

CORNERSTONE

September, 2016

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

St Paul's
ANGLICAN CHURCH



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

Sunday Services

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

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

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

Other Services

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

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

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

Inside this issue:

- **Message from Father John**
- **New SPY group for youth**
- **God Squad news**
- **Open House Sept 18**
- **Nicaragua trip update**
- **Christmas Bazaar**
- **God’s disciples**
- **PWRDF updates**

...and more!

October edition deadline:
Tuesday, September 27, 2016

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

A few thoughts and hopes we can share

As I began my summer, my family and I faced a few significant changes in our lives. Gayle and I have moved into a new home after 23 years in our old house. The new one helps us to entertain our growing family. Our family cottage was sold, which had been owned by the Bridges for over 65 years. Then, I was faced with the events of Fr. Craig's resignation and the effects it would have on our parish and our team ministry.

My first reaction to all the change was frustration and some anger. I started to find myself wanting to blame and work out the situation. Then I remembered God's faithfulness. Our first response needs to be thanksgiving.

I had the privilege of working with Craig for eight years. He is one of the most talented and faithful priests I have ever known. It was a joy to have him as a colleague and partner in ministry. I was reminded that, eight years ago, God brought us together in answer to prayer and discernment. The

partnership that we began was a gift from God and a blessing to our families and community.

I need to take some time and thank God and Craig for the blessings of the last eight years. Please join us for a celebration on Friday, September 23 for a pot-luck supper and Kitchen Party. Once we have given thanks we need to pray for God's blessing on our next chapter at St. Paul's and Christ Church Ashton.

I believe that God will provide a new addition to the team that will strengthen and support our call to ministry if we approach this time with hope and faith. I ask you to not engage in gossip because it is unhealthy. Please pray for the work and ministry of the parish, and for the leadership of the church to continue to offer humble service to God's will.

Peace, *Fr. John*



Photos of our potluck picnic on June 26, 2016, taken by Ed Papazian.

God Squad news

Our God Squad program is a 30-minute, customized, lectionary-based curriculum. We welcome children from 4 to 12 years of age at the 9:15 and 11:00 am Sunday services.

Our goal is to bless the children by encouraging and empowering them to delve deeper into the meaning of each Sunday's scripture message. God Squad sessions begin with reflection and prayer. Stories, storyboards, videos, games, journals and crafts reinforce the message.

God Squad celebrates several Holy Days during the year. Our Holy Day parties use various fun activities to help the children understand the meaning of these special days. Mark these dates on your calendars:

October 30 All Saints Party

November 6 Observe Remembrance Day

December 24 Christmas Eve Family Service

December 25 Christmas Day

January 1 Epiphany Party

January 29 Our Patron Saint St Paul's Day

February 12 Super Hero Party

March 5 Our Lenten Journey Has Begun

April 14 Good Friday

April 16 Easter Party

May 7 Let's Learn About Our Church

June 4 Pentecost Party

June 25 Picnic Sunday

Outreach projects help the children experience our faith beyond the church building's four walls. Over the next few months, God Squad will be participating in the following outreach projects:

- Letters and Cards for Seniors Residence
- Kanata Food Cupboard
- Socks, Mitts, Scarves, Toques for the Shelters
- Visit the Seniors Afternoon Out Program (March Break)
- Coffee Cups for the Day Programs

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

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

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

St. Paul's Open House, September 18

Come out and see how much is happening at our church

We will be having an Open House in Rutter Hall after each service on **Sunday, September 18**.

As you enjoy your refreshments, we invite you to take a look at the variety of activities happening regularly at St. Paul's, and encourage you to get more involved!

QUESTION: Can you name all the roles required to make a Sunday service possible? There are 12 areas of responsibility to be covered, NOT counting the ordained leadership, custodial and maintenance services that keep our building clean and functional, weekly bulletin and overhead preparation, counters who handle our tithes and offerings, wardens who secure the building each week, or the before (Welcoming) and after (Coffee Host) ministries. (Answer on page 5)

In addition to Sunday morning activities, we have a variety of regular ministries and fellowship opportunities, such as our Annual Chicken BBQ, our Christmas Bazaar, gardening, quilting, and curling.

We also have educational opportunities to help you in your faith walk, and bring you into deeper relationship with God, including Christian Meditation, the Prayer Chain, and weekly Bible Study.

