

CORNERSTONE

September, 2013

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

St Paul's
ANGLICAN CHURCH



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

Sunday Services

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

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

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

Other Services

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

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

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

Inside this issue:

- Messages from Father John and Father Craig
 - The Prayer Box
 - PWRDF News
 - Ministries in Action
 - SRM: A Reflection
 - GIFT Update
 - PAW Program
- ...and more!

October edition deadline:
Tuesday, October 1, 2013

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

The cost of being a large church

Well, here we are at the beginning of September and I hope that you have had an enjoyable and refreshing summer.

It seems that every September we begin a new opportunity for parishioners to become more involved with the life and ministry of our parish. Registration for God Squad will take place on the 8th and 15th. On Sept. 15 after each service, everyone is invited into the hall for coffee and an opportunity to view and sign up for many of the ministries that we are involved with. I hope that many of you will consider offering your time and talents to the work of our parish. We are blessed to have a large congregation that helps to share the responsibilities of being Church.

It seems strange that after only 9 years in the new church building we have to consider putting on a new roof on the high part of the Church. In truth, this has more to do with the effects of high wind than any other factor. It is something that we are going to make a deci-



From the desk of Father Craig

And away we go...

In June, my article focused on Jesus' words "do not be anxious." I truly pray that summer was a time to enjoy the beauty and wonder of creation.

Gardens are in the midst of harvesting, and for that we give thanks. Over the summer, Connor Mackenzie did a great deal of work on developing models for sustainable ecosystems. I look forward to this information being part of the work of the "Creation Matters" group within the diocese. There is much to learn as we are given care of this amazing world.

But gardens will soon be put to bed for the winter and new activities undertaken...

God Squad began on September 8 and will continue to gear up as the month continues. Draw the youth into

sion on at the Special Vestry on September 14. We have been blessed over the past few years with good stewardship and we should be able to handle this expense without a further campaign. Thank you for your generosity and faithfulness. Because of that, we can make plans for the ongoing upkeep of our facilities.

There is a cost in terms of our time and money to run and equip a large church. But there are also rewards and blessings. My hope and prayer is that St. Paul's will continue to bless our members and the community as a whole.

May God give us the ability to serve and the faith to trust his will.

Peace, Love and Laughter,

the joy of growing in Jesus. Big blast on September 22, don't miss it!

EPIC - *Everything is Possible through Christ* will continue on Sundays, but after the 11 a.m. service. Start time is 1pm on October 6. Keep Joseph, Amy and team in your prayers as they continue to offer education, service, and youth led activities. It will be brilliant!

Adult education begins October 8 with a pub night at the Burbs (reconfigured for better hearing), and will continue with a program at the church. Let us continue to be the disciples that Jesus calls us to be!

I have already re-established some of my broader faith connections this September. At the Jewish Christian dialogue in Ottawa this month, I was reminded that to

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Potluck dinner and games night

Paul and Miriam invite all Families with Young Children to join them for a Potluck dinner and family party games night at **6:00 p.m. on Friday, September 20 at St Paul's.**

We look forward to catching up, having some laughs, breaking bread together, and discussing further gatherings for the FWYC group.

Bring your potluck dish to share, we will be there for 5:30 p.m.

Please reply to celebrate@kidscreate.ca so we know how many to set up for.

Hope to see you there!

Miriam Kilby

(Continued from page 2)

know God is to live deeply into the covenant relationship that God has established with us. What a joy it is to continue to understand how our God, the Creator, Judge and Ruler of the universe, is also “the Merciful”, Sanctifier and Prince of Peace.

As we continue to strive for systems that are “fairer,” or more “just,” one rabbi asked if we could bear such a system if not for mercy? Good question. Where might grace and mercy need to speak into our lives? Another good question!

As people of the “New Covenant” – people who have accepted Jesus’ mercy and forgiveness through baptism – it is exciting to look forward to how God is calling us to serve and love one another in this and each new season!

In the hope of Christ,

Fr. Craig +

God Squad is back!

Another fall session in Sunday School is underway! We hope you have had a restful summer and are ready to join us downstairs for some more Sunday School fun! Our teachers are looking forward to the coming year and have exciting things planned for the days ahead.

Are you new to St. Paul's God Squad? We would love to have you on board! There are plenty of registration forms for the children and you can register **TODAY!** If you are interested in helping out and blessing the children with your time and talents, just let us know!

A sincere thank you goes out to all the teachers who dedicated a Sunday during the summer to leading a God Squad session downstairs. We couldn't have done it without you. You are a blessing to the Children's Ministry.

Join us next **Sunday, September 22 for a Welcome Back Party** during the 9:15 and 11:00 services complete with a scavenger hunt, games and candy! See your old friends and meet new ones. Hope to see everyone there.

Also, you will want to mark **October 6** on your calendar as God Squad will have special programming you won't want to miss to celebrate the feast of St. Francis!

If you have any questions about God Squad or would like more information, feel free to send me a note at sundayschool@stpaulshk.org.

Zdena Harder, God Squad Coordinator

God Squad Welcome Back Party!

Sunday, September 22
9:15 & 11:00 services

Candy Scavenger Hunt



Games



Prizes



Snacks



The prayer box

by Lynn Williams

Despite its introduction earlier this year, there appear to be many who are not aware of the Prayer Box. It sits on the outside wall to the right of the Chapel door.

