

CORNERSTONE

Summer, 2012

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

St Paul's
ANGLICAN CHURCH



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

Summer Sunday Services (June 24 to Aug 26)

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

10:00 a.m. Sunday Morning – Traditional/Praise Music Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games

Other Services

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

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

7:00 p.m. Friday – EPIC Youth Group

Inside this issue:

- Messages from Father John and Father Craig
 - Pastoral Care Teams
 - GIFT Campaign Update
 - Chicken BBQ Update
 - God Squad News
 - Christmas Bazaar
- ...and more!

September edition
deadline:

Tuesday, Sept 4, 2012

Please send submissions to:
cornerstone@stpaulshk.org



A Message from Father John

Summer – Time to Refresh and Revitalize

I love the summer. I think that we all look forward to the long days of summer as a time of refreshment. We organize and plan family time during the summer with the hope that life's hectic pace can slow down enough for us to stop and smell the roses. It is important to take this time to rejuvenate, and begin to put things back into focus. Summer is a perfect time to revitalize our prayer life and deepen our commitment to ministry.

On May 15, St. Paul's held a Town Hall meeting to gather insight, hopes and dreams from the people of our parish. The night was divided into three segments, with discussion about each of these questions:

1. How are we called to be **Jesus' hands and feet** in Kanata, Canada, the World, now and in the future?
2. How are we to address the need for **continued quality leadership** in the parish?
3. How should St. Paul's plan to allocate its portion of the funds raised (beyond the initial \$300,000) through the **GIFT Campaign**?

After some great discussion, ideas were written down and placed on newsprint on the wall. The fifty people present each selected their top 2 choices in each of the three categories.

The following are the top three votes cast in each category:



1. Jesus' Hands and Feet:

Reach out to the youth - homework clubs, in parish act., mission trips.

More Education - Adult Sunday School, Small Groups.

Enhance Communication - e.g.: Podcast

2. Leadership:

Improve leadership training and mentoring

Find talent and develop it - workshops, questionnaires

Gather ideas and provide feedback

3. Gift Campaign:

Enhance Youth Programming - engage our younger generations and equip them to become active and faithful leaders in our church, community and world.

Air Conditioning in the Hall - to increase our external rental opportunities, and makes a welcoming environment for the community and newcomers.

Expand Seniors Programming - through improved transportation

As we listen to each other and actively discern God's will, I am convinced that we are being called into action and ministry. We the Church need to actively listen to God's voice and share our perceptions of God's call to us. This is Good News.

I hope that you will all enjoy the beauty of summer and find it refreshing to your souls. May God continue to reveal His glory to us all.

Peace, love and laughter,

Fr. John

From the Desk of Father Craig

Let's Share the Joy of the Season

Summer is upon us! I've just finished singing "All things bright and beautiful!" with the choir at the Seniors Afternoon Out Program and am filled with the joy of this wonderful season!

We talked about the resurrection, new life, and that nothing can separate us from God's love in Christ, not even death! What freedom there is in that knowledge and hope. But what are we to do with that freedom?

Jesus answers this question very soon after the resurrection. The answer is: **Follow me, participate in this New Life!**

I look out so often and see the gardeners weeding, planting, making things come alive at St. Paul's. Sometimes it's moms with children out there, sometimes grandparents and children, other times I see friends in Christ sharing the joy of working side by side in God's creation!

Whether weeding the garden, cutting the grass,

Under my Umbrella

by Lynn Williams

I feel so privileged to be working with wonderful people at St. Paul's. As Broad Group Ministry Leader of Pastoral Care, I'd like to introduce you to the four Ministries under that umbrella. We are people-lovers; we care deeply for our church family and our broader community. Many of you know us, but may not be familiar with our roles in the Pastoral Care Team. After reading this article, we all hope you'll contact us for yourselves or for someone you know when the need arises.

The Pastoral Care Team is led by Minx Mulhall. You may meet one of The Team as a result of asking for a pastoral visit for yourself, or having someone else ask on your behalf. You may ask Frs. John

telling stories or playing games with the God Squad, or making a contribution to the G.I.F.T. campaign – what a joy it is to participate, to engage life so fully! Summer should be a time to enjoy the beauty of this great land of Canada, a time to embrace the joy of serving together in a common hope!

