

# CORNERSTONE

September, 2015

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

**St Paul's**  
ANGELICAN CHURCH



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

## Sunday Services

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

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

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

## Other Services

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

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

## Inside this issue:

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  - **Maniwaki Mission reflection**
- ...and more!**

October edition deadline:  
**Tuesday, September 29, 2015**

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



## From the desk of Father Craig

### Laborers needed for the harvest

Given my last two September postings, it is safe to say that I will be talking about gardening as a metaphor for our Kingdom work in Christ: Then Jesus said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.” Matthew 9:37-38

I know that Chloe, our youngest daughter, felt that way when she was picking plums off our plum tree — our first major harvest from the tree! But although the labourers are few, the harvest can be a surprise as well!

This was our first year with fully mature grape vines. And, much to our surprise, none of them produced the grapes that we had expected. They were excellent grapes, but not the varieties we thought we had purchased three years ago. Life really can be like a box of chocolates! ☺

It has been a summer of surprises! Certainly our shared ministry with Ashton was something we weren't expecting. We weren't, and still aren't, certain how it is all going to work out. However, we do know that it is all Kingdom of God work, so it will be excellent, challenging and exciting, and somewhat of a mystery!



## A message from Father John

### See you soon

Father John is away at this time, but sends his best wishes to everyone.

*Fr. John*

We have many exciting things to kick off the fall, including the Spaghetti Supper and Silent Auction here at St. Paul's on October 3, to raise funds for a meditation room in the Ruddy-Shenkman Hospice, and the Primate coming to Christ Church Ashton on October 17 and 18. These are truly blessings to live into.

The evil in the world offers us other challenges. Many people, because of the media, have now had their eyes opened to the plight of the Syrian people. We had a Syrian woman scheduled to preach at St. Paul's this summer, unfortunately at the last minute she wasn't able to come. This week I look forward to having a number of meetings about the crisis. Please keep Philippa Wilson (PWRDF) and Lauren McCabe (Kanata-Stittsville Refugee Committee) in your prayers.

Pray for the people of Turkey and Greece, as they face a mass of poor and frightened humanity. We remember that our Lord Jesus and His family were refugees in Egypt. And, as Jesus says, *'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'* Matthew 25:40

The harvest we take part in is God's. Let us gather the labourers, few or many, and rejoice that in God's kingdom there will be no more refugees, but one people, all brothers and sisters in Jesus! “The kingdom of God is at hand.” Thanks be to God!

In great thanksgiving,  
*Fr. Craig*

## The Kilby Dancers

New session starting 10 a.m. September 24. Everyone welcome!

Calling All Friendly Folk!

For anyone who's ever enjoyed folk dancing - and for those of you who have never given it a second thought - now is the time to think about joining a friendly local group, meeting new people, learning some dance moves and keeping fit during the long winter months.

The Kilby Dancers, founded by Nigel and Angela Kilby, meet **each Thursday morning at St Paul's Anglican Church from 10 a.m. to 11:30 a.m.** and we are looking for new members. Everyone is welcome, no partner is necessary, and we give full instructions - sometimes several times until we all get it!

Classes are free, though we invite a small donation of \$2 each week, which goes towards the debt on St Jude's Cathedral in Iqaluit. Over the last three years we have raised over \$1500 for this very worthy cause.

In addition to dancing, we are also a very sociable lot. We meet for lunch once a month, there are potlucks,

## Cursillo upcoming events Hope to see you there!

ANNUAL GENERAL MEETING, Friday, September 11, 2015, at 7:00 p.m. at St. Stephen's, 930 Watson St.

MEN'S 121st WEEKEND, November 5 - 8, 2015  
WOMEN'S 122nd WEEKEND, November 19 - 22, 2015

WELCOME BACK, Sunday, January 17, 2016 at 3:00 p.m. at St. Stephen's, 930 Watson St.

WORKSHOP, Saturday, April 16, 2016, at St. Stephen's, 930 Watson St.

*Ultreya!*



dancing round the Maypole and we even managed a picnic this summer.

Come along and join the fun - our laughter can be heard down Young Road most Thursday mornings! **The next session begins on September 24, and runs until December 10.** Feel free to stop by and meet us before you decide whether to join - we hope your feet will soon lead you onto the dance floor.

For more information, or a chat about whether it's for you, please call me at 613-435-4453 or drop me an email at [marg@jonesrus.com](mailto:marg@jonesrus.com).

*Margaret*

## Calling all curlers Season starts November 7

If you like a bit of exercise, friendly competition, and chatting over a beverage, then St. Paul's curling group is for you!

We curl every second Saturday evening at the Nepean Sportsplex from November until March. **Our season will start at 7 p.m. on Saturday, November 7.** After we finish curling, we adjourn to a local pub for some après-curl refreshments.

We usually have about 20 curlers every year, with representatives from all three St. Paul's services and even a few participants from neighbouring churches. You will need clean, comfortable shoes, but you do not require any special equipment - the curling rink supplies the rocks and the brooms. No experience necessary - if you have not tried curling before, we will be happy to teach you.

The cost for the season is usually about \$60 (the exact amount depends on how many people participate).

For more information, please contact Dave Dobson ([dabdobson@gmail.com](mailto:dabdobson@gmail.com)) by September 30.