The purpose of the Prayer Box is for anyone to ask for prayer for a loved one, friend, colleague or neighbour. For many, the Prayer Box is an alternative option to going up for Healing Prayer on a Sunday morning or to writing a name on the Prayer List which will be read by the person doing the Prayers of the People. In actual fact, anybody can partake in all three prayer options. However, unlike the other two, the person requesting prayer at the Prayer Box has the opportunity to expand on their request and, if desired, can ask for further intervention from one of our Priests, from the Pastoral Care Team and/or from the Prayer Chain.

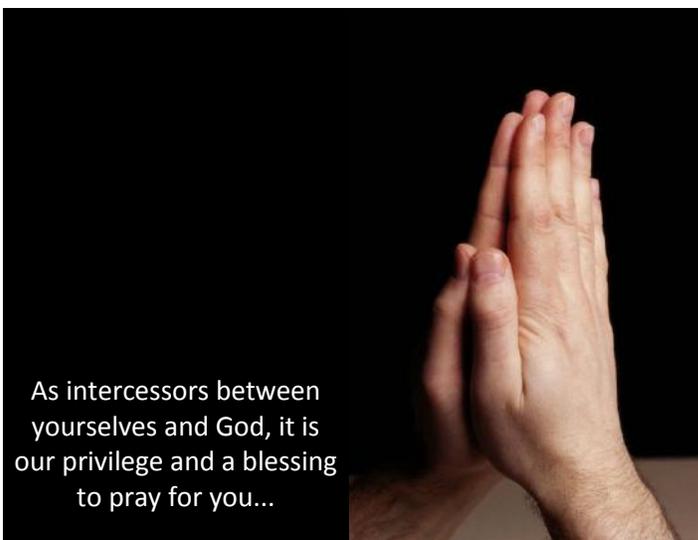
The simplicity and the privacy that exist with your request at the Prayer Box often make it the prayer request of choice for many. There is a table under the box with blank forms for your use. You may choose to write as little or as much as you wish, you have the option to be anonymous or not and when finished, just place your form in the box.

There are four people on the Prayer Box Team and they are the only ones who have the combination to open the box. Your requests are completely confidential unless you ask that we refer you to one of the options listed above. On the Team are Kathryn Durrer,

Clyde Crane, Alberta Dunbar and Lynn Williams. We read every prayer request and we pray for each person for one month. If further prayer is required, all one need do is complete another form.

We encourage anybody to use this box and receive the gift of prayer from the Team. As intercessors between yourselves and God, it is our privilege and a blessing to pray for a person or a situation that is bothering you or making you worried or sad for a fellow sojourner along life's path. Thank you for all those who have trusted us with your prayer requests to date and we look forward to many others of you using this service.

Lynn Williams
Pastoral Care



As intercessors between yourselves and God, it is our privilege and a blessing to pray for you...

The Kanata Food Cupboard needs you!

Can you spare one evening every six weeks?

This past year has been a roller-coaster time for us in terms of how food is delivered to the clients, and what we are now doing at the Kanata Food Cupboard. We have been told by the board that the changes will now stop. Thank you for your patience. We hope by Christmas to have this finally figured out.

We are always looking for new volunteers to help with clients who come to choose their food on Mondays, Wednesdays, and Thursdays. The shifts start around 4:45 p.m. and we are out of the Kanata Food Cup-

board by 7:30 at the latest, usually much before. We are on duty for a week every six weeks and you only do one evening.

It is a very rewarding time for the volunteers. Please consider helping – the community needs you.

If you can help or would like more information, please call me at 613-509-1304 or email heather.colls@ncf.ca.

Heather Colls

Cursillo AGM and upcoming women's and men's weekends

Have you been blessed by Cursillo? Have you served on a Weekend Team? Have you served on Secretariat? Are you serving on an upcoming team? Would you like to know more about Cursillo?

You are invited to attend our Annual General Meeting. Please join us:

Friday September 27, 7:30 - 9 p.m.

St. Stephens Anglican Church, 930 Watson St.

If you are curious about Cursillo, or interested in experiencing the Cursillo Christian Weekend retreat (3 nights away - food included), the dates for the experience in Ottawa are:

Women's weekend: Nov 7-10, 2013

Men's weekend: Nov 28-Dec 1, 2013

Please visit our website www.oacm.ca for further info regarding Cursillo in the Ottawa diocese.



Fall baptisms

September 22

October 20

November 24



If you would like to be baptized or have your child baptized this Fall, please call the office to make an appointment with Fr. John or Fr. Craig. 613-836-1001

Please note:

Our next Episcopal Visit for **CONFIRMATION** is in 2015.

FLAME men's conference Nov 1-3, 2013

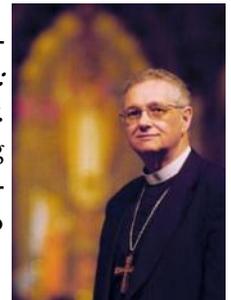


Fellowship &
Learning for
Anglican
Men's
Enrichment

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

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

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



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

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

For more information, please contact:

Roger Spack

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

Andre Hammond

514-694-9567 or andrehammond@videotron.ca



Fellowship and
Learning for
Anglican
Men's
Enrichment

PWRDF upcoming event

Our PWRDF Diocesan Committee is active in promoting this event and receiving financial support from our Diocese. Note: Rt Rev. Mark MacDonald (Anglican National Indigenous Bishop) is going to be speaking on Saturday. For more information, contact Philippa Wilson at philippa_wilson@sympatico.ca.