I pray you meet old friends over the summer and definitely a few new ones. We always have visitors in the summer at St. Paul's. Say hello, welcome them to coffee and fellowship!

If you are visiting another church, send greetings from St. Paul's. Remind them they have brothers and sisters sharing the journey with them.

In all things give thanks. Every blessing as we share the joy of the season together.

In Christ,
Fr. Craig+



or Craig, call the office at 613-836-1001 or speak to Minx directly. Initially, all requests will go to Fr. John. Visits can be via the telephone or in person and the length of the visit will vary depending on your situation. Whether it be a one-time meeting or several meetings over a longer period of time, our pastoral care members will be there to offer you an attentive and consoling ear and pray with you that God will intervene in your particular situation and guide you through it, whatever the circumstances. The main message here is that Pastoral Care is for everyone. No situation is worse or better than another, none is bigger or more important than another; if something is upsetting your normal life's

(Continued on page 4)

pattern and you need an objective, compassionate, listening ear, please make that request. There are a myriad of losses and changes we may encounter in our lives, detours we all come upon at one time or another on our life's journey, and none of them are respecters of age, gender or lifestyle. God is the answer and we are but messengers who can help in difficult situations. Contact us.

The Memorial Prayers that are announced roughly every six to eight weeks, also are an initiative of the Pastoral Care Team. These times of prayer come about following the funeral of someone, either one of our own parishioners or for someone else at whose funeral Frs. John or Craig officiated. Over the past couple of years, these prayers have been reworked, but their background stems from an ancient funeral rite. Anybody can ask that a person be named during these Prayers, even if they passed away elsewhere. These Memorial Prayers are held after our regular 11:00 o'clock service. Whether relatives and/or friends attend these Prayers or not, the names of the deceased are spoken and we are told, time and again, how comforting these words are to those who mourn. Anybody can attend these prayers and I'd encourage you to do so, as your presence would be very supportive to those who have recently lost someone. We gather for about 15 minutes and for those coming from outside our parish, we always invite them to attend the 11:00 service before, as there's a certain level of comfort to being in the church beforehand.

The Healing Ministry is led by Cathleen Reid. You are probably most familiar with this Team from your encounters with them at our Sunday Services, when members of the Healing Team come forward to receive your healing prayer requests. Those needing prayer for healing come forward following Communion because this was the norm in Jesus' time. Although we may not consciously think about the process of receiving the Body and Blood of our Lord, Jesus Christ, coming forward to receive Communion includes the following: 1. an act of confession for your sins 2. an absolution of your sins by the receiving of the Body and Blood of Jesus Christ at the communion rail and finally, 3. a request for healing.

We understand that people may feel shy about coming to the front of the church, but those few minutes spent in prayer with members of the Healing Team may be all someone needs to free them from the anxiety and torment that has come into their life. You may come to the healing station as often as needed. A second team of two will be in the Chapel if needed. One comment we often hear is that "members of the Team never ask me how things are going following a visit to the healing station." This is done deliberately to avoid any potential embarrassment. However, if you wish to initiate a conversation pertaining to your time at the Healing Station, Team members are always open for further conversation. Healing Team Members are guided through these encounters by God, through His Son Jesus Christ and by the Holy Spirit. We are merely the messengers who, hopefully, bring those needed words of comfort and understanding to the person asking for healing. Please come to the Healing Station yourself or with a friend or family member and bring your requests for yourself or for others. Nothing that is said at the time of healing is ever divulged to anybody, nor do the two members of the Healing Team discuss anything they've heard with each other. Your prayer time with the Healing Team may lead you to ask for a personal or telephone visit with a member of the Pastoral Care Team or for continued prayer with members of the Prayer Chain.

Healing Team members also come together at Healing Services. These services are led by Frs John and Craig and are held in the evenings. They're advertised in your Bulletins, on our Website, on our Church Crier, Gabriel and verbally during Sunday announcements. Historically, we have held Healing Services around such topics as Blue Christmas for those who find this holiday difficult and we have also had Healing Services around different themes such as grief, loss, and so on. Even if you, yourself, are not experiencing one of these issues, you may wish to accompany and support a friend, neighbour, colleague or family member who is. These Healing Services are open to the community.

