

# CORNERSTONE

April, 2026

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Kanata, Ontario  
K2L 1W1  
613-836-1001  
[www.stpaulshk.org](http://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

**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** First Sunday of September, November, January, March and May, following the 11am service.

## Inside this issue:

- **Message from Fr. Stephen**
  - **Holy Week Service Schedule**
  - **Good Friday Family Event**
  - **Men's Corner**
- ...and more!**

May edition deadline:  
**Tuesday, April 28, 2026**

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



## A message from Father Stephen

### The Courage that sets us Free

A few years ago, I watched *The Darkest Hour*. This is a very good film about Winston Churchill's leadership during the first year of World War II. Gary Oldman played the Prime Minister, and rightly won a best actor Oscar for his efforts.

However, what struck me most about the film was not the great acting, but the way it showed how close Britain was to defeat when Churchill took power. In the spring of 1940, the war was not going well for Britain. On the very day Churchill became Prime Minister, May 10, Germany invaded the Netherlands and Belgium. Soon afterward, German panzer divisions punched their way through the French forces and into France itself. The British Expeditionary Force, which had been sent to help defend France, was being encircled and would soon be trapped in Dunkirk on the shores of the English Channel. The Luftwaffe commanded the skies, and the French army was in retreat.

So, within days of becoming Prime Minister, Churchill faced the surrender of Belgium, the weakening of the French military, and the possible annihilation of Britain's army. The USA offered no firm promises of help, France was inching towards surrender, and the Royal Navy wasn't confident it could fend off a maritime invasion. Even worse, members of Churchill's war cabinet were telling him that victory was unlikely and that surrender was the only sane option. The situation was bleak.

Yet, Churchill didn't surrender. He resolved to fight. This wasn't because he was confident of Britain's victory: the military situation was truly bleak and he suspected that an invasion might soon follow. He pledged to fight even to the death because he saw clearly how evil the Nazi menace was. It must be resisted. Whether Britain won or not, he knew that ultimately good would prevail — even if it meant tremendous loss to him and his nation. Resisting it was the right thing to do, so it had to be done regardless of the consequences. Thank God, the outcome defied expectations and we won. Yet, it would have been different without the courage of one man resolving to hold firm.

This firmness in the face of what seemed like certain defeat is an echo of Christ's firmness as he faced the cross. There are many ways to look at the terrible events of the cross, but what has struck me most this year is the resolve of the man who let himself be nailed to it. His decision to accept the will of his Father meant accepting what would seem like a colossal failure: a kind of powerlessness in the face of dark and evil powers. We see this accusation of failure in the jeers of the crowds, taunting him as the one who could save others but who couldn't save himself.

In taking up the cross, Jesus undertook a course of action which would end in a worldly defeat. We can misunderstand this acceptance of defeat as a kind of pathetic passivity, where Jesus simply lets people abuse him. However, this isn't what really happened. He isn't merely a passive victim. He is actively bearing the cost of doing what was right, even when the results would be painful.

Jesus finds himself in this situation because of his unrelenting courage in standing for the truth, and doing what God reveals is right for him. This was the pattern of his entire life: he criticizes the powerful for the abuse of power. He forgives sinners, though it

*(Continued on page 3)*



*(Continued from page 2)*

makes the righteous jealous. He refuses to follow the demands of crowds when they ask for free bread or for armed revolution. He doesn't break down in front of Pontius Pilate despite enormous pressure to beg for his own life. He doesn't call down angels to lift him from the cross when he hangs there in agony.

The terrible ordeal of the cross is the portrait of a man so committed to what is right that he will not let any outcome — no matter how horrible — prevent him from doing it. He isn't motivated by the thought of a last minute escape, or frightened by the thought of looking like a failure. He knew people would think he failed. Even his own disciples thought he did.

Instead, he is motivated by trust that God will vindicate him. Nothing else matters. He does what is right because he commits his fate to God's power: not his own, and not anyone else's. That's why his last words were, "Father, into your hands I commend my spirit" (Luke 23:46). We celebrate Easter because he was right to trust so completely. God raised him from the dead.