Covenant Chain Link IV

Building Bridges of Understanding Between Aboriginal and Non-Aboriginal Peoples Through Respectful Relationships

Join us and learn more about Indigenous Peoples' perspectives on education!

LOCATION

Richelieu-Vanier Community Centre
300 des Pères Blanc Ave, Ottawa, ON

REGISTRATION

Before October 8, 2013 - only \$40 (regular fee - \$50)
Register at www.surveymonkey.com/s/covenantchainlink

Send cheque or money order payable to KAIROS
Att: Ed Bianchi, 211 Bronson Ave, Suite 211
Ottawa, ON K1R 6H5

*Discounts for students and non-wage earners available
*Includes entry for both days and lunch on Saturday

ACTIVITIES

Panel discussions and workshops (including a youth-led panel and workshop), displays, resources, networking opportunities, and more

ELDERS

Albert Dumont (Algonquin), Reepa Evic-Carleton (Inuk), and Reta Gordon (Métis Senator)

DATES

Friday, October 18, 2013
7pm – 9pm (registration begins at 6:15pm)

Keynote:

Paulette Regan, BA, MA, PhD—creates decolonizing, transformative environments where responsibility for non-violent, political change is encouraged.

Brenda Ireland, MA—an Anishnaabe-Métis community-based professional, intercultural practitioner with 20 years of leadership in social, education and community development. History, ceremony and storytelling are at the heart of her work.

Saturday, October 19, 2013
9am – 4:30pm (doors open at 8:30am)

Panel Speakers Include:

Rt. Rev. Mark L. MacDonald—a spiritual leader and strong advocate of Indigenous rights who works towards reconciliation and environmental issue awareness.

Rosalee J. Tizya-Vuntat Gwich'in, an Indigenous rights advocate for over 40 years who is dedicated to helping improve conditions on reserves.



For more information, contact:

Ed Bianchi, Program Coordinator, Indigenous Rights
KAIROS: Canadian Ecumenical Justice Initiatives
T: 613-235-9956 ext. 221
ebianchi@kairoscanada.org
kairoscanada.ca

Co-sponsored by: Anglican Church of Canada, Legacy of Hope Foundation; Ottawa Catholic School Board; Presbyterian Church of Canada; Project of Heart; Truth and Reconciliation Commission of Canada; United Church of Canada

Comments from previous conference participants:

Guiding us to be agents of change; good discussions; content was important and relevant; amazing speakers; curriculum development info and resource materials for personal education were available; good networking opportunity

Learning from our past... to shape a new future

PWRDF news: Calgary flood response, 2 months in

by Alison Longson, submitted by Philippa Wilson, from the PWRDS website: www.pwrdf.org (August 27, 2013)

On June 21, southern Alberta was deluged by a record breaking flood and over 100,000 people in Calgary alone were evacuated from their homes, my husband Chris and I included. When we returned to our house we found our basement contained 2 feet of water and the garden covered in a thin layer of river silt.

Despite that we consider ourselves to be very lucky as many people suffered much more devastation and loss and there are hundreds not able to return to their apartments or houses to this day. Others we know are faced with the likelihood of having to demolish their homes all together.

I have learnt a great deal throughout this new experience.

It has been very revealing to be on the receiving end of aid and help. The support of friends and neighbours was incalculable both in terms of hard work on the clean up and morale boosting. Services from the Red Cross, fire departments, the police, city workers and the heroic garbage men were truly amazing.

The local Anglican Church, Christ Church, standing perfectly dry just a fraction above the water ministered in the most practical ways offering many services such as meals, battery charging, massages and, thank goodness, bathrooms. Wandering teams of volunteers were everywhere offering their help in the most imaginative ways, children came with cookies, their mothers of-

fered to do laundry and we showered at a complete stranger's home a few times.

And of course PWRDF was there for us as well. And here again I found I had a lot to learn, firstly in terms of how the Fund responds to emergencies in Canada and then, importantly for me, their expectations of our Diocese as recipient. An initial \$15,000 was approved and dispatched from PWRDF, so quick decisions had to be made as to where that money would be most effectively used.

After meeting with Bishop Greg Kerr Wilson and my rector the Rev. Anna Greenwood-Lee, we chose to research the immediate needs of three places and decided to disburse this money equally between them:

- **The Drop In Centre** situated down town on the Bow River which had lost all their facilities in their basement including their freezers and contents. During this time they supplied over 3000 meals a day, so money was desperately needed to replace lost food supplies. Their old building which housed their many programmes has been deemed irreparable which is a huge loss for the homeless and vulnerable of our city.
- Another wonderful agency **Calgary Urban Projects (CUPS)** oversees some of the low cost housing complexes in Calgary. They had 18% of their clients affected by the flood. They were grateful to receive funds that helped those folk with groceries, food, cleaning services, emergency stays for some, and help with rent start up for those who had to move.
- The large **Siksika reserve** 100km east of Calgary has suffered huge damage and their needs are very great. Our initial donation there helped in a small way to supply items needed in such an emergency situation, tents, bedding, and tarpaulins.

At this time, PWRDF launched a national appeal with a bulletin notice that went to Anglican churches across Canada. There was a very generous response to this of over \$30,000.

It was very heartening for us to know that people in the rest of Canada were thinking of us and supporting us

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Downtown Calgary during the floods.

