

CORNERSTONE

Summer, 2014

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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. EPIC Youth Group for tweens and teens. 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:

- Messages from Father John and Father Craig
 - Picnic in the park June 22
 - God Squad summer teachers needed
 - Garden Tour and Tea Party July 5
 - PWRDF updates
- ...and more!

September edition deadline:
Tuesday, September 9, 2014

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

Spring cleaning, a spiritual discipline

I don't know if you feel the same way that I do, but I am looking forward to June as a time to slow down and enjoy the beautiful weather and get ready for refreshment. I have spent some recent time finishing a few projects around the house and getting the gardens ready for summer refreshments. I always have a great deal of joy when a small project is crossed off the list, or the result of my work can be enjoyed by others who see the finished project.

A fresh coat of paint, a garden freshly tilled and planted, or a repair completed can give us feelings of accomplishment and joy. This is true around the church as well. We have a number of projects that need a little time and energy to spruce things up. The benefit for us is to let the world know that we love and care for the house of worship.

In September, we will celebrate ten years in our facility. I want to thank everyone who is working on this celebration and invite us all to come together in thanksgiving for the blessing of this place.

In addition, I want to remind us all that a good spring cleaning is needed in our prayer life. Our faith journey can get bogged down or forgotten in the business of life. We need to look at ways of beginning or deepening our time in prayer. I commend the month of June as a time to straighten up our spiritual life and commit to making time for prayer and study. In the same way that we can rejoice at getting our household tasks in order, we will find a deeper prayer life brings us comfort and joy.

May god continue to bless our hearts and our homes.



From the desk of Father Craig

Discipleship

And Jesus said to his disciples,

- All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age...
- A disciple is not above the teacher, nor a slave above the master; ²⁵it is enough for the disciple to be like the teacher, and the slave like the master....¹So do not be afraid; you are of more value than many sparrows...whoever does not take up the cross and follow me is not worthy of me. ³⁹Those who find their life will lose it, and those who lose their life for my sake will find it...
- whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.

The last few years, I have written the June edition of Cornerstone totally immersed in the joy of gardening. That joy and passion has been reflected in my articles. This year I am still immersed in gardening, but in preparing my heart for the upcoming weeks' lessons I am looking at *growing my discipleship*, not plants!

Each of the Gospels is wonderful in portraying aspects of this wonderful God we have in Jesus. Matthew clearly was struck by his sitting at Jesus' feet as his disciple. What does it mean for us to be student of this God?

This past week we learned that Jesus expects us to know his place in fulfilling all scripture and then to go and call people to repentance and offer forgiveness in His name. That is the summation of his teaching. We can only live out such an incredible call if we walk and listen to Jesus' words as they speak to us and the disciples through the ages as found in the Gospels.

(Continued on page 3)

Potluck picnic in the park — everyone welcome!

Sunday, June 22 after the 10am service

God Squad and the EPIC Youth Group are pleased to present the annual **St. Paul's potluck picnic**. Please join us on June 22 at 11:30 for games, fellowship and great food.

We are working hard to make the day a fun one for kids of all ages. Some of the activities we are planning include milk bottle toss, painting station, "strongman" game, fishing game, face painting, hopscotch, tug of war, bean toss, and a slip 'n slide.

Please mark your calendars, bring your lawn chairs or picnic blanket, your favourite potluck dish to share, a bathing suit or change of clothes (for the slip 'n slide!) and get ready to have some fun!

We look forward to seeing you there!

Tracy Albert



More God Squad news

Summer leaders needed

Summer is on its way! **The two regularly scheduled Sunday school classes will be switching to a single class at 10:00 a.m. beginning on June 22!**

Once again, we are looking to encourage some additional teachers to help out over the summer months, so that our current dedicated team can enjoy a much deserved respite.

We have prepared lessons to cover the summer Sundays, so no need to feel intimidated by the preparation work.

If you are interested in volunteering your time to this very valuable and rewarding position, but are unsure if it is right for you, please feel free to sit in on a Sunday school lesson to see what it's all about.

If you already know that this is your calling, please contact Tracy (tracyalbert@rogers.com), or sign up on the sheet in the Narthex.

The God Squad team is already planning for the fall, and particularly for the 10th anniversary celebration on September 21. Stay tuned for details, but we promise a great Anniversary Party, as well as an interesting and valuable curriculum for the fall and winter seasons.

Tracy Albert

(Continued from page 2)

Matthew will help us draw closer to Jesus in all ways. Calling us to let go of our will and be free in God's gracious will. Be ready for a journey where we get to draw near to the very heart of God, and God's people.