Hope to see you on the ice!  
*Dave*



# Support the Ruddy-Shenkman Hospice

## St. Paul's Spaghetti Dinner and Silent Auction, October 3

by Zdena Harder

Spending your final few days in a peaceful and comfortable environment, surrounded by family, friends and caring nurses, is the way many of us envision our earthly departure. We hope to be treated with dignity and compassion as we take our last breath or are grieving loved ones. If we are unable or find it difficult to spend those moments at home, we hope to find a place that is just as comforting. **Our local community has such a place in the Ruddy-Shenkman Hospice.**

Located at 110 McCurdy Dr., by Maple Grove, this west-end branch of Hospice Care Ottawa plans to open in 2016. Its opening will double the number of residential hospice beds in our city, thereby providing end-of-life and palliative care, services and programs at no cost to even more Ottawa residents. **This is where you come in ...**

St. Paul's is hosting a **Spaghetti Dinner and Silent Auction** with the goal of raising \$5000 towards the "West-end Anglican Churches for Hospice" \$100,000 goal. On Saturday, October 3, the church hall and sanctuary will be filled with people who have come with generous hearts to contribute to this much needed cause. The **Silent Auction** will begin at 3:30 p.m. and is open to everyone. Bidding ends at 6:45 p.m. Many excellent auction items are being gathered, ranging from music lessons to cottage get-aways to gift certificates, artist prints, quilts, and horse-back riding. Chances are that you will go home with a great gift for yourself or for someone you care about.

A fabulous **Spaghetti Dinner** will be served at 5:00 p.m. in the hall with gluten-free options available. Tickets for the dinner are \$20/person and numbers are limited, so get yours early from Wayne Keech or through the church office. Come and enjoy fellowship with others and listen to a speaker from Hospice Care Ottawa, who will share with you how this organization graciously serves in our own community, and how it may, one day, be there to serve you as well.

We hope you will join us.

For more information, please contact Bob or Tracy Albert at [bobalbert@rogers.com](mailto:bobalbert@rogers.com).

### About the "West-end Anglican Churches for Hospice" Initiative...

It was only a year ago, in October 2014, that the Parish of March Hospice Committee and Hospice Care Ottawa hosted clergy, wardens and other West-end church representatives for a presentation by Bishop John Chapman to Hospice Fund Raising Chair, Rabbi Reuven Bulka at the newly-renovated main building of the Ruddy-Shenkman Hospice in Kanata.

Bishop John initiated our joint campaign to raise the \$100,000 necessary for a naming opportunity for the Anglican Diocese of Ottawa and participating churches for one of the two Reflection Rooms to be built in the forthcoming residential wing of the Hospice. I am happy to report that we have made substantial progress towards our goal:

- First and second phase *Diocesan GIFT Grants* in October 2014 and June 2015, totalling \$50,000
- Fund-raising efforts and private donations, including our joint fund-raising fashion show *Clergy on the Catwalk*, to August 2015: \$36,315
- Total raised as of August 2015: \$86,315
- Amount left to raise: \$14,685

Together we have raised over \$36,000 in the first year. Our joint fashion show alone realized in excess of \$13,000. We are in the home stretch! Sue McIntosh, Manager Fund Development, Hospice Care Ottawa, in reporting our financial results to date says, "This is truly an amazing accomplishment. Congratulations! Please extend our most sincere thanks to everyone involved!"

As Chair, my hope is to complete our goal - to raise the remaining \$14,685 in 2016. The latest news from Hospice includes plans to add two more patient rooms to the facility for a total of twelve, with construction to begin in the Spring of 2016. Please consider ways your church can help us going forward (inviting Hospice personnel to present to your parish, publicizing and making available the special Anglican Church private donation forms, and holding full or partial fundraisers for Hospice). Contact me through St John's, South March 613-592-4747 with any questions. Many thanks!

*Phyllis M. Paryas*

Chair, West-end Anglican Churches for Hospice

# spaghetti dinner & silent auction

October 3, 2015

## Silent Auction

Auction opens at 3:30 p.m.  
Bidding ends at 6:45 p.m.

- Ottawa Senators tickets, gift certificates, quilts, artist prints, guitar lessons, and more!

## Spaghetti Dinner

5:00 p.m. in Rutter Hall  
Tickets \$20 (required for dinner only), available in advance from Wayne Keech or the church office, 613-836-1001.

*All proceeds to support the  
Ruddy-Shenkman Hospice*



Hosted by St. Paul's Anglican Church, 20 Young Road, Kanata, 613-836-1001

# PWRDF update

Submitted by Philippa Wilson

## Syria - Call to Prayer and Action

September 3, 2015 | By [Christine Hills \(PWRDF\)](#)

The Turkish policeman is us. Aylan Kurdi is our child. We knew that in the first moment we saw their pictures in today's papers. We knew that in our gut, and when our heart's cry poured out through our eyes. Our senses involuntarily respond and urgently demand that we act individually and as a human community.

*Let us pray, holding within ourselves a space for the bereaved and desperate refugees, and allow their presence within us to engender the action we take to meet their need.*

Through The Primate's World Relief and Development Fund (PWRDF), the official development and relief agency of the Anglican Church, Canadian Anglicans have supported emergency relief and long-term development programs for refugees overseas since the agency's founding in 1959. PWRDF is currently supporting food aid to Syrian refugees through the Canadian Foodgrains Bank. See ways to donate below.