This is a lesson for us to learn. None of us could ever bear the weight of the cross which Jesus bore. He alone was capable of it. Yet, Christ assures us that we will all bear our own version of that same cross. We all must bear the weight of saying what is true and doing what is right in the face of uncertain outcomes. Sometimes it means doing it in the face of what seems like certain failure.

For Churchill, this cross was heroic. For us, it usually means something more mundane. Yet the principle is the same. It means thinking clearly about what needs to be done and doing it in whatever situation we find ourselves. That may mean putting our foot down with our kids, even when they won't see the point and will kick up a fuss. It may mean owning our mistakes and failures even when we know our apologies might not be accepted. It may mean correcting a friend when necessary, even if they won't take it well. It may mean trying yet again to correct a bad habit in ourselves, even when we know we may fail. And it may mean loving our neighbour, even when they don't seem to appreciate it.

This is the daily business of faith: doing what God asks of us even if we aren't sure it makes a difference. We can never be sure of the effect of our actions. Faith simply asks us if we're sure God knows what He's doing when He asks us to do them. Are we sure He does? If we are, why let fear of failure keep us from doing it?

It's not easy. We all get spooked at the thought of failure. However, this Easter let's remember how the "failure" of the cross turned out. It ended in the victory over the grave. Remember this, and let's resolve to do the small things God asks of us without thinking too much about how they will be received. Instead, think of what God did when He received His Son's spirit. He raised him from the dead.

Stephen<sup>+</sup>

## Vestry Theme for this year

**But you shall receive power  
when the Holy Spirit has come  
upon you: and you shall be  
witnesses to Me in Jerusalem,  
and in all Judea and Samaria,  
and to the end of the earth.**

Acts 1:8

## Holy Week Service Schedule

### MARCH 29 - PALM SUNDAY

#### Regular Sunday Service Times

This eventful day commemorates Jesus' triumphant entry into Jerusalem, where he prepares for his ordeal on the cross. Services include the blessing of palms, a dramatic reading of the Passion story, and Eucharist. Children's ministry is available at the 9am and 11am services.

### APRIL 1 - WEDNESDAY IN HOLY WEEK

#### 10am Eucharist

A quiet service of holy communion, featuring readings and sermon, but without music.

#### 7pm Tenebrae

A traditional service of shadows, reflecting in song, chant, and scripture Jesus' journey to the cross. The service is opened by candlelight, and gradually each candle is extinguished as we get closer to the cross. It is a dramatic visual preparation for the events of Maundy Thursday and Good Friday.

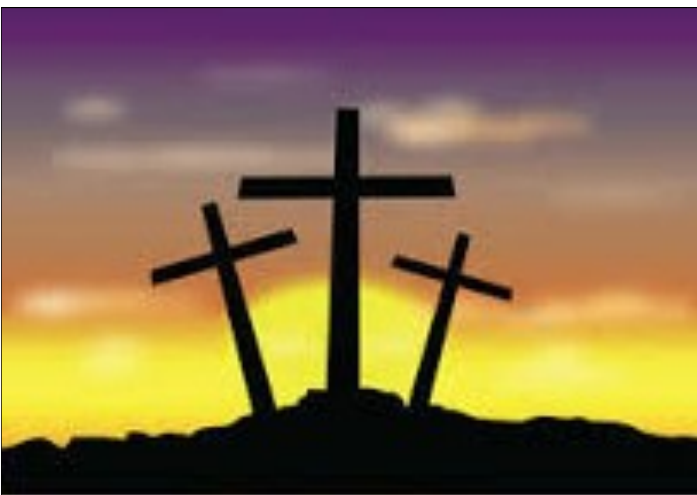
### APRIL 2 - MAUNDY THURSDAY

#### 7pm Eucharist, Foot-washing, and Stripping of Altar

This service recalls the fateful evening when Jesus ate with his disciples, instituted the Eucharist, washed his disciples' feet, and then was betrayed and arrested. This year will not feature a meal, but will instead will take place in the church nave and sanctuary.

