

April, 2025

CORNERSTONE

20 Young Road
Kanata, Ontario
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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

7:45 a.m. — Said Service and Eucharist.

9:00 a.m. — Traditional/Choral Holy Communion. Nursery available. Children's Ministry meets downstairs for lessons and crafts.

11:00 a.m. — Praise Music Holy Communion. Nursery available. Children's Ministry meets downstairs for lessons and crafts.

All services are available online through the church website. The Book of Alternative Services is also available online:
<https://www.anglican.ca/wp-content/uploads/BAS.pdf>

Other Services

Wednesday 10 a.m. Bible Study In-person on the first week of each month and via Zoom other weeks. See inside for details.

Memorial Prayers The first Sunday of September, November, January, March, May and July at 12:30 p.m.

Inside this issue:

- **Message from Fr. Stephen**
- **Holy Week Services**
- **Kid's Good Friday Event**
- **Easter Egg Painting**
- **Men's Ministry Events**
- **Alongside Hope Update**
- **...and more!**

May edition deadline:
Tuesday, April 29, 2025

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

Let It Go

One of the most annoying traits in other people (but never in me, of course) is when they won't let go of something that someone has done to them. Maybe you have a friend whose co-worker keeps messing something up at work, and

they insist on kvetching about it every time you talk to them. Or perhaps they received a mild criticism many years ago, and they keep bringing up the incident over and over again. In those cases, we may wonder, "why can't they just let it go?" After all, holding onto it doesn't do much good. So why not just forgive and forget?

These kinds of situations are frustrating because they can seem so petty. It's unpleasant to see someone unable to let things go, because we sense that there is a better way they should follow: the way of forgiveness. Yet, we know from our own experience that letting go is harder than it sounds. How many times do we tell ourselves to let something go, only to find we can't? We hold on to it, and let the root of bitterness stay lodged in our hearts. But it doesn't leave us feeling very good about ourselves. We know that we lack the strength and virtue to do the right thing, and it leaves us wishing we were better people.

As we get closer to Good Friday however, a nagging feeling sometimes creeps up on me. It's the recognition that Good Friday isn't this kind of story. It isn't the story of a holy God shrugging His shoulders and

not letting our sins get to Him. Instead, Good Friday retells the story of the cross — a story of costly sacrifice and difficult obedience. In other words, not only do our sins get to Him: they are the cause of His death and passion.

So why not let it go? The cross is a brutal and sorrowful event, which Christ places himself in the middle of. Why does God place himself at the centre of sinfulness and take our sins upon himself, instead of just letting it go? The short answer is, He tried that and it didn't work.

Think about the ministry of Jesus. His entire work was devoted to bringing in the lost sheep, who had wandered from the fold — proclaiming God's favour and forgiveness to sinners. As Jesus says in Luke 4: "he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners;"

Jesus says that this is his mission: to bring freedom to captive sinners. From there, Jesus travels throughout Israel to do these very things. He makes the blind see and offers comfort to the poor. He spends time with tax collectors, prostitutes and sinners of every description. He proclaims God's favour and blessing wherever sin binds people or breaks them down. He is the embodiment of God's grace and goodwill to the lost.

We know how the story turns out, though. He is crucified by those he came to save. His offer of amnesty and forgiveness is greeted by murderous hate. The people he came to save didn't want saving — their hearts weren't ready to accept it. That unwillingness points out that something more than forgiveness was necessary. We need to change, and forgiveness alone doesn't change us. We may look to the cross for forgiveness, but God intends it to do even more: He intends it to transform our nature.

In the Bible, St. Paul says this about the cross and what it does for us: "if we have been united with

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[Jesus] in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin.” (Romans 6:3-6)

These lines point us to why the cross really is good news: it is good news because it can change us into something better than what we are now. We really can be better, freer and happier people by surrendering ourselves to Christ. Through the cross, His grace sets people free and puts them on a better course. That grace can set you free too, if you let it.

The Easter weekend is coming soon, with its focus on the cross and resurrection. So, take this time to dedicate yourself again to the crucified Lord. Come to the cross with more than a request for forgiveness, but with the desire to be made better, more whole, and more free. Lay your sins at the cross, and let them die. Join Christ at the entrance of his empty tomb, and start living the life of freedom He has won for you. After all, Jesus came to set captives free. Come to the cross and taste how sweet that freedom really is.

Stephen⁺

Vestry Theme for this year

Therefore, my beloved
brothers, be steadfast,
immovable, always
abounding in the work
of the Lord, knowing that
in the Lord your labor is
not in vain.
1 Corinthians 15:58

Holy Week Services

APRIL 13 - PALM SUNDAY

Regular Sunday Service Times. Services include the blessing of palms, the Passion story, and Eucharist. Children's ministry available at 9am and 11am.