*Let us work with other churches and our communities to sponsor refugee families.*

Anglican parishes across the country have participated actively in Canada's Private Sponsorship of Refugees Program (PRSP) since its inception in 1979, welcoming and settling literally thousands of refugees to Canada and into their communities and lives. Currently, 14 Anglican dioceses are Sponsorship Agreement Holders (SAHs) with Citizenship and Immigration Canada (CIC).

*Let us call, write and speak to Government of Canada leaders and candidates to unite for:*

- Expediting applications of asylum seekers and those seeking resettlement in Canada, with flexible measures (such as Temporary Resident Permits) for Syrians with family in Canada.
- Increasing the number of resettlement spaces for Syrians to a minimum of 10,000 available to

Government-Assisted Refugees, with selection based solely on need

- Upholding the principle of "additionality" that recognizes that all privately sponsored refugees are in addition to and not in place of Government commitments to resettlement
- Elimination of barriers to the private sponsorship of refugees, including re-instatement of full Interim Federal Health coverage for both privately sponsored refugees and refugee claimants and lifting of the document requirements for Group of Five sponsorships.

In an open letter to political party leaders in August the Primate wrote, *"May your ears and your hearts be open to the call of Canadians for compassion, justice and reason...Our own actions are what give meaning to our words as we share our abundance through greater international assistance, welcome refugees...and work for peace."*

In times past Canada has taken extraordinary measures to welcome refugees in crisis. It is time for us to do so again.

*Archbishop Fred J. Hiltz*

Primate, Anglican Church of Canada

*Adele Finney*

Executive Director, PWRDF



## How you can donate to PWRDF:

- By mail: Please make cheques payable to “PWRDF,” mark them for “Syria Response” and send them to:  
  
The Primate’s World Relief and Development Fund  
The Anglican Church of Canada  
80 Hayden Street  
Toronto, Ontario, M4Y 3G2
- On-line: [www.pwrdf.org](http://www.pwrdf.org) (You can designate your online donation for “Syria Response”)
- By phone: 416-924-9192 ext. 355; 1-866-308-7973.
- For credit card donations contact Jennifer Brown at: [jbrown@pwrdf.org](mailto:jbrown@pwrdf.org). (Please *do not* send your credit card number by email or fax.)
- On the church collection plate: Please make cheques payable to “St. Paul’s Anglican Church” and mark them for “PWRDF Syria Response.” (Note: donations made this way will receive a tax receipt from the parish, not directly from PWRDF)

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## Syrian Conflict Continues to Displace Millions, Foodgrains Bank Responding

by Amanda Thorsteinsson, submitted by Philippa Wilson

A photo of a dead child washed up on shore. Crowds of refugees walking towards safety in Europe. Overcrowded boats filled with frightened families. These are some of the images that have filled our TV screens, newspapers and other media over the past few months. Many of these refugees are from Syria. As that conflict continues into its fifth year, Canadian Foodgrains Bank, through its members, is continuing to respond to the suffering.

With support from the Canadian government, the Foodgrains Bank has programmed almost \$25 million in assistance since 2012 for Syrians living in Lebanon and Jordan, and in Syria itself. Currently, the Foodgrains Bank is responding through eight projects.

- In Lebanon, one project provides food vouchers for 5,800 refugees who have depleted most of their savings.
- In Syria, another project provides 17, 500 people with monthly food boxes, while a second helps 3,500 displaced families
- In Jordan, a project provides food for 500 families each month.
- Altogether, over 375,000 people have been assisted since the beginning of the conflict.

“The images and the numbers are so overwhelming,” says John Longhurst, who directs Resources & Public Engagement for the Foodgrains Bank. “It’s as if the whole population of western Canada was forced to leave their homes.”

Faced with such huge needs, “it’s hard to know what to do to make a difference,” he adds, “One way is make a donation to help those who are struggling to survive because of the conflict. Another is to pray for peace in the region, so people no longer need to flee.”

People who would like to make a donation to help those affected by the crisis in Syria can go to [www.foodgrainsbank.ca](http://www.foodgrainsbank.ca).

Members of the Foodgrains Bank that are implementing programs for people from Syria include Mennonite Central Committee, Canadian Lutheran World Relief, Canadian Catholic Organization for Development and Peace, World Renew, and Canadian Baptist Ministries, with the financial support of other Foodgrains Bank members.

*Amanda Thorsteinsson*  
Communications Officer

## A Prayer for Syria

God of justice, God of peace,  
we find ourselves at your mercy seat again;  
pleading for a nation we don't really know  
and interceding for a situation we don't really  
understand.

Some call it civil war,  
some deny it  
but we, who have no definition for it  
are frightened it will have no end.  
And you, who see so much more than  
cameras and headlines:  
how much more will you allow?  
Please reveal your perfect plan for Syria;  
deliver her from her conflict  
re-establish justice and peace  
and protect her people.  
Give us, like you, a burning fire  
that will not leave our hearts  
until our prayers are answered  
and Syria's conflict becomes history.

The above prayer is from *The Sanctuary:  
Where World and Worship Meet*

## A Prayer for Reconciliation in Syria

God of history,  
Witness of the struggles within families;  
we pray for the divided family of Syria  
as brother fights against brother,  
and sister rejects sister.  
We pray for those whose love of neighbour  
has been destroyed in the bitterness of  
enmity.  
May fear be submerged in compassion.  
May distrust be diluted by hope,  
as a vision of peace illuminates  
darkened minds and hate-filled hearts.  
We pray in the name of Christ,  
our source of light and love. Amen.