Photo: Ryan L. C. Quan

PWRDF news: Syrian refugee crisis deepens

by Simon Chambers, submitted by Philippa Wilson, July 30, 2013

PWRDF has responded to two appeals for Syria through the **Canadian Foodgrains Bank** and the **ACT Alliance**. But the refugee crisis in the region continues to expand.

Already, the Zaatari camp in Jordan has become the second largest refugee camp in the world (behind the Dadaab camp in Kenya, where PWRDF has partnered for years with the Kenyan Council of Churches) and is now the fifth largest settlement of any kind in Jordan. Over 60% of the population of the Zaatari camp are children, and many of the households are headed by women. Most of those living in the camp come from rural areas in Syria and have received elementary or basic education. Gender-based violence is a real



An Aerial View of the Zaatari Refugee Camp in Jordan, housing refugees fleeing from the Syrian Civil War. Syrian refugees are also seeking refuge in Lebanon, other areas of Jordan, Turkey, Iraq and Egypt. We now know the number of Syrian refugees has exceeded 2 million.

Source: Guardian Weekly, Photograph: Reuters

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so generously.

To disburse this money we realised we needed to be a lot clearer about where and how it would be best used. As a guideline we are using the criteria of need, impact and accountability. Most agencies such as the Drop In Centre are still unsure of how much the Government or insurance will cover so although the needs are very great they can't say exactly where those will be.

We are exploring some projects in the devastated town

and significant risk facing women and girls in refugee camps. This can include domestic violence, early (forced) marriage, or transactional and survival sex. This violence is brought about because of the difficult conditions in the camps, the separation of families, the presence of organized crime (including prostitution rings) in the camps, and limited access to other forms of livelihood.

PWRDF continues, through CFBG and ACT, to provide food, hygiene kits, bedding, support to health workers, provision of psychosocial counselors, support for students to continue their education and cash for work initiatives to relieve financial strains on hundreds of families.

You can support this sorely needed relief work:

- **On-line at www.pwrdf.org:** You can designate your [online donation](#) for "Syria Response"
- **By Phone:** For credit card donations contact: Jennifer Brown 416-924-9192 ext. 355; 1-866-308-7973. *Please do not send your credit card number by email or fax.*
- **By Mail:** Please make cheques payable to "PWRDF", mark them for "Syria Response" and send them to: PWRDF, The Anglican Church of Canada, 80 Hayden Street, Toronto, Ontario M4Y 3G2
- **On the Collection plate:** cheques payable to "St Paul's" marked "PWRDF Syria Response"
- **PWRDF Partnership Program Manager:** [Elsa Tesfay](#) 416-924-9199 ext. 206; 1-866-308-7973

of High River with the Rev. Diane Beaman the rector there. She was evacuated herself and lost nearly all her possessions as well as her car. She is now living in a new temporary community of trailer accommodation, so is well positioned to know what the concerns and needs of High River are.

We are also working with our close contacts in Siksika.

Decisions will be made very soon when everybody concerned is satisfied that every dollar will go where it is needed and can be accounted for.

Information session
September 23, 7:00 p.m.



Living with Mental Illness

A Family's Journey

*An information session for caregivers
on giving and receiving support*

The Oasis in Kanata
Glen Cairn United Church
140 Abbeyhill Dr, Kanata

September 23, 2013
7 to 9 pm

Guest Speakers: Sheila Deighton, a caregiver and facilitator of the Strengthening Families Together program, and an individual living with a mental illness and in recovery, will offer information and perspectives from their personal experiences on the daily challenges faced by families and friends supporting a loved one with a mental illness.

No charge and pre-registration is not required.

Monday, September 23, 7:00 p.m.
The Oasis in Kanata, Glen Cairn United Church, 140 Abbeyhill Dr.

For more information visit www.TheOasisKanata.ca
email: info@TheOasisKanata.ca or call: 613-836-4756.

Shirley Bishop
Outreach Chairperson
Glen Cairn United Church
140 Abbeyhill Dr, Kanata

Don't get cold feet!

Come and curl with us

St. Paul's Curling Group will be hitting the ice at the Nepean Sportsplex at 7:30 p.m. every other Saturday evening, starting November 2.

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

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

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

Nov 2, 16, 30
Dec 14
Jan 11, 25
Feb 8, 22
March 8, 22

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

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

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

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



Give us bread

by Douglas Beyer (2001), submitted by Ray Brule

I got the Gimme God blues, I got the Gimme God blues
 'Cus God won't gimme what I want him to gimme,
 I got the Gimme God blues....
 Wanna be healthy, wanna be wise
 Wanna have all that money buys
 The best of schools, the smartest clothes
 The kind of breeding the thoroughbred knows.
 Wanna have talent, wanna have fame
 Marry a man with a very big name.
 Wanna take everything worth bein' took
 Wanna shake down heaven till the heaven's shook....
 When I get what I wanna get,
 I want what I haven't got yet
 And when that's gotten, you can bet
 What I got wasn't what I thought I'd get.
 I got the gimme God blues

These lines from the musical, *For Heaven's Sake* by Helen Kromer illustrate the danger of loading our prayers with too many commercials. That's the first of two mistakes we make in our prayers. Some of us think of prayer as chiefly or exclusively petitionary. If you will forgive a pun, we put too many "begs" in one "ask-it." With scarcely a thought given to confession, thanksgiving and intercession for others, we go directly to listing all the things we want God to do for us -- as if he were some kind of celestial bell-hop whose business is to run errands for us.