APRIL 16 - WEDNESDAY IN HOLY WEEK

10am Eucharist. A quiet service of holy communion, featuring readings and sermon, without music.

7pm Choral Evensong. A traditional service of evensong from the Book of Common Prayer.

APRIL 17 - MAUNDY THURSDAY

7pm Eucharist, Foot-washing, and Stripping of Altar. This year will not feature a meal, but will instead will take place in the church nave and sanctuary.

9pm to 7am Prayer Vigil. Parishioners are invited to sign up to pray for one hour in their own homes, in solidarity with Jesus' prayer vigil on the night of his betrayal.

APRIL 18 - GOOD FRIDAY

9am Celebration of the Lord's Passion. This service includes the Passion narrative, a homily, and solemn intercessions for the peace, reconciliation, and forgiveness of our church and nation.

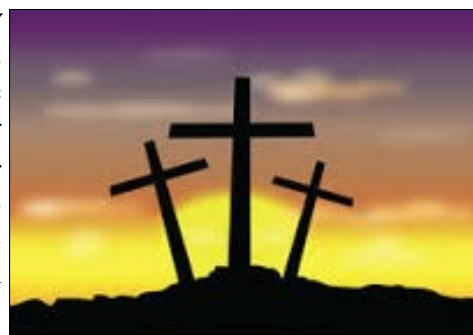
4pm to 6pm Children's Good Friday Event in Rutter Hall. Age-appropriate activities, crafts and stories to help children understand the cross and appreciate Jesus' love more fully. Supper provided. To register, contact childrensministry@stpaulshk.org.

APRIL 19 - EASTER VIGIL (SATURDAY)

8pm Eucharist and Service of Light. This service includes lighting the new fire of Easter, readings from the Old and New Testaments, renewal of baptismal vows and the Eucharist. A wine and cheese reception follows in Rutter Hall.

APRIL 20 - EASTER SUNDAY

Regular Sunday Service Times. A joyful service celebrating our Lord's resurrection. Children's ministry available at 9am and 11am.



Easter Egg Painting

April 12, 2pm, Rutter Hall

Our Egg Decorating event is back! Join us on Saturday, April 12 at 2pm as we welcome Kathy Kompass back to guide us in decorating eggs, Ukrainian style. It involves an open flame and hot wax, so this program is ideally designed for adults and for kids 9 and older (please note that kids 9-13 must be accompanied by an adult). If you have a child under 9 that would like to decorate an egg or two, please let us know and we will provide something age-appropriate for them to do.



There is a \$10 charge for the Ukrainian Egg painting. There is no charge for children under 9. **SPACE IS LIMITED SO PLEASE RSVP** to childrensministry@stpaulshk.org with number of tickets that you require and the age of the children that will be attending.

Ministry for Men

Upcoming Events

St. Paul's mission is, "As disciples of Christ we are to worship, teach and equip. To be agents of healing, love, justice and forgiveness." This scripture speaks to me about what we, as men and disciples, need to bear in mind: "Be on your guard, stand firm in faith, be a man of courage, be strong; do everything in love." (1 Cor. 16:13-14)

We have re-started the **Men's Breakfast** and will have more after Easter. Two other upcoming events to consider: **Cursillo Men's Weekend, May 9-11, at Galilee House** (Arnprior, ON). If you are interested, please complete the application form at www.oacm.ca and speak to Fr. Stephen. **Band of Brothers, May 23 - 25, at Camp Iawah** (Godfrey, ON). To register, go to: <https://bandofbrothersottawa.ca/>.

Men from St. Paul's would be happy to talk with you about these events. For more information, contact Ray Brule: raybrule@gmail.com.

King Charles III Coronation Medal

Congratulations to Moira Green upon receiving the King Charles III Coronation Medal for exemplary service to her community. In a ceremony led by local Member of Parliament Jenna Sudds, 34 members of the local community were honoured with this award. Thank you to them all, and to Moira for making our community a better place. Read more about the ceremony and the award here: <https://jennasuddsmp.ca/news/honouring-our-local-heroes-king-charles-coronation-medal-awards>



Church Happenings



We celebrated St. Patrick's Day with music and dinner on March 21. The evening was a huge success: we sold 97 tickets, raised \$1370, and a great time was had by all! Photos by Matthew Stortz.