Matthew won't let us forget Jesus' words about the other things that grow, *"Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these!"*

In Great Thanksgiving,

Fr. Craig+



PWRDF update

Rebuilding in the Philippines

by Simon Chambers (May 8, 2014), submitted by Philippa Wilson

Six months ago, the most powerful typhoon in recorded history battered the Philippines, killing over 7000 and affecting millions more. PWRDF immediately sent emergency funds to the ACT Alliance rapid response. As the devastation became clearer over the ensuing days, Canadian Anglicans' generous donations of over \$750,000 enabled PWRDF's biggest disaster response since the Haiti earthquake.

PWRDF has responded through ACT and also through direct partnerships with the Episcopal Church of the Philippines (ECP) and the Visayas Cluster of agencies. Over the last six months, ACT and PWRDF partners have reached out to provide food, water, shelter, medical aid, counselling, support getting back to work, education opportunities, and more to over a million people affected by the typhoon.

Six months after Typhoon Haiyan, the first rice harvest is happening. According to Floyd Lalwet, Provincial Secretary, Episcopal Church in the Philippines, in a report on the ECP's ongoing work after Haiyan, this signifies a return to "normalcy" for farming communities in the Philippines, as well as the return of their ability to provide for themselves. The ECP reports that some unscrupulous dealers are lowering the prices they will pay for rice to farmers who are desperate for money to rebuild their homes and the rice drying facilities and mills in their communities.

The ECP is addressing this problem by purchasing rice from farmers at the original prices and then using the rice in "food for work projects" in other communities including the fishing village of Naungan. Naungan is home to about 1000 people, 80% of whom are fishers. The typhoon destroyed the natural coral reefs in the coves surrounding Naungan, so the local people are building an artificial reef to help improve the fishing in exchange for food.

PWRDF's efforts have turned from immediate emergency response (provision of the immediate needs) to rehabilitation (rebuilding houses, farms, fishing, and employment opportunities). One of the goals of the

rehabilitation process is to incorporate "disaster risk reduction" strategies, which include building stronger houses in locations that are better protected from typhoons. While this can slow down reconstruction, it will make for more resilient communities.

The ECP is working to improve farming knowledge and techniques as they help farmers get started again. They are teaching an organic farming technique that requires 10% less seed and other inputs—planting one hectare requires only 7kg of seed, compared to 80kg in conventional farming— and can increase production. Farmers are excited at these new techniques, and some have even volunteered their land as demonstration farms to help teach their neighbours.

Rebuilding in the Philippines will take a long time, but PWRDF's partners are committed to accompany the affected communities through the process, and at the end of it, the communities will be stronger, the houses safer, and the economy sounder.



A man builds a new boat in Tanauan, Philippines. Rebuilding homes and livelihoods is the next step in the recovery effort after Typhoon Haiyan. Photo: ACT/Paul Jeffrey

PWRDF update

Self help groups — empowering women for development

by Jane Maxwell (May 22, 2014), submitted by Philippa Wilson

During my field visits to OfERR's work in Mannar and Jaffna Districts, I have been introduced to a number of OfERR's "Self Help Groups". The concept of Self Help Groups among women refugees was first introduced in Tamil Nadu, India by the President of OfERR, Ms. Sooriyakumary. This development model offers a unique approach to mobilizing the community. For that reason it has become a key component of OfERR's grassroots organizing efforts among newly resettled communities in Sri Lanka's Northern and Eastern Provinces.

The Self Help Groups bring together about 12-15 women of similar background in a village to empower them both socially and economically. Once the members are selected OfERR leads the women through a "crash course" in the goals and features of a Self Help Group, outlining the roles and responsibilities of its members. Examples of other successful Self Help Groups are often discussed.

The women begin meeting on a weekly basis with OfERR staff facilitating the meetings. From the 'get-go' the members are encouraged to start saving, contributing a small amount to the group (e.g. 50 rupees, or \$0.42) each week. Initially OfERR provides a

matching grant to the Self Help Group as a way of encouraging the women to begin regular saving. Because economic empowerment - improving the incomes and employment opportunities for the participants - is such a key objective, OfERR encourages the group to invest funds in some form of economic initiative. By adding value to a basic product - for example, converting chilis or rice into chile and rice powder, or palmyra product making- the women will be able to sell their products for a higher price in the local markets, thus earning additional income for their families.

Training is an essential component of the success of Self Help Groups.

After the women have received a solid grounding in how to function as a Self Help Group, they receive training in leadership skills, business planning, production of value-added products, marketing, basic accounting and financial management, and more.

Other growing societal issues including gender-based violence, child abuse and alcoholism are also openly discussed in the group. Sooriyakumary notes that one of the biggest benefits of Self Help Groups is that members feel they are part of a close knit family on whom they can rely for support, protection and counselling should they experience personal problems. And for most of the women, the Self Help Group has provided them with an economic activity, enabling them to earn additional income, while developing new skills, knowledge and self-confidence.