That's the first of two mistakes. The second is even more common. Some of us go to the other extreme. We feel that prayer should ask for nothing, that any petition in prayer is somehow foolish, selfish, or simply useless. There seems to be two reasons for this attitude. We may think that because God already knows everything, there is no point in making a request. Or we may think that God can't actually change anything anyway: whether it rains or not, whether there is peace or war, whether we live or die is simply beyond his control.

The apostle James speaks to both of these mistakes when he says, "You have not because you ask not. You ask and receive not because you ask amiss in order that you might consume it on your own lusts" (James 4:2b-3). Contrary to these mistaken concepts of God

and notions of prayer, Jesus invites us to pray, "Give us this day our daily bread."

A PRACTICAL PRAYER

This is a practical prayer. In it we acknowledge that God cares for our bodies as well as our souls. We must be careful that we don't become more spiritual than Jesus. He said, "Man does not live by bread alone" (Matthew 4:4). These words show his sound sensibility. We do live by bread, of course, but not by bread alone. Most of us started this day with bread, probably toasted. But then we came to worship because we do not live by bread alone. Jesus recognized the hungers of the body as well as the hungers of the spirit. He rendered to the body the things that belonged to the body and unto the spirit the things that belong to the spirit. He invites us to pray for our daily bread as well as for his coming kingdom. He offers us not just *soul* salvation, but *whole* salvation.

There is a beautiful balance to Christ's ministry. When he rose up from the grave and found the disciples fishing, he didn't organize a prayer meeting, neither did he display the glorious power of his resurrection body, but rather the scriptures tell us that he prepared breakfast for them (John 21:1-14). Imagine that! Those nail-pierced feet walked on that rocky shore in search of firewood. Those nail-pierced hands cleaned the smelly fish. And when Peter, James and John got to shore, the Lord of heaven and earth had breakfast ready for them. He dealt with the disciples' physical welfare as their spiritual welfare. And he still does.

When we say "Give us this day our daily bread," we direct prayer to the practical, everyday concerns of living. Some people find it easier to trust God for the big things than for the little things. It is easier for them to ask God for a mansion in heaven and everlasting life than for them to ask him for daily bread. They suppose that it is easier for God to provide forgiveness for sin than food for the table. But it is just the opposite. To bring forgiveness and everlasting life to sinners, God had to sacrifice his own Son. To give us our daily bread appears to be a much easier matter.

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There are still many who are content to trust God for forgiveness and everlasting life, but who will not trust him for daily bread. It actually takes greater faith to ask for small things than for great things. Even disbelieving heathens may pray for world peace, but only a saint will humbly ask for daily bread.

It all depends on how big you think God is. How big is your God? Is he big enough to be concerned for the so-called trivialities of life as well as world affairs? The One who sees all things from the first moment of creation to the last hour of judgment, the One who holds the seven stars in his right hand (Revelation 1:16), is the same One who is concerned about the falling of a sparrow and the number of hairs on your head (Matthew 10:29-30).

A SIMPLE PRAYER

For centuries the Greek word translated "daily" was unknown. It is found in no other ancient writings. In the third century the great classical scholar, Origen, thought Matthew made it up. In the fourth century Jerome translated it "supersubstantial"--whatever that means! But recently discovered papyrus fragments use the word in an ordinary shopping list. It was a reminder to buy supplies for the coming day. What beautiful simplicity! We ask for what we need one day at a time. "Give us this day our daily bread." It is better, after all, to pray for daily rations than for emergency

supplies.

And it is *bread* we ask for, not cake. One mother overheard her child say, "Give us this day our jelly-bread." The child's prayer was probably more honest than our own. For we say, "Give us bread," when we actually have a whole lot more than bread in mind.

"Give us this day our daily bread"
How often have these words been said
By men, when there before them lay
Bread from heaven day by day.
When, had but faith been in their prayer,
Sight had come to see it there.

In simplicity we ask for bread for *today*, not for tomorrow. We leave tomorrow's trouble to tomorrow's strength, tomorrow's work to tomorrow's time, tomorrow's trials to tomorrow's grace, and tomorrow's God.

Don't try to live tomorrow,
Until you live today;
To live each moment as it comes
Is much the better way,
Tomorrow you may never see,
But surely if you do,
The One who helped you live today,
Will help tomorrow too.

Don't let yesterday's mistakes or tomorrows fears spoil today. God wants you to consider only two points of time: not the past and the future, but the present and the eternal. "Give us this day our daily bread."

AN UNSELFISH PRAYER

The prayer does not say, "Give me my," but "Give us our." It gathers up in its arms all the hungry, deprived underprivileged people in the world--from the neighbor's hungry child to the famine stricken peasant in Ethiopia. It reaches all the way from your city to Timbuktu, from California to Calcutta. It reunites what should never have been divided: bread and brotherhood. "Give us this day our daily bread."

This is where the spiritual and the material embrace. "The question of bread for myself is a material question, but the question of bread for my neighbors, for everybody, is a spiritual and a religious question....Christians ought to be permeated with a sense

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St. Paul's ministries in action

by Minx Mulhall

"Receive Love, Give Love, Repeat"

I recently read these words on a sign outside a church. Such a simple, yet powerful thought!

Then I pictured it, not just as a thought, but as an action... and what I saw was St. Paul's!

How often I have seen this powerful thought in action here at St. Paul's. It is part of the parish life in so many ways, on different days of the week. But, I see it especially in the two ministries I am involved with: the Pastoral Care team, and the Seniors' Afternoon Out program.