#### 9pm - 7am Prayer Vigil

Parishioners are invited to sign up for one hour to pray during the night, in solidarity with Jesus' prayer vigil on the night of his betrayal. Prayer takes place



individually in the privacy of each parishioner's home.

### APRIL 3 - GOOD FRIDAY

#### 10am Celebration of the Lord's Passion

This service recalls Jesus' trial, crucifixion, and death. It involves a reading of the passion narrative, a homily reflecting on its meaning, and solemn intercessions for the peace, reconciliation, and forgiveness of our church and nation.

### APRIL 4 - EASTER VIGIL (SATURDAY)

#### 8pm Eucharist and Service of Light

This deeply meaningful service involves lighting the new fire of Easter, symbolizing the resurrection of Christ from the dead. Readings from the Old and New Testaments are then read by candlelight, and together point to God's work in history as His plan for redemption unfolded. The service ends with a renewal of baptismal vows and the Eucharist. A wine and cheese reception follows in Rutter Hall.

### APRIL 5 - EASTER SUNDAY

#### Regular Sunday Service Times

This joyful service takes place during regularly scheduled Sunday worship times. Children's ministry is available at the 9am and 11am services.

## Good Friday Family Time

April 3, 4pm-6pm

Join us from 4-6pm on Good Friday, April 3, for our annual children's craft and story afternoon. We'll be engaging with the challenging events of Holy Week and Easter in an age-appropriate way. Parents are encouraged to participate in the activities with their kids. The afternoon finishes with a light meal.

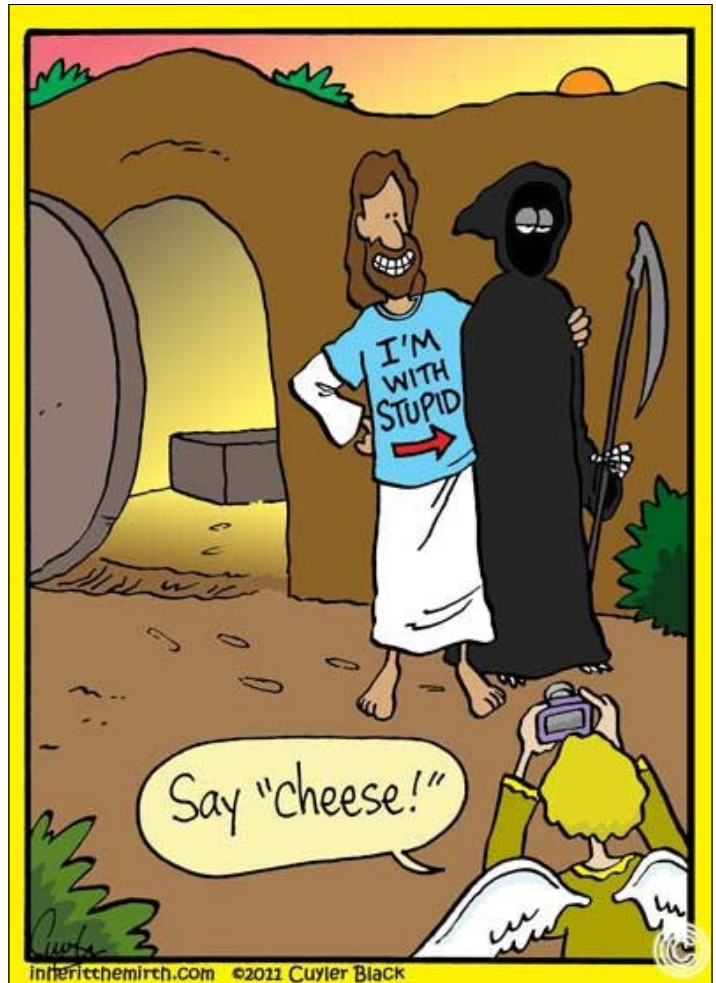


# Church Happenings

On March 20 we gathered to enjoy a St. Patrick's Day supper and live music. 110 tickets were sold and \$1880 raised. Special thanks to Mark, Wayne, Fr. Stephen, David, Kim, Lorna and the musicians. A good time was had by all! Photo submitted by Danielle Mackenzie.