(Continued on page 5)

The Prayer Chain Team is led by Joan Andrews. The people on Joan's Team begin praying for you and your situation as soon as they are informed of your needs and they continue to do so until they're told otherwise. Contacting the Prayer Chain Team is a quiet, effective, immediate way to receive prayer for yourself or for someone you know and care about. The chain works by Joan calling one person and that one calls the next, etc, thus forming "the chain." There are six to eight people who form the chain. Neither your name or the names of others involved in your situation are ever discussed with anyone. These faithful Prayer Warriors simply uphold you and others within the confines of their own homes and hearts.

The Telephone Ministry is a fairly unique service offered to parishioners of St. Paul's, and sometimes to groups of people living in Retirement/Nursing Homes. This ministry is led by Heather and Bill Colls. If someone is unable to physically attend a church service, but would like to hear it from their home, hospital bed, nursing or retirement home, they can do so as long as they have a telephone. They need only ask for the service by calling Heather or Bill at 613-226-6813. You can also speak to one of the priests, or call the church office at 613-836-1001 and either Heather or Bill will hook you up from church, simply by calling you on your telephone. You may choose to "join" any one of our three services. At the end of the service, Heather or Bill will bring you Communion. The Telephone Ministry can be used as many times as you need it.

Here are a some general facts about Pastoral Care that you should know:

- Any conversation between you and any person belonging to a Pastoral Care Ministry is strictly confidential.
- Once you have contacted any of the people in these ministries, you can ask for further prayer or further conversation via one of the other branches of our Pastoral Care ministries. For example, you may come up for Healing on a Sunday morning and then ask for continued prayer via the Prayer Chain.

- If we are not meeting your needs and you have suggestions, please bring them to any of the Leaders mentioned above, to the office or to the Priests.
- If you feel called to any of the above ministrie, or want more information about the type of work done, the time commitment or anything else, please approach any of the above-mentioned people who will be happy to have a chat with you.
- One last note, which indirectly falls under the term "prayer": when writing your prayer requests in the book on the table beside the sidespersons on any given Sunday morning, please just put the first name of the person down. If you are requesting prayers for a family, list them individually by their first name starting with eg "the family of John, Susan..." . If it's a baby, you can put "Baby John," for example.

I hope this summary will help you feel more confident about approaching the Pastoral Care Teams. Remember, we are all The Church and St. Paul's is our Christian Family. As we would with our own biological families, we are called to love, nourish and serve each family member. Don't stew in silence; come forward and we will try and respond to your needs.

Lynn Williams

Broad Group Ministry Leader
Pastoral Care



Pastoral Care is for everyone.

GIFT Campaign Update

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

HOW will you be asked to participate?

All St. Paul's parishioners will be contacted by an "Ambassador" - a member of the GIFT Campaign Team who will have been trained to promote and answer questions about the Campaign. Ambassadors will, by phone or through a personal visit, offer their fellow parishioners the opportunity to participate in the campaign. Please make these ambassadors welcome when you are contacted.

Speaking of Ambassadors... we need more! If you are interested in finding out what it means to be a St. Paul's Ambassador (without making a commitment to be one), please come to the **Ambassador Training/Information session on**

Wednesday, June 27 (either 1:00-3:00 p.m. or 7:00-9:00 p.m.). Please let the church office know which session you plan to attend (613-836-1001). Another session will be held in late August or early September if you cannot attend at this time.

WHEN will you be asked to participate?

Due to the size of our parish (almost 550 households), we have divided the parish roll into 4 "phases": Matthew, Mark, Luke and John. Although our official Campaign Launch will be held September 16th (coincident with the 8th anniversary of the opening of our current church building), we will begin contacting people assigned to the Matthew Phase over the summer. By November 25th, 2012, our Commitment Sunday, everyone will have been invited to participate in this important five-year campaign.

We look forward to sharing with you our GIFT Campaign progress over the next few months as we all work towards revitalizing the on-going vision of St. Paul's!

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

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



God Squad News

Church Pot-Luck Picnic

June 24, 2012, 11:30 a.m. to 1:00 p.m.

Come out on June 24, 2012 following the 10 o'clock service and enjoy a good old-fashioned church picnic. There will be games for the children. Bring a potluck item and serving utensil and chairs or blanket. We will meet in the park behind the church or in the hall in case of rain! Hope to see you there!