The Pastoral Care team consists of only 6 people from St. Paul's who provide support to clergy and members of the parish. They strive to meet the on-going need for comfort, peace, compassion and, yes, Love, in those around us. This small group meets together to learn and share, prays together to support and strengthen, and shows the Love of God to those around.

The Seniors Afternoon Out is another ministry within

St. Paul's that shows these words in action every Thursday afternoon from September to June. The people involved in this ministry share their compassion and joy with those who visit each week. The afternoon begins with prayer and worship time in the chapel, and concludes with a fun-filled social time in the hall.

The 'action' of sharing and worshipping together is a wondrous joy to be a part of, for all involved - visitors and volunteers alike.

If I missed talking to you about these ministries at the Open House on Sunday, Sept 15, please don't hesitate to contact me to ask me about them.

If you, or anyone you know, could benefit from either of these ministries, please contact me to discuss.

Yours in Christ,
Minx Mulhall
613-253-8632



(Continued from page 11)

of the religious importance of the elementary daily needs of people, the vast masses of people, and not despise these needs from a sense of exalted spirituality" (Nicolai Berdyaev in *Origin of Russian Communism*).

The problem of our world is not that there is insufficient food to go around. God made the earth exceedingly rich and productive. In America granaries overflow and farmers are paid not to produce. In Brazil locomotives are fired with surplus coffee. The problem is not the supply of bread, it is the distribution of bread.

We cannot sincerely pray "Give us this day our daily bread" and ignore our hungry neighbors. If God has graciously answered our prayer for daily bread by giving us more than we actually need, then he is looking to us to be the answer for somebody else's prayer.

"Give us this day our daily bread" is not only good theology, it is good table manners. The earth is God's banquet table and we are his guests. When one member of the family says, "Please pass the bread," let us be sure that when it reaches the foot of table there are crumbs left for all God's children.

When I consider how much I enjoy and how little others have, I sometimes I feel like praying, "Forgive us this day our daily bread." The Lord's prayer reminds me that daily bread was not given to me, but to us.

Bread and water are the most basic human needs. Jesus is the bread of life and the fountain of living water. He meets our needs and through us the needs of others. The gospel is simply one beggar telling another where to find bread. I invite you to turn to Him who is the Bread of Life and say, "Feed me till I want no more."

School of Renewal Ministry: A reflection

by Ray Brule

Anglican Renewal Ministries came to St. Paul's Anglican Church in Kanata (July 5-6, 2013) to ask us the question 'What difference can I make to the Kingdom of God?' I wrestled with 'giving up the time' as I was pretty sure (probably pride-fully) that I already knew the answer and besides, I had a lot to do, especially on weekends. The closer the weekend came though, the more I believed God was whispering that I needed to be there and I started to lean towards attending. When I was asked to participate as the drummer for the worship team, that stopped the wrestling.

The pride that I suspect caused me to wrestle with the decision was based on the experiences of my life, in particular the past 15 years where I have been blessed with much ministry activity and many 'spiritual development' courses and workshops. I am sharing this in hope that anyone who happens to be reading this article will avoid the wrestling I went through and decide early to attend this or any workshop. No matter what your past experience or how much knowledge you believe you possess, The Holy Spirit was and will be present in this time away and will refresh you and educate you further.

In summary, there were six talks offered on aspects of The Holy Spirit actively working in us and through us to make a difference to the Kingdom of God. There was also an opportunity to work through a Spiritual Gifts questionnaire and then receive a teaching on these gifts. Each session started with a praise and worship time and the whole weekend ended with an opportunity to receive individual prayer from the ARM team.

Each talk had its teaching points and was worth the investment of time to listen and learn. I am a note-taker and I have several pages recorded. Here a few key points that have stuck with me and upon which I continue to meditate and pray for more revelation:

- We have an ongoing invitation to come and know the person of The Holy Spirit more and more.
- Obedience is a key and comes BEFORE the power (anointing) of The Holy Spirit.
- Prayer and the gifts of The Holy Spirit are the pri-

mary equipment (weapons?) to make a difference to the Kingdom of God.

- Inward working of The Holy Spirit is justification and the sanctification, and the outward working is empowerment (anointing).
- We must daily surrender to The Holy Spirit and allow The Holy Spirit to use us.
- We must be 'clothed' with The Holy Spirit (and not just the Armor of God).
- Are we turning the world upside down in our own life like the disciples did? God has called us, too!

St. Paul's (those who didn't attend) missed one of the best Pentecost Sunday sermons I have ever heard when our own Alison Stortz delivered the teaching. I encourage Father John and Father Craig to seriously consider Alison preaching next Pentecost Sunday.

Anyone who has attended an Alpha course and remember the talk on 'Does evil exist today?' would have appreciated when Jane Jones gave the last talk. She spoke on her experiences of the power of The Holy Spirit in dealing with the demonic and deliverance. We tend to believe this aspect of evil is only in books and movies or in the early days of the bible (Read ACTS). I implore you to also read Ephesians 6:10-20. Here is the beginning of that...

Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

After reading this chapter, I would encourage you to pray on your armor and then pray for your families, for our leaders in church, work and government.

There is a lot more, but you need to hear for yourself. I pray you hear God's call in your life, accept the equipping and are obedient in letting The Holy Spirit use you to make a difference in the Kingdom of God.

Ray Brule

Congratulations to Heather Colls

Heather Colls has been awarded the Frank Valentine Volunteer Award.