Note from Philippa: *Jane Maxwell, the author of this article, is currently working with OfERR in Sri Lanka. She is a former PWRDF Staff member for South America. In recent years, lucky for us in Ottawa, since retiring as a staff member for PWRDF, she has been a very active member of our diocesan PWRDF Working Group. We look forward to her return in the next few weeks.*



Self Help Group in Talaimannar, Mannar Island, NW coast of Sri Lanka.

Photo: Jane Maxwell



SATURDAY 5 July 2014

Tea & Garden Tour	10 am—3 pm	\$ 20.00
(includes map)		
Afternoon Tea	11:30 am—3 pm	\$ 12.00

8 Beautiful gardens, delicious food. And an exhibit & sale of Baby Quilts by the Quilters of St. Paul's

Tickets available from:

Marion Allen	613-592-8186
Betty Dukes	613-831-3062
Church office	613-836-1001

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From St. Paul's kitchen

by Ann Faurbo

As summer approaches, I thought it would be nice to share a salsa recipe that family and friends are always requesting. Appearing in our 2010 Cookbook as "Mexican Corn Salad," I have updated the recipe and now it makes a fabulous Salsa to serve with your favorite Tortilla chips.

So, here's to great picnics and family get-togethers this summer.

Happy Cooking!

Ann Faurbo

Mexican Corn Salsa

1 cup green pepper
 1 cup celery
 1 small red onion
 1 clove garlic (optional)
 1 can corn- drained
 1 large Tomato chopped - I like lots of fresh tomatoes
 1 tbsp Chipotle/TexMex Seasoning
 1 pkt Beef Bouillon - (about 1 tbsp)
 1 tbsp red wine vinegar
 ½ cup mayonnaise

Finely chop the green pepper, celery, and onion. Add corn, tomato, seasonings, vinegar, and mayonnaise. Mix well. Serve with your choice of Tortilla chips.

Bazaar table ideas needed

by Minx Mulhall

The dates of St. Paul's annual Christmas Bazaar have been set: NOVEMBER 21 & 22, Friday 4-8 p.m., Sat 10-2 p.m.

We have some table convenors lined up, but we really need more tables. Do you have ideas for a table? Some suggestion/ideas are craft table, white elephant table, frozen/take-out food? We are looking into renting some business tables. We need people to organize these & any other tables. If you can't manage to take on a table on your own, gather some friends: having 2 or 3 people working together will make it much easier to plan & organize!

So far we have:

Children's room,
 Quilting,
 Books,
 Baking,
 Knitting,
 Toys,
 Gift Baskets,
 Jewellery,
 Jams & Jellies,
 Meat Pie Orders.



Please consider helping us make this another successful Bazaar. Questions, answers.....please contact me. Minxmulhall@hotmail.com

Support "St. Paul's Plodders" in the Relay for Life

7:00pm June 13 to 7:00am June 14

"St Paul's Plodders" are now officially registered as a team at the Annual Relay for Life, to be held overnight June 13-14. Last year across Canada 16,224 teams participated. Together they raised \$46.4 Million!! Kanata's goal this year is \$180,000, and our team will contribute to that goal.

For more information, google Relay for Life in Ottawa West. Through the website, you can register with a team or make a donation to support a team member.

Please don't hesitate to call me @ 613-836-6693 or e-mail mabinrse@rogers.com if you have any questions or comments.

Sincerely,
Anne Baker



Cursillo news Ultreya!

Summer Ultreyas – Wednesdays, at the bandstand in Andrew Hayden Park:

June 18 – Maureen Anderson (music)

July 16 – Don Krull (music)

August 20 – Derek Reid (music)

Bring your lawnchairs, voices and friends!

Fall Weekend Dates:

120th Women's Cursillo Weekend Oct 23-26
(Diane Brown, Lay Rector)

121st Men's Cursillo Weekend Nov 20-23
(David McCreery, Lay Rector)

Jack Barkley
Lay Director
www.oacm.ca



Parish council news

Next meeting June 17, 7:30 p.m.

Everyone is invited to our next Parish Council meeting at 7:30 p.m. on Tuesday, June 17.