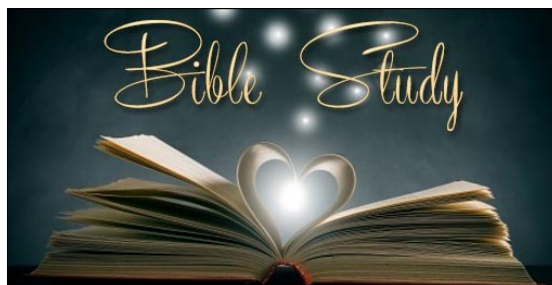
Wednesday Bible Study

In-person and Zoom

Each week we discuss the Bible passages for the coming Sunday and consider how they apply to our lives. Everyone is welcome! On the first Wednesday of each month, the study will be held in person only in the church and will be combined with the Eucharist. On the other Wednesdays, it will be held only on Zoom. To join our Zoom study, please use this link:

<https://us06web.zoom.us/j/82271983630?pwd=REF1dEVRRQWJFUVp3VS9yRXBsWENZdz09>
Meeting ID: 822 7198 3630, Passcode: 360679

Every session (in-person and Zoom) will be recorded for our Youtube channel: <https://www.youtube.com/StPaulsAnglicanChurch>



Financial "Fun Fact"

Did you know...

The Primate's World Relief and Development Fund (PWRDF) has changed their name to reflect their work, which promotes food security, gender rights, conservation agriculture and income opportunities around the world: **Alongside Hope** - Anglicans and partners working for change in Canada and around the world. Please visit their website for more information: <https://alongsidehope.org/>

In addition to our Diocesan apportionment for mission, the parishioners of St. Paul's have directly donated over \$3300 to PWRDF (now Alongside Hope) over the past 12 months. Thank you!

Alongside Hope (formerly PWRDF) Updates

submitted by Philippa Wilson

News on the Branches of Hope Project, March 2024

I would like to thank everyone who participated in the Ottawa diocesan project, the Branches of Hope, which we shared with you last year, March 2024. For those of you who planted trees and those of you who donated. This Project was a great success both environmentally – adding to the global canopy and also in providing sustainable food for the Ugandan community at St Jude's Family Projects. Thanks to your generosity, you contributed to 410 trees being planted in Ottawa (10 purchased by St Paul's parishioners) and 23,000 trees were planted in Uganda, including a variety of native and fruit bearing species. The project has been recognized globally on the Anglican communion's website The Communion Forest.

Branches of Hope: A Story of Twinning Trees – Ottawa and Uganda – Communion Forest



PWRDF's New Name: Alongside Hope/Auprès de l'espoir

After almost two years of listening together and planning, PWRDF has chosen a new name. The new name was approved at a Special Members meeting held Tuesday, October 15, 4 p.m. ET, in accordance

with our corporate bylaws.

In 2022, we selected a Task Team of staff, board members and volunteers from across Canada. This team gathered on Zoom with the goal of identifying a compelling name – a name that better reflects our work, and one that would sustain our work into the future. In these and other discussions with stakeholders and staff, one dominant theme emerged: **partnership**.

PWRDF is all about partnerships. In fact the former Primate, Archbishop Fred Hiltz, used to say the “P” in PWRDF could have easily stood for partners.

- **We partner with local organizations** who carry out the work that you support – life-giving work that improves food security, champions gender rights, provides training on conservation agriculture, and creates income opportunities.
- **We partner with membership organizations** that allow us to be part of a larger network. These include the Anglican Alliance, the ACT Alliance, the Canadian Foodgrains Bank, KAIROS, Cooperation Canada, among others.
- **We partner with funding agencies** including Global Affairs Canada, businesses and a growing number of private and family foundations.
- **We partner with the Anglican Church of Canada, Anglican dioceses, spiritual ministries and ecclesiastical provinces**, through their bishops and their PWRDF Representatives, who support our programs and invite us to spread the good news of PWRDF at synods and other meetings.
- **We partner with parish representatives, clergy and countless volunteers** in the pews across the country, who share our stories and engage others in our work.
- **We partner with our generous donors**, without whose support none of our partners' work would be possible.

This theme of partnership or accompaniment is woven throughout the Bible, but the task team was

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Alongside Hope

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drawn to the story of the road to Emmaus. Days after Jesus died, the disciples were walking from Jerusalem to Emmaus, still grieving their loss. As Luke writes, the resurrected Jesus came alongside them, but they did not know it was him. Jesus travelled with them and then accepted their hospitality to dine with them. In the breaking of bread, their eyes were opened and they recognized him. When we walk alongside one another, Jesus accompanies us. We are strengthened and comforted and recognize Jesus when we share in his feast.

As we walk alongside each of our partners, supporting, listening and sharing with one another, we embrace and embody the hope of a better world. Thus was born our new name:

- Alongside Hope: Anglicans and partners working for change in Canada and around the world

Auprès de l'espoir : Anglicans et partenaires œuvrant pour le changement au Canada et à travers le monde
Alongside Hope conveys the concept of partnership in a simple and uplifting way.