## A Prayer for Peace in Syria

Spirit of wisdom and grace,  
the power of truth and judgement;  
we pray for all who are working for peace

in the tangled conflict of Syria today.  
For international leaders holding a thread of  
control,  
for the politicians holding a thread of power,  
for the religious leaders holding a thread of  
authority,  
for the fighters holding a thread of influence,  
And the citizens clinging to a thread of hope.  
Bring unity through the untangled order of  
justice.  
Bring reconciliation through truthful  
dialogue.  
Bring new life through patient diplomacy,  
determined mediation and courageous peace-  
making.  
We pray in the name of Christ,  
our source of inspiration and confidence.  
Amen.

## A Prayer for the Victims of the Syrian Conflict

We pray for those damaged by the fighting in  
Syria.  
To the wounded and injured:  
Come Lord Jesus.  
To the terrified who are living in shock:  
Come Lord Jesus  
To the hungry and homeless, refugee and  
exile:  
Come Lord Jesus  
To those bringing humanitarian aid:  
Give protection Lord Jesus  
To those administering medical assistance:  
Give protection Lord Jesus.  
To those offering counsel and care:  
Give protection Lord Jesus.  
For all making the sacrifice of love:  
Give the strength of your Spirit  
and the joy of your comfort.  
In the hope of Christ we pray. Amen.

The above prayers were posted on  
the Church of England website. Used with  
permission.



## “Soul of the Arctic” Dessert and Movie Night, Sept 20

Sunday, September 20, 6:00 - 9:00 p.m.  
St. Stephen's Anglican Church  
930 Watson St. Ottawa

Irish TV was intrigued by the man, a parish priest in Ireland until his election as Suffragan Bishop of the Arctic in 2012. They followed him to Iqaluit and were blown away by the beauty and bleakness of the land. The Rt. Rev. Darren McCartney and his wife Karen are depending on each other and relying on God, as Darren travels extensively with his job, and Karen works with the indigenous women of St. Jude's.



Join Bishop Darren for dessert and coffee at 6 pm, then settle back to see this riveting movie about life in our most northern Diocese. Bishop Darren will be there to host a discussion afterwards.

A free will offering will be received to go toward retiring the debt of St. Jude's in Iqaluit.

## What's a Camino? Presentation, Sept 25, 7:30 p.m.

Sounds like a car? Or maybe a chocolate?

But to many pilgrims it is a sacred walk, held in Spain that ends at St. James Cathedral.

A few members of our congregation have walked the Camino de Santiago, and Adrian Fisher is one of them.

At 7:30 p.m. on Friday, September 25, Adrian will tell us his story, and the impact of the pilgrimage on his life.

His first Camino was with Marsha, his second was a personal one.

Martin Sheen made a great movie called “The Way”, which tells the Camino story ... Ray & I loved it!

Your RSVP to Lorna in the office would be appreciated: 613-836-1001.

## Christmas Bazaar November 27-28

Mark your calendars and invite your friends!

St. Paul's annual Christmas Bazaar is coming:  
Friday, Nov 27, 4:00 to 7:00 p.m.

Saturday, Nov 28, 10:00 a.m. to 2:00 p.m.

Come out and enjoy a Chili Supper on Friday and Luncheon on Saturday.

### We need your donations!!

Have you started your knitting, sewing, craft/gift ideas, baking & cooking plans to help contribute to this year's bazaar? We would also like to offer sales of pre-made deli/prepared foods for the bazaar weekend. So, if you would like to make and donate some yourself, please get cookin' and bring your donations to the church the week of the bazaar for our table. There will be announcements leading up to the bazaar with instructions for drop-off.

This year, after each of the Sunday services in October, we will be offering pre-sale of a variety of home-made soups. In November, our annual Meat Pie Orders will be taken as well after each service. The proceeds from all these sales will be part of the Bazaar profits.

Please support this important St. Paul's fundraiser, and stay tuned for more details during the announcements on Sundays.

Questions? Please contact Minx Mulhall at:  
[minxmulhall@hotmail.com](mailto:minxmulhall@hotmail.com).



## Maniwaki Mission — God at work

by Ray Brule

This mission started a long time ago, with a vision of men at St. Paul's coming together to fellowship, grow stronger in our spiritual lives as men of God, and to serve. The "serve" portion was to include serving at home, at our home church, and outside the church. This dream has seen many instances over the years, kind of like hints of what this might look like if this vision was pursued with fervor. Men have served at Center 454, Bethesda Renewal Centre and Waupoos Farm, to name a few.

This special mission to serve outside of the Ottawa region began over a year ago. In my personal journey to try and understand what it means to be a man of God and to live that out, I read many books (especially the Bible) and through an interview on CHRI, I was led to a book by David Murrow entitled Why Men Hate Going to Church. Even though I do 'go to church,' I have felt something missing for me. So the title of this book pulled me in, and I was not disappointed. One key point of the book (and there were many) stated that one key element to bringing men in, and keeping men in church was to challenge them to take on special assignments or mission work.

I gave the book to Father John last fall and insisted that he read it because he and I needed to talk. A seed was planted, but moving into winter, the seed had to wait for spring to start growing.