# Just for Fun



## ESL Program

We are considering offering language instruction to recent immigrants. After discussing this with parish council, we believe this is something God might be leading us to in the new year. The project would be simple: to offer a regular opportunity for conversation in English, in a relaxed atmosphere. A similar project has been operating successfully in other churches around our country. Click this link for an example from St. Paul's, Toronto: <https://www.meetup.com/eslcafe/>

To make this work would require committed volunteers. The work involved is not overly demanding, and doesn't require special training. However, it requires openness, patience, and compassion. To help us with our discernment, please give some thought to whether God might be calling you to this kind of service. If we receive a good response from volunteers, we can decide to move forward and develop a plan for the project.

Please give this some thought, and let us know if this might interest you by emailing Fr. Stephen at: [fr.stephen@stpaulshk.org](mailto:fr.stephen@stpaulshk.org).

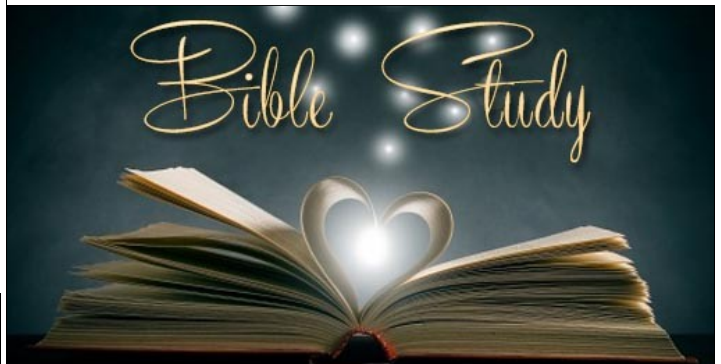
## Wednesday Bible Study


### 10am, In-person or 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.

Link to join our Zoom study: <https://us06web.zoom.us/j/83161909398wd=1JHZuIAUvWKbvyHJYvoE2vPPYwjUwN.1>  
 Meeting ID: 831 6190 9398  
 Passcode: 281739







## Honour A Veteran



**Pay tribute to your loved ones who served with honour, courage, and pride - a meaningful way to recognize the family members and friends who bravely served.**

**Cenotaph Memorial Stone - Applications available for April 2026**





**For more information and application forms, Contact**  
**Moira Green**  
**613-592-3376**  
**70 Hines Road**  
**Kanata**

CPT ROBERT J. RABAZZO 1. EAST TANK BTSY FOR WWII	LT COL J. S. T. KATHLE ED BLACK WATCH 1887-1944	SPR EARLEST WILKINS WARWICKS REG 1899-1918	C.F. TAYLOR COAST & ART 1933-1945	LILLIAN M. WILLIAMS ACTUR WW II	ARTHUR A. BOBRASSA ACTUR WW II
SC. L. J. WESTCOTT 3. BN BCR KOREA	R. GOODMAN 8TH B. HAST BURMA JET 1939-1945	PNT ARTHUR CHARROLL 414 CINA 1895-1917	JOHN EDWARDS SAPPER RE ENG. STEERS WW II	BARDSLEY REG WALKER J. C. DOWSCOTT 1943-45 WWII	SGT GORDON E. FLEMING BCAF DIED 1941 23 90 REMEMBER WWII

## Calling all Knitters!

### For the Kanata Food Cupboard

We are looking for people to knit or crochet hats and mittens to be distributed by the Kanata Food Cupboard. Yarn will be provided.

If you are able to help, please contact Ann Piche at [pkatolson@hotmail.com](mailto:pkatolson@hotmail.com).



## Men's Corner

### Devotion and Upcoming Events

Lent is almost finished; it's time to get closer to God. Here is a devotion - **Blueprints for restoration** - copied with permission. I pray you read, meditate and encounter God.