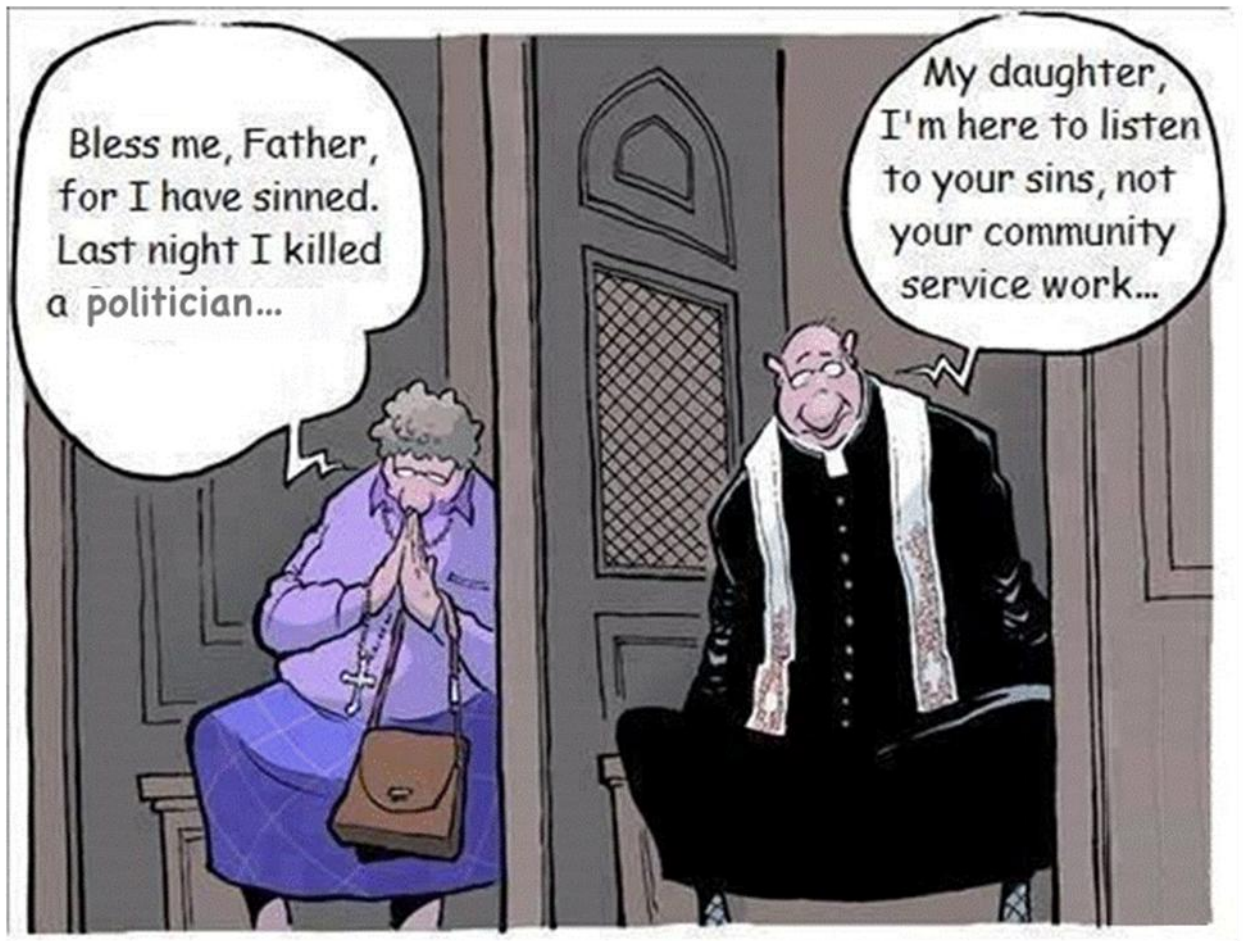
On May 20, we had a Town Hall meeting to discuss the questions posed by the Diocese of Ottawa about their "Embracing God's Future" initiative. Our responses have been sent to the diocese. Thank you to everyone who came out and offered their opinions. Look for more Town Hall meetings in the fall!


We will have our **ministry Open House on Sunday, September 28**. This is an opportunity to see the variety of ministries that are active at St. Paul's, and get involved in those that most interest you. Even better, try something completely new! I have no doubt you'll be pleasantly surprised by what you can do.

Have a blessed summer,
Alison Stortz, Parish Council Chair



On the lighter side...





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



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Dan Cowley
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320 Eagleson Rd. (The Annex Mall)
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(613) 599-6300
doncherrys320@rogers.com

Free kitchen table

Kitchen table, 40" round, expandable to 48", no chairs.

Free! Call Francis or Shirley @ 613-831-0874

Teak table and chairs for sale

Measurements: 35 inches by 55 inches. Extends to 97 inches long. Middle section needs refinishing. There are 6 chairs.

Asking \$200.00
Sandra,
613-599-1207



Kitchen/Dining Room table and chairs for sale

Solid oak, 44" Kitchen/Dining Room table (expandable to 66") with 5 matching chairs including 2 captain's chairs.

Asking \$275.
Call Shirley or Francis @ 613-831-0874





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