The Award is named for Frank Valentine, who was a tireless advocate for seniors' issues in the Kanata region for many years. He was the instigator behind the formation of the Kanata Seniors Council in 1996.

The Award is to be presented by the Kanata Seniors Council to a member(s) of the seniors' community who:

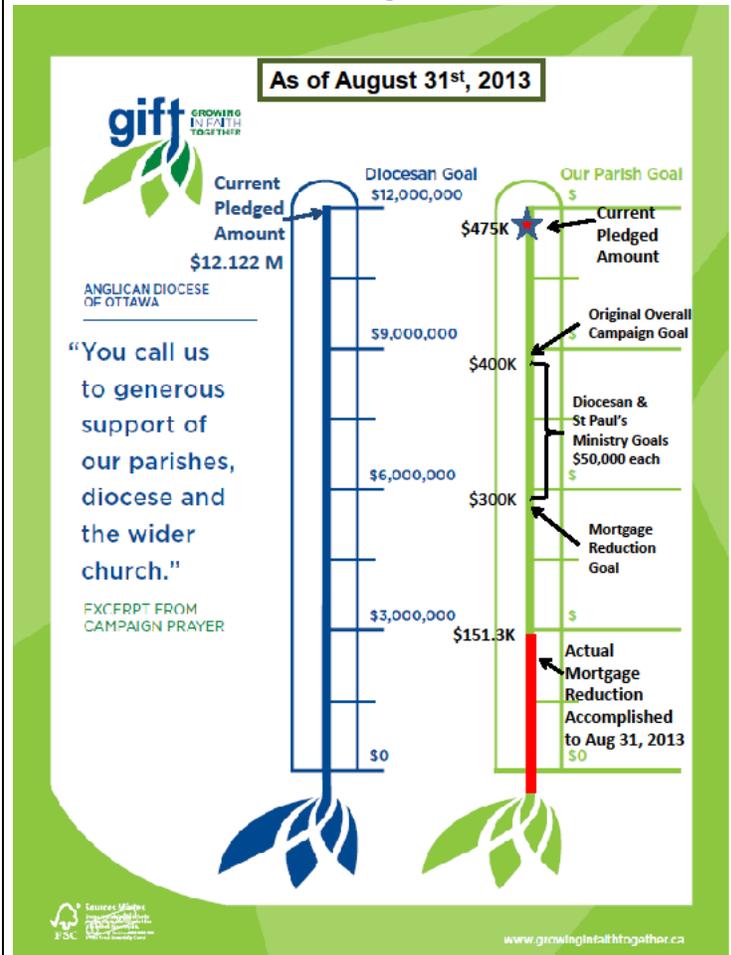
- is a volunteer, or volunteer couple, age fifty-five or older
- has provided outstanding leadership to the community
- has focused on seniors' needs and their fulfillment in Kanata and the surrounding areas
- has consistently made an important contribution to the quality of life of seniors over a period of years

List of Recipients

- 2003 Dee Campbell
- 2005 Judy Laughton
- 2006 Owen Prince
- 2007 Maria and Helmut Hemmerich
- 2009 Nigel Kilby
- 2010 John Kern
- 2011 Jeet Wadehera
- 2012 Peter van Boeschoten
- 2013 Heather Colls

Congratulations, Heather!

GIFT campaign update



If you would like more information about the GIFT Campaign, or would like to make or change a pledge, please contact Alison Stortz (613-599-7176) or Francis Christensen (613-831-0874), or the church office.

Francis Christensen and Alison Stortz

Potluck and movie “Reel Injun”

For the first of our movie nights this Fall, we will view *Reel Injun*. Traveling through the heartland of America, Cree filmmaker Neil Diamond looks at how the myth of “the Injun” has influenced the world’s understanding – and misunderstanding – of Natives. Tracey Paetzold (a member of Faith Lutheran Church) writes: “It is important to see this film because it was only recently that while shopping I found a store that still sold ‘Cowboy and Indian’ action figures ... as if Aboriginal people were not real but fairy tale characters; or, that being Indian was like being a construction worker or police officer – something one could choose to be.

This film gives viewers an idea of why that is.”

Come, on **Saturday, September 21 at 5pm for potluck, 6pm for the movie**, followed by some conversation and sharing. All are invited, but PLEASE NOTE: the movie is intended for an adult/mature audience.

Rev. Martin Malina

Faith Lutheran Church, www.faithottawa.ca

43 Meadowlands Drive West

613-224-1971

pastormartin@faithottawa.ca

New blog: The Living-Room

Connecting survivors of sexual abuse

Check out my new blog called [The Living-Room](http://thelivingroomsanctuary.wordpress.com/) (<http://thelivingroomsanctuary.wordpress.com/>)

Read my testimonial

Look at the articles

Check out the links/references

Pass it along to all females you know

Tweet about it

Post it on your Facebook page

Text about it to your buddies

Sing about it

Send your Comments

Do whatever you want except ignore it

Keep the dialogue alive

This blog is a huge undertaking with far-reaching ramifications but, it is something that is vital to all survivors of sexual abuse. This is not a club that anybody would choose to belong to, but we are hundreds of thousands of women strong and it is our strength that has brought us to this point. We are the voices for those who have been silenced. We need all men and women to support us and be in solidarity with us. Our job is not done until sexual abuse is eradicated from the planet.