Would you like to do more to help people in your local community, nationally, or internationally? Outreach projects such as the Kanata Food Cupboard (located in our church), and PWRDF would appreciate your support.

See you at the Open House!

St. Paul's Youth (SPY) Group



MEETING KICK- OFF SEPT 30! 7-9 PM

Connect, serve and reflect!

If you enjoy having a good time, want to participate in fun outing events, love volunteering in the community, are interested in learning more about your faith and wish to deepen your relationship with God and each other, then join this group of awesome youth on Friday nights....and of course, there will be food!

More event information coming soon!

Have Fun

Hang Out with
Friends

Connect with God

Deepen Your Faith

Serve the
community

AGES 9-14

Meets every other Friday evening at the church or event location

Contact: Zdena Harder

zeeharder@rogers.com

Stay in touch through
Facebook

Open House answer

Here is the answer to the question posed in the Open House article on page 3.

The 12 areas of responsibility to be covered for a Sunday morning service are:

- Altar Guild
- Congregational Reps
- God Squad
- Nursery
- Healing Prayer Team
- Lay Assistants
- Media/AV Team
- Music Ministry
- Prayers of the People
- Readers
- Servers and Crucifers
- Sidespeople

Did you get them all? If you are not sure what any of these areas of responsibility are, you can find out more about them at the Open House on September 18!

Live Your Spirit! Retreat September 16-18, 2016

“Live your Spirit!” is a women’s retreat. Joyful living through creative play.

Artist Joanne T. Lauzon in Gracefield, Quebec.

To register go to www.indetail.ca/events

Barb Snasdale Taylor

Cursillo upcoming events

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

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

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

Gifts of love are always appreciated. OACM is a registered charity and completely self sustaining. Please consider the Ottawa Anglican Cursillo Movement in the possibility of making a gift towards a candidate who will attend a weekend in 2016.

Christmas Bazaar

November 25-26, 2016

Mark your calendars and invite your friends!

WE NEED YOU!

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

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

[Note: There are apple trees on the church property. You are welcome to pick them, they could be perfect for apple jelly. Please consider making extra to donate to the Bazaar.]

If you would like to do another type of table, let’s talk about it!

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

Volunteers needed:

- Advertising/Marketing person(s)
- Convenors for a few of the tables,
- Contributions of sewing, knitting, crafts and any preserves.

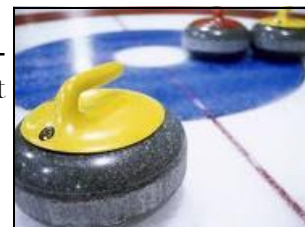
Will you sign up to help out at the bazaar? See Minx Mulhall at the Open House on September 18, email minxmulhall@hotmail.com or phone 613-253-8632.

St. Paul’s curling group

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

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

See you on the ice!





What does living well mean to you?

Do you know about different treatments that might be offered to you in the future? – and do you want them?

Who would be willing to honour your wishes and speak on your behalf, if you were unable?