Meanwhile, in Maniwaki, a small church that thrived when the lumber industry was big in the area had lost so many members that it was now a part of a multi-point parish and would only hold a few services a summer. One particular family, the Hansens, had been very active in the church over the past decades, but through attrition and aging, even they couldn't support Christ Church like they had and

hoped to continue. Claude Hansen, from Maniwaki, whose father Hugh had died last fall, said that it was always his father and his aunt's wish before they passed away that the church would be repaired and the worship renewed.

Moving now into the spring, the seed started to sprout. Father John was at a Diocesan meeting (The Dean Shane Parker has been working with Bishop John Chapman, the Venerable Mavis Brownlee, John Bridges and Dr. Peter John Hobbs to find ways to help small congregations Embrace God's Future) when he 'happened' to be talking with Archdeacon Mavis Brownlee, Archdeacon of Western Quebec, about the need at Christ Church Maniwaki. I am certain God spoke to John, connecting the book's 'Mission challenge to men' and the need in this community.

Father John approached me and shared what he discerned as a mission for men of St. Paul's, with a mixture of younger men with energy and older men with wisdom. (Well, he didn't actually phrase it that way, but a mix of generations was the vision). He asked me if I would organize it. After a few days to think and pray I said yes.

On April 24, John and I drove up to assess the needs. We met Joyce Davis (Church Treasurer), who let us into the church and answered some of our questions. We recognized quickly that this beautiful church on top of a hill in Maniwaki needed a lot of work if it was to be brought up to a year-round useable facility, but we also recognized that it could be spruced up and be made to look 'cared for' again.

We decided that repairing the boardwalk, repairing the two lights over the doorways and scraping and painting everything (metal railing, boardwalk, trim and outside walls on the south and east side) would be possible if God inspired enough men to travel and work.

We definitely knew God was at work and were affirmed again when standing inside the church. As Joyce told her story, she could not hold back the

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tears of hope and the almost disbelief that some people she didn't know were actually talking about fixing up their church building. So, we travelled back to Ottawa and discussed strategy.

On Sunday May 3, the service time included a "Ministry Outreach Sunday" when I was allotted some time to issue the challenge to the men of St. Paul's to step into the mission. We were pleased and surprised when so many men stepped forward from each service and especially that so many parishioners desired to help out financially. I will save paper by not going into the details of the planning; suffice to say that God's hand was all over it and I just stayed amazed at His provision and planning.

D-Day was Friday, July 10. Many of the men made arrangements to be there early in the afternoon, so we got a good head start to the preparation. I showed the men what needed to be done, explained my view of the timeline/plan, and then watched as these men simply paired up and took on the tasks that needed to be done.



Curate Jim Collins, Claude Hansen, Archdeacon Mavis and her husband the Reverend Graeme Brownlee also came to scrape and paint on Friday afternoon.

There were lots of lively discussions, lots of barbs, and lots of laughter. Breaks were taken as needed, and the weather was perfect. When the day was done and after a great stew dinner provided by John and Joshua, we sat around in a circle and talked and shared stories. Most went to bed by 10. After a great breakfast, we got going again.

During the weekend, we learned of the death of Hugh Hansen (Claude's father), but we also found out that the funeral service was planned for July 25. God put all of us together to get the church ready in time for the community to celebrate the life of one of his saints - Hugh Hansen.

We didn't quite finish the job that weekend, but were so close that 3 of us came back and worked with Curate Jim Collins and Claude to finish. We were pleasantly surprised when 2 of Claude's grandsons showed up to help.

We have one more mission this fall. On October 18, at 3 p.m., there will be a praise and prayer service at this church. It will be led by Licensed Lay Reader Peter Reid from Danford Lake with music led by The Circle of Blessing. We hope some of St. Paul's can take the time to attend (note: it is a 2-hour drive one way).

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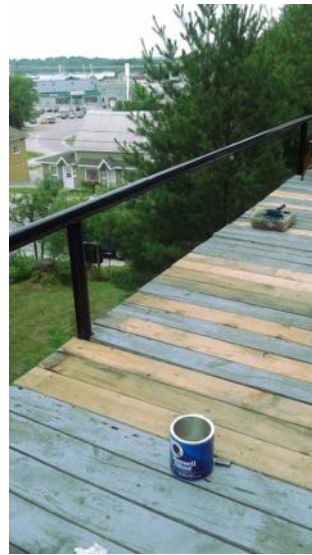
Here is some of an article by Curate Jim Collins that he hopes to have published in *Crosstalk* - the Diocese of Ottawa newsletter:

“What could happen when a small group decides to do something just for God - with no strings attached? Something that might not even make sense, that is not for their own benefit at all? A group of men at St Paul's Kanata, asked themselves this question - when they decided to travel up to Christ Church Maniwaki in July to paint and scrape a church that they had never even seen before - and discovered some interesting answers.... men scraped and painted two outside walls of the church while still others replaced broken parts of the outside deck and fixed parts of the exterior lighting....while having amazing discussions about how God was working in their lives.

Why would more than a dozen adult males give up more than a day and travel more than 300 km bringing their own paint and tools? They spoke about the importance of men getting out and working together for God and how there is nothing little about doing things for God because we just do not know what God will do with our efforts. Each person who came to work spoke of how meaningful they were finding the experience.”

Maniwaki Mission men, I am humbled by your faithfulness, grateful for your effort and camaraderie, and so proud to be part of a team that answers the call of God to honour a community you've never met. Thank you.