- It is easy to understand and to pronounce.
- It requires no lengthy or clumsy acronym.
- It de-emphasizes the colonial, top-down approach of giving and emphasizes a more collaborative approach.

It is a name that will carry us forward into the future.
[Watch a video of the new name presentation](#)

You'll note our new name pairs well with our existing icon. This continuity will improve brand recognition as we transition to **Alongside Hope** over the coming year. Though you will be hearing people talk about **Alongside Hope**, the changes to our website and social media will not take effect until March 1, 2025. This will allow us time to complete tax receipts for 2024 under the PWRDF name.

We are excited and energized about the possibilities of Alongside Hope and look forward to your support. Please watch this space and other future communications for an FAQ sheet where we intend to answer your questions as they arise. Please send your questions to pwrdf@alongsidehope.org.



Congolese refugees at the Nyarugushu refugee camp, where Alongside Hope has been partnering with Church World Service.

PWRDF/Alongside Hope issues urgent appeal for partners hurt by aid cuts

March 26, 2025, By Carolyn Cummins

In the wake of massive cuts to international development assistance by the U.S. Government and some European governments, Alongside Hope partners are reporting that progress is being undone, programs are being forced to shut down, and families and communities are living in uncertainty about their futures.

The damage done is staggering. We cannot possibly fill all the gaps, but to maintain as many vital programs as possible, Alongside Hope is launching an urgent appeal to donors. Your support of the "Resilience Fund" will allow Alongside Hope to provide partners with additional support for refugees, HIV-related needs and for women recovering from gender-based-violence. These include:

Tanzania

Families supported by Church World Service who were preparing for a new life in the United States and had already left the Nyarugushu Refugee camp and given away their possessions were forced to return to the camp with nothing, their dreams of resettlement shattered with the suspension of the US Refugee Resettlement Program.

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Kenya

Children are already missing life-saving anti-retroviral medications. And their caregivers are no longer receiving vital support. 42 staff at National Council of Churches Kenya who were providing youth mentorship programming and support for school fees have been laid off, affecting 8,000 youth and 8,000 orphans and vulnerable children. Children are no longer able to attend school.

Mozambique

A five-year program with partner EHALE that was improving maternal health services and access to health care for young mothers was forced to shut down.

Democratic Republic of the Congo

Plans for a program with the Panzi Foundation that would have brought dignity to women recovering from gender-based violence have been shelved.

Haiti

Medical services and referrals for community members working with Rayjon Share Care are not being provided due to cuts to hospitals that had been receiving USAID supplies.

How you can help

Please pray for everyone who is affected by these devastating funding cuts.

You can support Alongside Hope partners by donating to the **Resilience Fund** online, or by phone at 1-866-308-7973. Or you can mail a cheque to Alongside Hope, 80 Hayden Street, 3rd Floor, Toronto, ON, Canada, M4Y 3G2. Please indicate "Resilience Fund" in the memo field. Please visit our website: <https://alongsidehope.org/>. The original PWRDF website will redirect you automatically.



Alongside Hope

Anglicans and partners working for change
in Canada and around the world



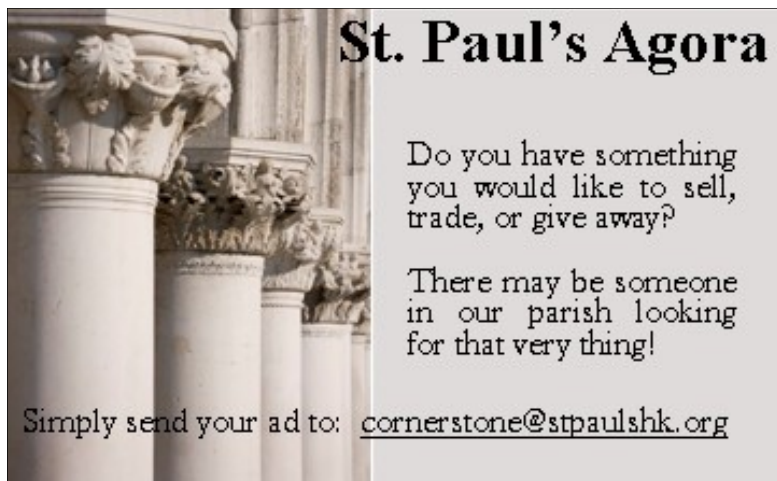
Auprès de l'espoir

Anglicans et partenaires œuvrant pour le changement
au Canada et à travers le monde

Just for fun







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

'Quilts for Kids'

The Tuesday morning Quilters have beautiful hand-quilted items for sale. Prices range from as low as \$20 up to \$55. This is a fundraiser for the church. Please support us. If you wish to purchase a quilt, please contact Joan Ferrier at 613-270-1104.





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