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

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

WHERE & WHEN 7:00 pm – 9:00 pm



La Charrette Meeting & Space Event, Nepean

September 12
September 19
September 26

<http://conta.cc/2bbVj4c>

Richcraft Recreation Complex, Kanata

October 4
October 11
October 18

<http://conta.cc/2bbVFid>

Holiday Inn Express, Orléans

Octobre 13
Octobre 20
Octobre 27

<http://conta.cc/2bbYoBo>

Holiday Inn Express, Orléans

November 2
November 9
November 16

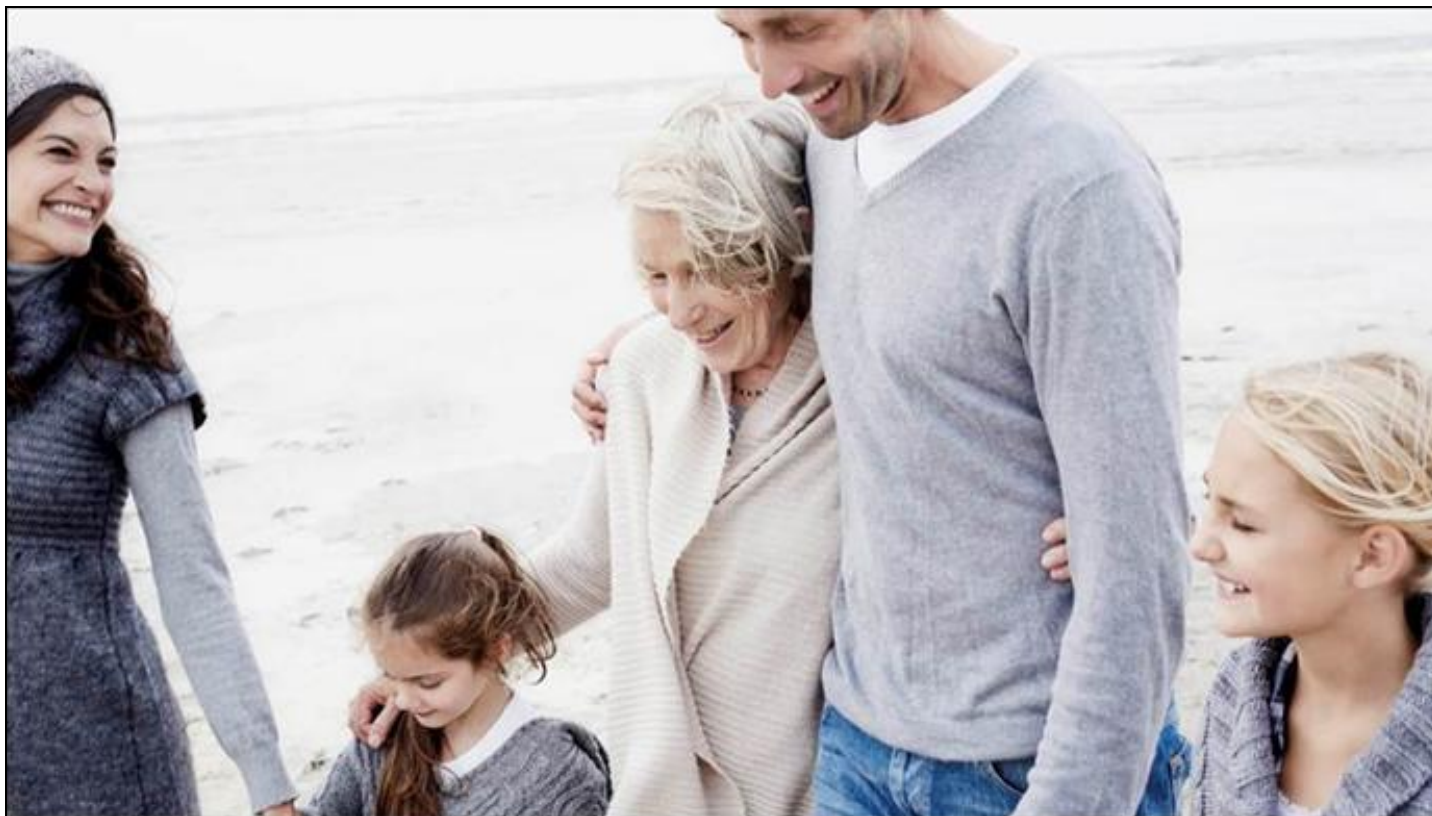
<http://conta.cc/2bbX01v>

- PART I** Introduction to Advance Care Planning
- PART II** Wishes, Values and Beliefs – what’s important to you?
- PART III** Having the Difficult Discussions

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



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



What you need to know about being an executor

Attend our complimentary educational seminar and learn more about what's involved in settling an estate, whether you are planning for yourself or have been named as an executor.

Hosted by:
Melissa Clark, B.Comm., CFP
Wealth Advisor
RBC Dominion Securities

Guest speaker:
Bianca Krueger, LL.B, TEP
Senior Will & Estate Consultant
RBC Estate and Trust Services

Event details:
Tuesday, September 27, 2016
6:00 p.m. – 7:30 p.m.
St. Paul's Anglican Church
20 Young Rd. | Kanata, ON

Please RSVP to **Sergiu Luchian**
at **613-564-4883** or
sergiu.luchian@rbc.com.