To God goes the glory. Amen.



# Focus Groups to discuss the direction of St. Paul's

by Chris Harder

*"Speak Lord, your servant is listening." 1 Samuel 3:10 - An on-going journey of discernment*

When reflecting on the gifts the Lord has given St. Paul's, it is clear that we are a Church that is blessed. Like our free gift of salvation, we respond to our blessing with thanks and action.

At our 2015 Vestry, Father John, Father Craig and others walked the parish through a restructuring. In the new structure, the parish council was to be divided up into "the Corporation," the "Ministry Support Group" and the "Priorities and Development Group." While the Ministry Support group is focused on current ministries, the Priorities and Development Group (PDG) was given the mandate of looking 12 months or longer into the future and strategically discerning where God is calling St. Paul's. This mandate also included how we would spend the additional funds raised from the Gift campaign, but was not limited to this either. The PDG was to suggest activities that will help St. Paul's fulfill its mission and present them to Parish council by Vestry 2016 for consideration.

The PDG identified a number of different activities that could use growth and renewal. An *activity* is any fellowship event, fundraiser, Christian education program, outreach ministry, etc. An *idea* is simply a potential new activity or a different form of a current activity. It was decided that these activities and ideas should be organized, that more ideas are needed and that feedback from parishioners is necessary.

All current parish activities were examined for themes and commonalities. They were then grouped into five areas: 1) Personal Growth, Fellowship and Sustenance; 2) Outreach; 3) Our Building; 4) Our Money; and 5) Our People.

The PDG would like to meet with parishioners to gather new ideas, search for themes and discuss their importance. The focus group format seemed the most fitting and 4 dates have been set:

Focus Group 1: **Thurs, Oct 1**, 7:00 - 8:30 p.m.

Focus Group 2: **Thurs, Oct 22**, 7:00-8:30 p.m.

Focus Groups 3 and 4: **Wed, Nov 4**, 7:00 - 8:30 p.m.

Focus Group 5: **Wed, Dec 2**, 7:00 - 8:30 p.m.

Each focus group will have the same basic agenda, including a review of the existing activities (what's working and what's not), brainstorming new ideas, prioritizing ideas, looking at what's necessary to accomplish activities, and discerning next steps.

To help understand and frame the sorts of activities discussed during each of the focus groups, a starter list of activities has been given below. Activities listed in the "community consult 2014" and other ideas for discussion have been added.

## Focus Group 1: **Personal Growth, Fellowship and Sustenance**

**Existing Activities:** God Squad, Healing prayer, Meditation, Men's ministry, Prayer chain, Tech team, Webmaster, Wed AM Eucharist & Bible study, Welcoming ministry, Youth, 20's & 30's Group, Adult Education, Coffee hosts, Communications, Curling, Cur-sillo, Nursery, Cornerstone

**New Ideas:** Youth group, Hospitality ministry, God squad (8-13).

## Focus Group 2: **Outreach (External)**

**Existing Activities:** Food cupboard, Evangelism and Hospitality, Pastoral Care, PWRDF, Refugees, Seniors' afternoon out program, Chicken BBQ,

**New Ideas:** Community Safety, Community service, Mental health, Helping the Poor, Affordable housing, Public Housing, Advocacy

## Focus Group 3: **Our Building**

**New Ideas:** Roof, Air conditioning, additional parking, expansion (eg. Gymnasium)

## Focus Group 4: **Our Money**

**Existing Activities:** Envelope secretaries & PAW, Gift certificate program, Quilters, Christmas Bazaar

**New Ideas:** Capital Campaign, Fundraisers, Planned giving, Wills and estates, rental income

## Focus Group 5: **Our People**

**Existing Activities:** Announced need for volunteers, Bulletin

**New Ideas:** Ministry volunteer campaign, Education on volunteering,

We hope that those individuals passionate about spe-

*(Continued on page 14)*

# GIFT update

by Francis Christensen

*Continuing excellent news concerning our GIFT Campaign!!!*

We now have Pledges amounting to \$507,934, well above (127%) our original campaign goal of \$400,000.

Furthermore, as of the end of August 2015, we have:

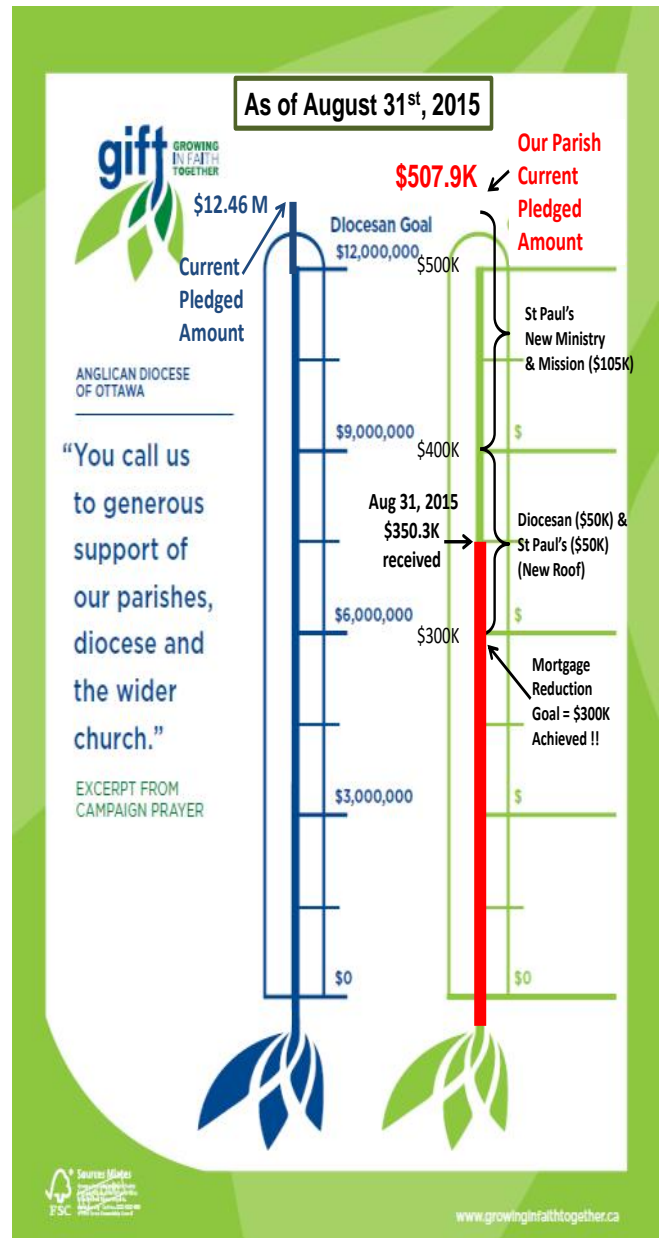
- paid down our mortgage by \$300,000,
- paid half (\$25,000) of our new roof, and
- contributed \$25,000 to the Diocesan portion of the GIFT Campaign

This represents an overall total of \$350,000 -- only \$158,000 to go before we reach the 2017 Campaign completion.

Pledges can be made or changed at any time. If you have not yet participated in St Paul's GIFT Campaign and would like more information about it, please contact Alison Stortz (613-599-7176), Francis Christensen (613-519-4848), or the church office.

The Anglican Diocese of Ottawa, our partner in this GIFT Campaign, is also reporting excellent campaign results to date. As of August 2015, the Diocese has received pledges totaling \$12.46M, exceeding by 4% their overall \$12M goal.

Thanks be to God!



(Continued from page 13)

cific activities or focus areas will attend and help in the discernment process. A PDG group member will facilitate each of the focus group sessions. The sessions are meant to build upon each other. The first two are about ideas and activities we can participate in. The third, fourth and fifth are about maintaining our house of worship and gathering the means to execute these activities.

It's important to note that this whole initiative and the focus groups are a direct output from the feedback gathered from the Town Hall meetings held in previous years. It is our hope and prayer that, like the Town Halls, specific activities will be undertaken as a result of these sessions and that the activities will form the basis of our long-term growth.

Working with Christ Church Ashton will be an ongoing theme in each group. As partners in ministry, the parish of Ashton could be involved in any number of ways. The PDG's current thinking is to evaluate each current or future activity in light of its potential involvement with the Parish of Ashton.

The future of St. Paul's ministry holds much promise and excitement. Our intent is to allow us to explore ways of expanding our mission, ministry and presence in the community. Please join us on this journey of discovery and respond with "speak Lord for your servant is listening."

Peace,  
*Chris Harder*  
 (Priorities and Development Group member)

## E100 update

by Maureen Anderson

Last November we committed to reading 100 essential passages from the Bible in 50 weeks. We are now at week 42!! Only 8 more weeks to go!

We hope this has been a blessed time for you as you have read and reflected on God's Word.

## END-OF-YEAR CELEBRATION

We are looking forward to a celebration at the end of our 50 weeks. Keep your eyes and ears open for more details to follow!

## FALL EDUCATION EVENINGS:

Please join us for Bible reading, teaching and fellowship on the following Tuesdays, 7:30 - 9:00 p.m. in Rutter Hall:

- October 6
- October 13
- October 20
- October 27

All are welcome to attend! Please sign up in the narthex so we have an idea of how many people to expect.

## UPCOMING READINGS:

O.T. - Psalms, Proverbs and Prophets

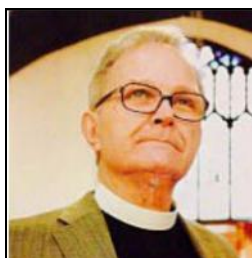
N.T. - The Apostles' Teachings; Revelation



## Men's FLAME conference

October 30 to November 1, 2015

FLAME presents a weekend of spiritual enrichment, refreshment and fellowship for men, with guest speaker **Rev. Canon Gene Packwood**, recently retired rector of St. Barnabas' church in Medicine Hat, AB, and director of Anglican Renewal Ministries.



The topic for this weekend will be: **Power Tools for Fruitful Christian Living**

Ermitage Ste Croix  
21269 Gouin Blvd West  
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We invite and encourage you to attend this weekend of fellowship and spiritual refreshment which begins on Friday night and winds up after lunch on Sunday afternoon. Our activities focus on prayer, music, and a series of talks, followed by small group discussions. You are always free to take time by yourself whenever you wish. All activities are built around an easy timetable designed for men to share and discover more about life with one another, in the brotherhood of our Lord Jesus Christ.