Hope to see you
at St. Paul's
Pot-Luck Picnic
on June 24

Summer God
Squad needs
volunteers



Summer God Squad July 1 to Aug 26, 2012

We will be offering God Squad throughout the summer as volunteers permit. If you are interested in helping on any given Sunday there is a sign-up sheet located in the narthex. Should you choose to volunteer, a lesson package will be provided for you. The package will contain a bible story, supplies and instructions for a craft and supplies and instructions for a game. If you leave your e-mail address, the outline for the Sunday can be sent to you in advance.

THANK YOU IN ADVANCE! If you have any questions, please contact the church office at 613-836-1001.

Kanata Food Cupboard Team Needs You!

For more years than I can remember, St. Paul's has provided a team to work with the Kanata Food Cupboard. We serve for one week every six weeks. It is my privilege to now be the coordinator of this program. I started the Kanata Food Cupboard in 1985 with the Kanata Inter-Church Council and here I am now the coordinator of our team here at St. Paul's.

We are looking for some new people to help out. If serving clients at the Kanata Food Cupboard interests you, please contact me and I will discuss what our needs are and see how we can fit you with a job. The one important thing we do need right away is handling the computer — checking clients in and inputting informa-

tion. This is not difficult, but very necessary and could be time-consuming. We also need people to come to the Kanata Food Cupboard and pack the groceries for the clients. Can you drive? We need people on Tuesday or Friday evenings to deliver groceries to people who cannot pick them up.

Please call me at 613-226-6813, email heather.colls@rogers.com, or talk to me at church on Sunday morning.

Heather Colls
St. Paul's Kanata Food Cupboard Team Lead

FWYC Camping Weekend

Our annual FWYC Camping Weekend (*families with youth or young children*) will be July 13-15 at Fitzroy Harbour Provincial Park. We hope you can join us!

The costs will be:

- \$30 deposit (non-refundable) for each family camping overnight
- \$71.00 per night (for a group site for up to 50 people), plus a one time \$11.25 reservation fee – This will be divided equally amongst families who attend.
- For each person there is then an additional fee (charged at the gate): 6-17yrs \$1.25 per night, >18yrs \$4.75 per night
- For each vehicle \$3.75 per night
- Park day fee is \$14.00 per vehicle, if you would prefer to join us for Saturday only.

If you will be coming for Saturday only, the park fee will be charged at the gate – you do not need to reserve with us. You can ask for the group camping sites and find us that way.

Each family should provide their own food. Many families also bring snacks to share too!

Grocery Certificate Program

It's a win-win situation!

When you participate in the Grocery Certificate Program, you get to spend every cent of your money on groceries, and the store gives a percentage of the money spent to St. Paul's. Participating stores include: Farm Boy (5.5%), Bulk Barn (5%), Food Basics/METRO (4%), Loblaws (4%), Superstore (4%), and Independent (4%). Starting September 25, 2011, we will have \$20, \$50, and \$100 Sobey's certificates for sale.

Smart Card technology allows you to purchase a card, say for \$100. You get the full \$100 to spend at that store. Each time you shop, the amount of your purchase is deducted, leaving the remaining balance on the card for the next time.

We are hoping to have another “cook out” at the beach, perhaps roast your own hot dogs on Saturday (if there is no fire ban) for lunch, and a “pot luck” desert (fruit, cookies, something simple).

Saturday night will be the traditional chili dinner. Each family brings a chili Saturday night and they are combined into two big pots (one vegetarian and one for meat lovers!) A few buns can complete your meal, with fruit salad “pot luck” for desert. If every one brings different fruits we can cut and combine them for a tasty desert.

Other meals will be on your own. We can use the park all day Sunday (although we have to leave the site by noon), so plan your meals accordingly.

Please let us know if you can join us, and how many people are in your family! You can send your cheque to Rheal Levac at the church office.

We look forward to seeing you there!

Rheal, Elisabeth, Jasmine, Isabelle and Clara Levac
(613)726-9287



We are now able to process debit cards! No need to worry about carrying cash or forgetting your cheque-book.

Will you join us in raising money for St. Paul's by NOT giving your money?