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Nicaragua trip update

In July 2016, five members of St. Paul's (Cathleen Reid, Janet Tonks, Marsha Fisher, Ray & Lorna Brule) travelled with SchoolBOX on a Mission Trip to Nicaragua, with 4 members of St. Thomas' Stittsville, who have made 3 previous trips.

Here is a letter from David Pavón, Volunteer Program Coordinator in Nicaragua:

Hi everyone,

Great news! We are excited to share the news that the Mirna Martinez School is complete! Check out the finished classroom here - <https://www.facebook.com/schoolboxhelps/>

We are thrilled to share this accomplishment with you and are extremely grateful that you were part of the Journey with us. This past Thursday we had a huge celebration with the entire Community, Ministry of Education MINED and a group of ten Canadian Volunteers that came to help build another project but also had the opportunity to enjoy this celebration.

It is amazing the impact that you have had in Nicaragua this year. Now the children in this community have a proper school to learn in and reach their goals.

Muchas Gracias for "Making Education Possible,"
David & the SchoolBOX team!

A note from a member of the St. Paul's team:

So many in St. Paul's congregation have shown great interest in hearing about the Mission trip with Schoolbox to Nicaragua. This has been such an uplifting and rewarding trip for us - we thank you all for your prayers and support during this time. We are planning to share this experience with you very soon!

God's Blessings!
Bendiciones de Dios!

Janet Tonks

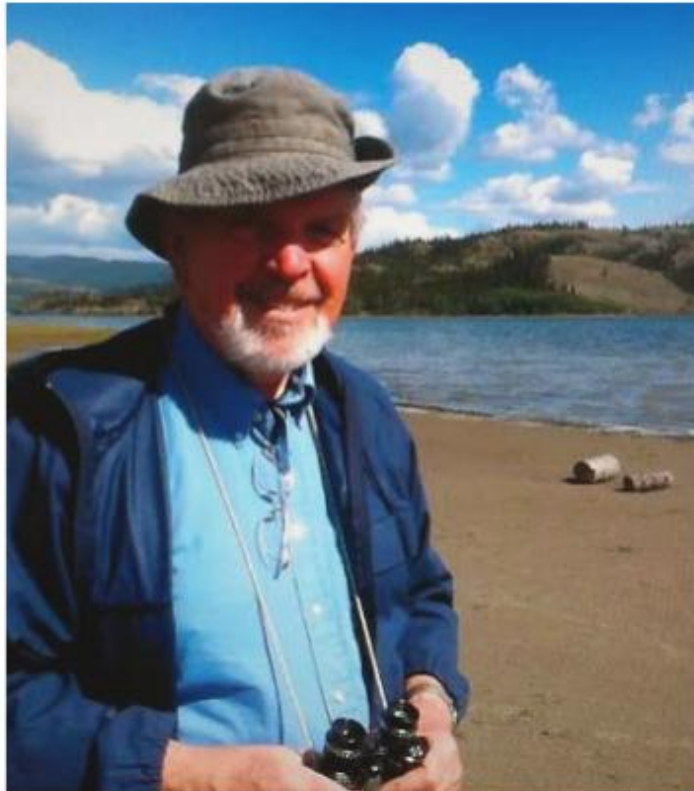


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God's disciples

by Lynn Williams

Mission work is one of the areas in which St. Paul's parishioners excel. Over the years, many of our "pew friends" have gone to faraway places or have contributed in a myriad of ways to people around the world, performing wonderfully practical work, as well as sharing Christ's Word amongst them. We have been, and are so blest with "missionaries" who have the strength and desire to do God's work where it is needed.

I remember when a Pastor from Africa came to evangelize to us. I, like many of you, was surprised to find myself thinking about why a Third World missionary would come to do God's work here. After all, we are First World people and we have most of the answers, right? Wrong. I lived and worked in two Third World areas of this planet for a combined total of nearly twelve years; one country was Nigeria and the other one was Canada. Yes, Canada. I worked way up on reserves and in communities in the Arctic and in some ways, the people I met during my African experience were richer than our own indigenous peoples directly north of our Canadian cities.

For the last twenty-eight years or so, I found myself doing God's work right here in Ottawa. I didn't have to look very far to see "the needy" all around me. They were my neighbours, friends, my pew mates, my co-workers and strangers who all had one thing in common; they had the courage to reach out and ask for what they needed. As many of you are aware, I have a charity called *The Living-Room - connecting survivors of sexual abuse*. It's not too much of a stretch to understand that along with the sexual abuse comes physical, emotional and psychological abuse. You're right, it's not a pretty topic, it's not cuddly like sick children or animals and mostly, people try and steer away from it. But that doesn't make it go away.