### The deadline for registration is October 16

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

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

Contact *Roger Spack*  
514-684-4356,  
[roger.spack@sympatico.ca](mailto:roger.spack@sympatico.ca)  
or *Andre Hammond*  
514-694-9567,  
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The Ottawa Area Christian Meditation Coordinating Committee



Invites you to A Day of Reflection  
to learn, pray, reflect and practise

## **Mindfulness and Meditation**

**“What we gather in Contemplation  
we give out in love.”**

**Meister Eckhart**

Saturday October 3, 2015  
St. John Chrysostom Church, Arnprior, ON  
Downstairs - Enter side door - Meeting Room One  
9:00 am – Registration & Fellowship  
Day of reflection begins at 9:30 am ends at 2:30 pm

In the often frenetic pace of daily life, how do we learn to calm our minds and hearts long enough to embrace silence and open ourselves to encounters with the Spirit?

Mindfulness is an ancient form of meditation in which one pays attention to the present moment and all that is unfolding in that moment, both within and around one. It is known also as conscious living. Rooted deeply in the Christian tradition, it is a helpful step on our journey towards Christian Meditation. The day will have two meditation sessions.

*This day of reflection will be guided by Susan Kehoe.*

Susan worked for many years in palliative care chaplaincy with the frail elderly. She has been engaged in retreat design and facilitation for over 15 years. A trained spiritual director and Mindfulness teacher, she has an abiding interest in all things Contemplative.

Everyone is Welcome

Please bring a Brown Bag lunch, Beverages will be available

RSVP: Marie Morgan: [mariemorgan85@gmail.com](mailto:mariemorgan85@gmail.com)

For further information contact MarySue McCarthy: 613-622-7783

Book Sales table will be available

# The Healing Word

by Joyce Meyer, submitted by Diane Brown

God loves you. And because He loves you, He wants the best for your life—restoration and wholeness. That's why Jesus Christ willingly laid down His life, died, and rose again. His sacrifice has provided the way for us to find and experience the healing and restoration we need.

God has a plan for your life, and He wants to heal you everywhere you hurt. John 10:10 says that *Jesus came to give us abundant life*, and part of that abundant life is making sure you are healthy and whole—physically, spiritually, mentally and emotionally.

But the truth is you cannot “catch” health like you can disease. For example, if you're around somebody who has a cold, you don't have to do anything to catch it. You can get it by just by being around them because that's the nature of sickness and disease. But you can be around a healthy person and you won't catch their health. You have to choose health (Deuteronomy 30:19).

## Choose Life

One of the ways we can choose life is through prayer and by speaking His truth over our lives. I want to help you do that. You can speak these scriptures and confessions over your life to strengthen your faith in God for the healing and wholeness you need.

Think about it like this: If I have a headache, I take an aspirin to get relief from it. I have to swallow the pill for it to work. If I put it on top of my head, it won't do anything for me. God's Word is medicine for our spirit, soul and body, and the way we experience its power is by speaking it out loud, praying it to God, meditating on it, and believing it. When you speak His Word over your life, it releases that power into your life. It won't work for us if we just have a Bible and leave it on the shelf. We have to use it. “God wants to make you whole. He doesn't want you to spend the rest of your life hurting.”

God wants to make you whole, and what He's asking you to do is believe what His Word says more than you believe what you think or how you feel. Keep speaking His Word over your circumstances and in His timing, He'll complete the good work He's begun in you (Philippians 1:6).

## Applying the Medicine of God's Word

Depending on your situation or a need you are facing right now. Take time to read scripture and meditate on them, pray them, and memorize the verses that will encourage you to trust God for the healing you need. Or write them down on a note card and carry them with you so you have them on hand wherever you are, whenever you need them.

## Physical Healing Scriptures

(All Bible references are from The Amplified Bible)

Many people believe that God is able to heal them but they aren't sure whether He WILL heal them. If that's you, then I want to encourage you to carefully read each of these scriptures. Notice how much God wants to heal His children. You don't have to do something to earn His love or His healing touch — **just Believe** what He says and do what He tells you to do.

Start by speaking these verses aloud. Meditate on them. **Believe** them. That's how we release God's power to heal by speaking His Word and **trusting** His ability and His willingness to heal all of our diseases.

### Psalm 103:1-3

**BLESS** (AFFECTIONATELY, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name!

Bless (affectionately, gratefully praise) the Lord, O my soul,

and forget not [one of] all His benefits Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases.

### Psalm 118:17

I shall not die but live, and shall declare the works and recount the illustrious acts of the Lord.

### Psalm 147:3

He heals the brokenhearted and binds up their wounds [curing their pains and their sorrows].

### Exodus 23:25

You shall serve the Lord your God; He shall bless your bread and water, and will take sickness from your midst.

(Continued on page 19)

(Continued from page 18)

**Jeremiah 17:14**

Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for You are my praise.

**Matthew 9:20-22**

And behold, a woman who had suffered from a flow of blood for twelve years came up behind Him and touched the fringe of His garment; for she kept saying to herself, If I only touch His garment, I shall be restored to health. Jesus turned around and, seeing her, He said, Take courage, daughter! Your faith has made you well. And at once the woman was restored to health.

**Confession for physical healing:**

“I know that it’s God’s will for me to be healthy and whole. I praise the Lord and thank Him for healing all of my diseases as I put my faith and trust in Him”.

*Joyce Meyer Ministries*

Note \* I did not put in all the scriptures \* DB



Cartoon by Cuyler Black, submitted by Darell Small

# St. Paul's Agora



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