Thank you all for joining our cause and spreading the word. Share this blog with your families, with your friends and neighbours, with co-workers, with professionals in this field and with elected officials. Walk with us, your sisters, your mothers, cousins, grandmothers, friends, wives, teachers and your children, on our journey. Be open to our stories. Make The Living-Room a reality with your presence, your voice, your dedication to the cause and your dollars.

With gratitude for what can be,
Lynn Williams



St. Paul's Pre-Authorized Withdrawal (PAW) program

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

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

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

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

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

or letter stating your wishes. How convenient is that?

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

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

Nancy and Bob Moxley



Building Strong Families Fall courses

Looking back, I was a pretty bad parent. Frankly, I had no training at the job, and my instincts let me down. Maybe that is what has inspired me to be involved in Building Strong Families.

At 7:00 p.m. on Wednesdays, starting September 18, I will be co-leading a **Parenting Teenagers** course. It runs one evening a week for 5 weeks from 7- 9 p.m. at Kanata Baptist Church. Don't get worried – I'm not providing the teaching. People far more successful than I at parenting are doing that.

But my co-leader Mabel Sampson and I will do everything in our power to make things run smoothly so the participants have a great learning experience.

If your kids are 10-15, this course is exactly for you. If both parents can come that is ideal, but we'll welcome one of you if the other cannot possibly be there.

The course is almost free.

For more information, please visit our website:
<http://www.relationshipcentral.ca/the-parenting-teenagers-course/>

Kindest regards,
Tony Copple
Building Strong Families
613-591-3903
Kanata and Stittsville,
Spring 2013 campaign



www.BuildingStrongFamilies.ca

Not parents yet? This may interest you...

Building Strong Families is also running **The Marriage Course**, starting **Monday, October 7 at 6:30 p.m.** For more information about this course, please contact Dwight McDougall at 613-592-2931 or email him at: dwight_mcdougall@hotmail.com

Coffee Break women's bible study

Welcome to a Bible Study group for women of all ages and stages. Several women from St. Paul's (including Miriam from the FWYC group) participate in the Coffee Break Bible Study on **Wednesday mornings from 9:30 to 11 a.m. at the Kanata Community Christian Reformed Church, 46 Castlefrank Rd.**

Nursery and preschool programs are provided for infants to those in SK. The start of our season begins with a Welcome/Registration morning on **Wednesday, September 25**. No prior Bible knowledge is required.

We are also looking for **volunteers** to help us run the nursery and Little Lambs/Story Hour programs for the preschoolers. If you have a heart for kids and are available on Wednesday mornings full-time or part-time between Sept - May, please contact **Krista Valenta** at 613 831-8632 or krista.valenta@gmail.com. Many of our volunteers are seniors who will be away for a few weeks at a time so looking for helpers to cover short term as well.

Book study: "The spirituality of the Hunger Games"

The Anglican Parish of Huntley in Carp is hosting a 7-week study, "The Spirituality of the Hunger Games" to explore the book and how it can speak to those living the Christian journey.

Starting **Monday, September 23, at 7 p.m.** we will gather for nights of fellowship, fun, and dialogue to discuss ways that we may be inspired and invited to live out a life guided by the need to actively seek justice, compassion, global awareness and equality.

This awesome event for youth, young adults and even interested adults is free to all attendees and includes a viewing of the Hunger Games movie, a trip to see Catching Fire on November 22 and a special Diocesan-Wide Hunger Games Service held at the Diefenbunker Museum on Sunday, November 17 at 7 p.m.

ALL ARE WELCOME. Invite your friends! To register please go visit the Parish Website at www.huntleyparish.com or go directly to the registration page @ <http://huntleyparish.com/events/hunger-games-sign-up/>.

Church service of the (not-so-distant) future?

PASTOR: "Praise the Lord!"

CONGREGATION: "Hallelujah!"

PASTOR: "Can we please turn on our tablet, PC, iPad, smart phone, and Kindle Bibles to 1Cor 13:13. And please switch on your Bluetooth to download the sermon."

P-a-u-s-e ...

"Now, let us pray, committing this week into God's hands. Open your Apps, BBM, Twitter and Facebook, and chat with God."

S-i-l-e-n-c-e ...

"As we take our Sunday tithes and offerings, please have your credit and debit cards ready. You can log on to the church wi-fi using the password Lord909887. The ushers will circulate mobile card swipe machines among the worshippers. Those who prefer to make electronic fund transfers are directed to computers and laptops at the rear of the church. Those who prefer to use iPads can open them. Those who prefer telephone banking, please use your cellphones to transfer your contributions to the church account."

The holy atmosphere of the Church becomes truly electrified as ALL the smart phones, iPads, PCs and laptops beep and flicker!

Final blessing and closing announcements...

- This week's ministry cell meetings will be held on the various Facebook group pages, where the usual group chatting takes place.
- Thursday's Bible study will be held live on Skype at 1900hrs GMT. Please don't miss out.
- You can follow your Pastor on Twitter this weekend for counseling and prayers.

God bless you and have a nice day!



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

FOR SALE

"Camel-Back" style SOFA and Loveseat dark green colour. Co-ordinated tartan fabric covered Wingback Chair and Ottoman. 4-piece Set \$250.00 (will be donated to PWRDF)

Call Bob or Joan at 613-270-1104

FOR SALE

Pedal-assist unisex Raleigh E-bike. 1 year old, never used. Uses 110 volt battery charger. 30 mph. Charge lasts 24 hrs of use. \$900. Cash only. Will consider reasonable offers.

Call Steve or Jean 613-831-8044



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