Victims of abuse generally have a pretty low self-esteem of themselves and we, as a community, don't make them feel any better by simply ignoring their pain. Like anything else, when people ignore their pain rather than confronting it, it's the elephant in the room. It's larger than life and it seems impossible to tackle. However, what I know for sure, and I speak with the authority of one who belongs to this ugly, huge sorority, is that I have a duty to speak out be-

cause God gave me the courage to confront my demons and come through the jungle into the sunlight.

The Living-Room, at the moment, is in blog form, but my goal, before I die, is for it to become a physical place for victims of abuse to gather, to chat with like individuals, to enjoy healing workshops and to be inspired by special speakers.

Nothing comes to those who just sit back and day-dream. I am very actively working to make this place a reality. I can tell you that people read my blog from all over the world and that just blows my mind. I can hardly wait to come face to face with my sisters right here in Kanata. That's where the hard work comes in. Many of you will have seen Avon books on the tables outside the sanctuary. Unlike many others who sell these products for a living, every dollar I get from your orders goes towards *The Living-Room*. I don't keep a penny of the proceeds and I have to say that in less than two years, with your help, I've put some \$5000.00 - \$6000 straight into my charity fund.

For those who feel it is wrong of me to bring these books to church, I approached Fr. John a couple of years ago and he, in turn, approached the Corporation, and when they heard that my work is for a local community mission, I was given the blessing of St. Paul's to bring my Avon books to church. When *The Living-Room* is built, one of my stipulations is that it be right here in Kanata. To this end, I would like to ask you to take an Avon book home, share it with your family, friends and neighbours or anybody else you know and if you see something you like, know that your purchase is going to a very worthy cause. They appear every two weeks. By the way, you can always donate to *The Living-Room* and you will receive a receipt for tax purposes. Approach me at any time and I'll tell you how it's done.

You see, you probably share a pew, a desk with a fellow employee, or a coffee with friends and although you may have known them for years, you may not know one of their biggest secrets. That is, they are/were a victim of abuse and, hopefully are a survivor of this grotesque evil. Those folks could also be your

(Continued on page 11)

PWRDF update: Nepalese helping Nepalese

August 11, 2016, by Simon Chambers, submitted by Philippa Wilson

After the devastating earthquakes in Nepal in April and May of 2015, PWRDF was approached by Nepalese Canadian Community Services, a Toronto-based group supporting Nepalese expatriates living in Canada, who wanted to work with PWRDF to respond to the disaster in their homeland.

They raised over \$13,000 for reconstruction which they wanted to use to rebuild homes for families who lost everything in the quakes. PWRDF, working with the Lutheran World Federation in Nepal, identified the community of Langtang for this work. Langtang is a village located high in the mountains near the Tibet Autonomous region.

Langtang was damaged in the first earthquake, but was affected far more in the second quake. 116 houses were destroyed, and most of the community's infrastructure- roads, monasteries, the community centre, and open spaces- were gone.

All 116 households who lost their homes were provided with materials to rebuild—corrugated iron sheets, hammers and nails, roofing plain sheets and more. Langtang's remote location in the mountains and the destruction of the roads in the earthquakes made delivery of the materials very challenging. Helicopter lifts were required to bring in the materials.

Once the materials had arrived, families were able to work together to rebuild their homes. As more government support from the Nepalese government becomes available, families will upgrade the homes they have already built to be even stronger and longer lasting, integrating the materials provided by PWRDF into future construction.

Thanks to the work of Nepalese Canadians, PWRDF and the Lutheran World Federation, over 100 families in Langtang now have homes again, and are able to focus on rebuilding their communities and livelihoods.



Airlifting construction supplies to Langtang in Nepal.
Photo: Langtang Conservation Committee



THE
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CONNECTING SURVIVORS
OF SEXUAL ABUSE

(Continued from page 10)

grandmother, your mother, your sibling, your aunt, your cousin your....you name it. Sadly, sexual abuse has been around since time in memorial and until it's wiped out, it desperately needs advocates to help rid it from the world. It is a blot on our humanity but, with education and through the discipleship of "missionaries" like me, we can make a huge dent in this pervasive balloon. My Avon slogan is "One lip

balm at a time!" My life's slogan is to be a disciple to those who are badly hurting. Thank you for helping me to help them.