*Ray Brule*

### Restoring Connections

*... build up the ancient ruins*

*... repair the ruined cities - [Isaiah 61:4](#)*

Three relationships broke when man fell, so long ago: the relationship between man and God, the relationship between man and himself, and the relationship between man and other men (and women). Our jobs *now*, brother, are to repair and rebuild those relationships, in our own unique ways, as much as we can during our lifetimes . . . and to encourage and assist others in doing likewise. Our King, Jesus Christ, gave us our instructions - love "God with all your heart and with all your soul and with all your mind" and love "your neighbor as yourself" ([Matthew 22:37-39](#)). His two-part directive covers all three relationships: love God more than anything else; love yourself sufficiently; and love other people at least as much as you love yourself. It's all there.

So how do we begin? Well, we restore relationships with God when we soften our hearts, decide to trust him more than we trust ourselves, and bend ourselves toward obedience. We restore relationships with ourselves when we soften our hearts and decide to care for ourselves as God intends, finally dealing with self-condemnation or idolatry or addiction (to work, to food, to alcohol, to pornography, or anything else). And, we restore relationships with others when we soften our hearts, decide to look around for people who need us, and bend our lives toward loving and serving and forgiving them.

Okay, so what do we do?

Take a moment to survey your life. Which type of relationship is most broken? If none is obvious,

take time for listening prayer. Ask your counselor, God the Holy Spirit, to guide you. Once you've focused-in on what's most in need of rebuilding, what's most in need of repair, you've got your own, individualized blueprint for "what's next." Begin working on it this week. Start with something practical.

Your brother in Christ,



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### Upcoming Events

#### Men's Breakfast

Saturday, **May 2, 2026**, 9:00am

Men's breakfast @ St. Paul's, in double classroom-lower level

Guest speaker - **Father Bob Albert**

Topic: Hearing and obeying God's call.

#### Band of Brothers Boot Camp

**May 22-24, 2026**

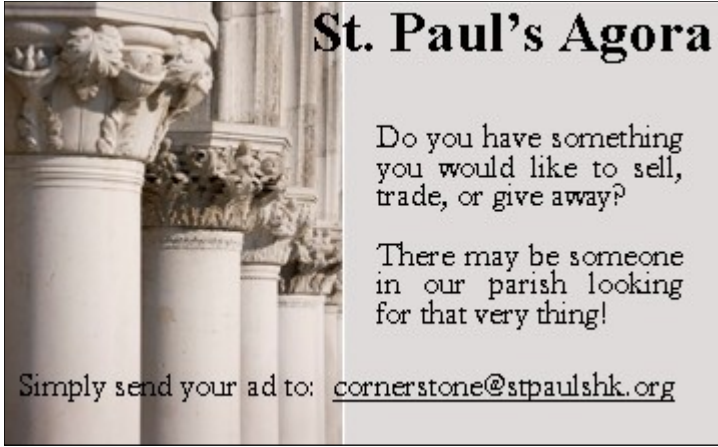


Program runs from Friday, May 22 at noon to Sunday, May 24 at 1pm, 2026, at Camp Iawah in Godfrey, ON.

Early Bird registration \$279 + Payment fees until April 30.

Regular price \$299 + Payment fees starting May 1.

<https://bandofbrothersottawa.ca/>



## 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](mailto:cornerstone@stpaulshk.org)



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### Turkey Platter for Sale

This photo is one I found on the Internet, which matches exactly the one I have had for 60 years, with a fruit and leaf border pattern, which seems to be rare, from my searches. It measures 3cm in height x 36 cm across x 48 cm in length. It is vintage white enamel stamped Santos Portugal, number #8702. The platter is in perfect condition - no scratches, chips or marks. I would like \$90 cash for it. Please contact Pauline at [dandorpc@rogers.com](mailto:dandorpc@rogers.com).



**Anthony Bucciarelli**  
613-796-9858



[airugohvac@gmail.com](mailto:airugohvac@gmail.com)

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FURNACES · AIR CONDITIONERS · GAS LINES · TANKLESS HWT  
HUMIDIFIERS · GAS APPLIANCES · BOILERS  
FUEL CONVERSIONS · DUCT WORK

### '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 Linda Keech at 613-592-5069.

