus Christ.

This year **FLAME** is again at Manoir d'Youville in Chateauguay. Well-appointed bedrooms accommodate one person. All meals and snacks are provided at the centre's dining facilities.

The deadline for registration is October 1st.

The registration table at Manoir d'Youville will be open between 4:00 and 7:30 p.m. on Friday, October 26. Dinner is served at the Manoir between 5:00 and 5:30 p.m.

Please include a cheque for \$65 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.

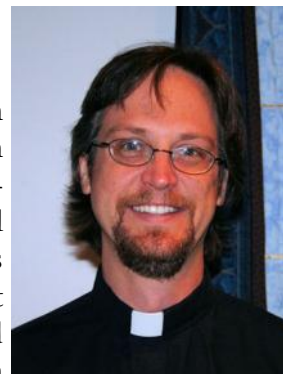
For more information, or to register, please contact:

Roger Spack 514-684-4356,
roger.spack@sympatico.ca

Andre Hammond 514-694-9567.

Our Speaker

Bishop Fraser Lawton was born in Saskatoon, and grew up in an active Anglican home. His parents encountered the "renewal movement" in the 70's. Fraser's experience of the Holy Spirit began as a child: he has fond memories of several Anglican



Renewal West conferences. He felt God's call to ordained ministry at a young age, and entered Emmanuel and St. Chad seminary in Saskatoon directly after completing his BSc.

He served his whole ministry in the Diocese of Athabasca, the diocese covering the North 1/3 of the Province of Alberta. He was ordained priest in 1994 and became Rector of St. Thomas, parish in 1996, the new second Anglican Church in the oil-boom city Fort McMurray. He led an effective ministry in this young parish which always included music and powerful youth ministry. He describes his worship style as contemporary/charismatic: ministry is always an adventure! He was elected Bishop and consecrated in January 2010. His priorities are healing ministry, encouragement in the parishes and working with youth. He is the youngest Canadian Anglican Bishop.

Fraser is married to Veronica, and they have four children, two of whom are still at home, ranging from 13 to 21 years of age. He and his wife Veronica have been involved in parish music ministry, including forming a band together for a short time, since high school. Fraser is a sports fan (Go Oilers!), following CFL, hockey and F1 auto racing.

Fraser attended and has been a leader on 6 Anglican Renewal Ministries clergy leadership training events and was a member of the ARM Board for 2 years.

UNLEASH THE SUPERHERO INSIDE!



GOD SQUAD KICK-OFF

September 30th

(after the 11:00 service)

Dress-up as your favourite hero

Mask making, face painting, hero tattoos

RADICAL SCIENCE DEMO

1:00 pm

Women's Fall Retreat at Bethesda Renewal Centre

September 28, 29, and 30

"The Christian retreat can be defined in the most simplest of terms as a definite time (from a few hours in length to a month) spent away from one's normal life for the purpose of reconnecting, usually in prayer, with God. Although the practice of leaving one's everyday life to connect on a deeper level with God, be that in the desert (as with the Desert Fathers), or in a monastery, is as old as Christianity itself, the practice of spending a specific time away with God is a more modern phenomenon, dating from the 1520s and St. Ignatius of Loyola's composition of the Spiritual Exercises. Jesus fasting in the desert for forty days is used as a biblical justification of retreats." Thank you Wikipedia ...

This fall finds us returning again to Bethesda Renewal Centre.

Bethesda can accommodate 19 guests. We arrive after supper on Friday night and leave on Sunday after lunch. We sign up for meals and everyone helps with food prep and clean up. Bring along bedding for a single bed or a sleeping bag and a pillow case and your portion of the food. A detailed agenda and cost will be forwarded via email following your registration.

Email or call Lorna to reserve your spot.
admin@stpaulshk.org or 613-836-1001

Kanata Mixed Bowling League

Need exercise and want to have fun doing it? The Kanata Mixed Bowling League is looking for new members.

Bowling is on **Thursday evenings at 7:00 p.m. at the Merivale Bowling Lanes**, 1916 Merivale Rd.

The bowling season runs from September until the end of April, followed by a bowling banquet in May.

For more information or to join, please contact Sean Baizana at 613-680-4918 or email ronert@hotmail.com.



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!

St. Paul's Agora

You are invited to place your advertisements in this section of the Cornerstone, free of charge. This is an opportunity for us all to come together to meet each others' needs. Kind of like a parish garage sale, without the rain! Simply send your ad to: cornerstone@stpaulshk.org

Please, no business advertisements, or offers of professional services. If you would like to purchase a space for your business card in the Cornerstone, please send an email to: cornerstone@stpaulshk.org. St. Paul's Church is not responsible for transactions conducted through this section.

For Sale — Nativity Scene


Nativity Scene/Creche
Unfinished Plywood - 4'X4'
\$ 150.00
Call Wayne Keech 613-592-5069



 **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



 **BHM**
Bradley Hiscock McCracken
Lawyers


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

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