For more information, come and see us at the table in the hall:

Larry @ 8,
Jean @ 9:15, and
Darell @ 11.

Or, please call Darell at 613-831-7580.

Another Successful Chicken BBQ

by Mathias Joost

On Friday, June 8, St. Paul's once again held its annual chicken BBQ. This fund-raising effort involved over 50 people working that day or in the days before, and over 200 chickens. Many thanks to all those who helped make the event a success, especially all of you who brought in pies. Somehow you seem to know just how many pies we need! The chickens were delicious and the coleslaw was again home-made and superb. In the end, just over \$3000 was raised to help St. Paul's support its many activities.

Once again St. Paul's was blessed with wonderful weather. Had the BBQ been held a week earlier, we would have had boiled chicken. With the sun streaming down, the BBQing team, led by Michael Turnbull, had to hide in the shade to keep from being cooked. When the rain finally did come down, it was after the cooking had been done, and produced a great rainbow a few minutes later. The ladies, led by Joan Ferrier, were busy in the kitchen putting the pies onto the plates and the buns and butter into the bags, while the serving line kept the chickens flowing. The whole system operated like a well-oiled machine. Those who participated had a lot of fun — after all, having fun is one of the main purposes of having the BBQ! — just ask Wayne Keech about large poultry.

We always have room for more volunteers. High school students can earn three or more hours of volunteer time by participating, while families can get involved in many different aspects of the BBQ.

Only 420 chickens were sold this year, down from just over 600 last year. Many people were away, while the price scared others. The price had to be raised to keep pace with the increasing costs of all the supplies, especially the chicken. At \$15, it is anticipated that this price can be maintained for at least five years. Had the price not been raised, less than \$1000 would have been made if ticket sales had been at 600. For a fund-raising effort, this

would have been a very small return for the huge effort made by so many.

To all those who bought chickens or volunteered, parish council expresses their thanks for making the BBQ a success again this year. We hope to see you all again next year!



Christmas Bazaar

Believe it or not, Christmas is coming, and soon! The Christmas Bazaar will be held at St. Paul's on **November 9 and 10, 2012.**

I do not expect too many changes, but I am open to new ideas. If you have an idea for something new or different at this year's bazaar, please talk to me now so we can work it in.

I am currently looking for someone to assist as the treasurer for the bazaar. If this is something you could do, please come and talk to me.

This summer, I will be talking to all those who headed teams at booths last year. Your input really helps me understand your needs so I can make sure it runs smoothly and the set up goes smoothly.

If you knit, crochet, do wood work, sew, or make pickles/ jam/ jelly, please get busy as soon as possible – we need it all. Last year the products were wonderful! Keep up the great work.

Yes we need your empty canning bottles from last year's purchases! Please bring them to the church. I will set up a box in the bazaar storage cupboard in the lower hall beside the janitor's room (I will put a sign on the door). Thank you!

Heather Colls

613-226-6813 or heather.colls@rogers.com



Honoring Women in Service

A special ceremony will be held on **Sunday, July 22, at 3:00. p.m.** (1500 hours) at the Royal Canadian legion, 70 Hines Road, in Kanata to commemorate the 70th Anniversary (1942) of Women in Service.

If you know of any female veterans in the area or would like to attend the event, please email or call me for details.

Yours in Service,
Moira Green
613-592-3376
mmgreen@live.com



Just for Fun

The Barber of Coupe de Ville

A young boy had just gotten his driving permit. He asked his father if they could discuss his use of the car. His father said to him, "I'll make a deal with you. You bring your grades up, study the Bible a little, and get your hair cut; then we'll talk about it."

A month later the boy came back and again asked his father if he could use the car. His father said, "Son, I'm really proud of you. You brought your grades up, and studied the Bible, but you didn't get your hair cut!"

The young man waited a moment and then replied, "You know dad, I've been thinking about that. Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair."

His father replied gently, "Yes son, and they walked everywhere they went."