Lynn Williams

Here is the link to The Living-Room online:
<https://thelivingroomsanctuary.wordpress.com/>

Sisters keep the seeds in your hands!

from www.PWRDF.org, July 28, 2016, by Sheilagh McGlynn, submitted by Philippa Wilson

PWRDF, in collaboration with the Sorrento Centre, is holding its third food security course titled, Sharing Bread (Three), from July 24 to 30. Each day, staff and participants will blog about the experience. Today's blog is written by Judi Colp, PWRDF Supporter from the Diocese of Nova Scotia/PEI.

Over the last two years I have followed the blogs from the courses Sharing Bread 1 & 2 when I could and I was really interested in learning exactly what PWRDF does to support our partners. In my ignorance I simply thought we go into different countries and teach them how to farm or whatever it is they need to learn. I was so wrong!!

Spending the last couple days here at the Sorrento Centre with our PWRDF partners Farida and Liza from UBINIG - Research Centre for Policy Alternatives in Bangladesh has been a real eye opener for me to say the least. We don't need to teach them anything. In fact we can learn a lot from them. They have cultivated their lands for generations their way, and our Western ways do not work for them. The work of UBINIG through the Nayakrishi Andolon farmers' movement engages about 300,000 households.



Liza Kahtun speaks about the importance of seed huts in Bangladesh



Farida Akhter talks about Nayakrishi Farming methods

Their country was introduced to Genetically Modified seeds years ago. At first, the men thought they were wonderful. But the seeds they bought had to have specific fertilizers that were sold by the seed companies, as well as pesticides. During this time the women and their knowledge of local seeds weren't needed as much in the field so they stayed home and prepared meals. The husbands would complain that the meals didn't taste as good (because of the Genetically Modified vegetables) and this led to an increase in domestic violence.

The women finally convinced the men that the seeds were harming their bodies. When they talked about "bodies" it not only includes the human body but the earth as well. So they fertilized their soil by traditional methods using cow dung and plants. They also started using their local seeds again. Their gardens and fields are thriving! The women have a saying, "Sisters keep the seeds in your hands" and they do.

So how does PWRDF support them? Liza explained to us that PWRDF supported the building of seed huts in farming villages to keep a seed bank that the women look after. In addition, each household keeps and stores its own seeds. Once again it is the woman's job to look after the seeds. If someone is just starting to farm they can get the seeds they require and like our banks they pay them back with some of the seeds (10%) from their harvested crops. As well if the farmer

(Continued on page 13)

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

(Continued from page 12)

has some type of seed, for example, rice seeds, and wants to plant eggplants, he or she can just trade seeds.

The seeds are there as well so that if there is a disaster such as a flood and the farmer loses all his or her crops he or she can go to the seed bank and get more.

The country used to have over 15,000 different rice seeds. To date the Nayakrishi Andalon movement has been able to identify and "bank" only 2,899 different types. But they believe as long as someone remembers a certain seed it is not lost, it is when it is not remembered that it is lost. Farida was asked how these memories were stored, on a data base, computer? "No," she laughs, "in their heads, they share and pass on these memories. It's everyone's job to pass on the memories so that the seeds can live on."

Farida and her people also believe. "The seed is given by God, we are not the owners. It is a sin if someone asks you for a seed and you do not give." We have much to learn from our PWRDF partners!!

A Prayer of Gratitude for Creation

God of the universe, We thank You for Your many good gifts - For the beauty of Creation and its rich and varied fruits, For clean water and fresh air, for food and shelter, animals and plants. Forgive us for the times we have taken the earth's resources for granted. And wasted what You have given us. Transform our hearts and minds So that we would learn to care and share, to touch the earth with gentleness and with love, respecting all living things. We pray for all those who suffer as a result of our waste, greed and indifference. And we pray that the day would come when everyone has enough food and clean water. Help us to respect the rights of all people and all species and help us to willingly share your gifts today and always. Amen. -

Fiona Murdoch, Eco-Congregation Ireland

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