<http://www.dizzyboy.com/stories/fathers-day-stories>

TOPS Provincial Recognition Day

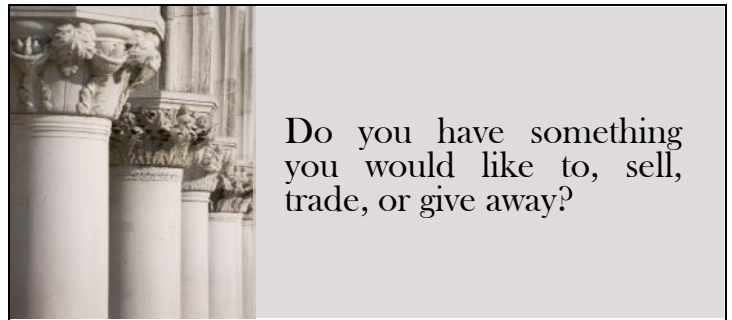
by Jean Sibbert

The TOPS (Take Off Pounds Sensibly) Provincial Recognition Day event started for us on Thursday, June 7, at 9:00 a.m. with a very tiring drive to Kitchener. We drove through alternating rain and sunshine. There was a tremendous amount of traffic on Hwy 401 - by 3:00 p.m. we were bumper to bumper. We finally arrived at the Best Western Plus Hotel at 6:30 p.m. and met up with our friend Juliet from Sudbury.

Traditionally, Recognition Day includes a Baggy Clothes Parade, in which KOPS (Keeping Off Pounds Sensibly) - honoured members of TOPS who have maintained their goal weight - could show off their "before" clothes and then reveal the smaller person behind. This is a much-appreciated event by the attendees.

This year, we had a Dream Team Parade with music and fashions from each decade from 1900 to 2000. Commentators told the history of each decade. It was FANTASTIC. The Flappers included KOPS from Port Colbourne, Juliet and Helvi from Sudbury, and me. Photos were taken afterwards.

There were cheers and applause for everyone throughout the whole program.



Do you have something you would like to, sell, trade, or give away?

St. Paul's Agora

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

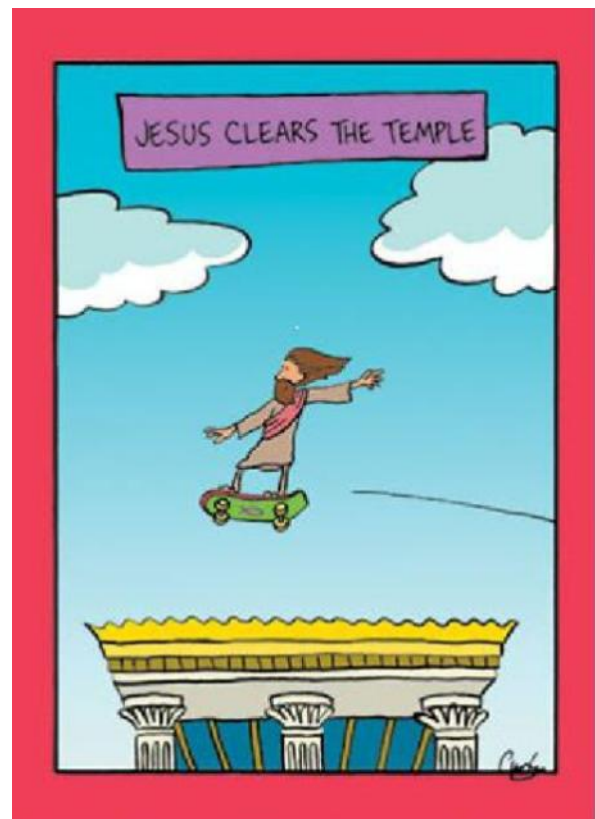
Please, no business advertisements, or offers of professional services. If you would like to purchase a space for your business card in the Cornerstone, please send an email to: cornerstone@stpaulshk.org. St. Paul's Church is not responsible for transactions conducted through this section.

Free 9'x12' rug

Beige, green and burgundy area rug. Available after June 22. Please contact Paul Ledas at: ledas@rogers.com.

TOPS
Take Off Pounds Sensibly
Sobey's 2nd Floor
700 Terry Fox Drive,
Kanata
Wednesdays (Weigh-in
8:45 a.m., Meeting at
9:00 a.m.)

To find the TOPS Chapter nearest you, call toll-free 1-800-932-8677, or visit the TOPS website: www.tops.org.



Cartoon by Cuyler Black. Submitted by Darell Small.

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Allan Hubley

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Call Dianne Cox 613-795-7453
to book your class

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