

# CORNERSTONE

February, 2024

20 Young Road  
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

**8:00 a.m.** – Said Service and Eucharist.

**9:15 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.

**Seniors' Service** The second Thursday of each month at 10 a.m.

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

## Inside this issue:

- **Message from Fr. Stephen**
  - **Shrove Tuesday Pancakes**
  - **Ash Wednesday Services**
  - **Lenten Movie Nights**
  - **Vestry Meeting Feb 18**
  - **150 Anniversary Feb 25**
  - **Stewardship**
  - **Wednesday Bible Study**
- ...and more!**

March edition deadline:  
**Tuesday, February 27, 2024**

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



## A message from Father Stephen

### Remembering for the Future

One of the most famous French novels of the 20<sup>th</sup> century is [Remembrance of Things Past](#), by [Marcel Proust](#). It's a long novel, but it grew very popular in the English world because of its theme of memory and how it can shape us in ways we don't fully understand.

A famous scene from early in the novel is an incident with a cookie. Proust's family had owned a country home in his youth, but as he entered adulthood, he realized that he hadn't remembered much about it. Despite many hours spent there, it remained mostly forgotten. One day while in a café, Proust bites into a [madeleine](#), which he had dipped into his tea. Suddenly, he remembers that this is something his aunt used to do at the country home. This taste not only reminds him of his aunt, it opens a flood of memories from his childhood which had been hidden from him before. These form the beginning of the novel.

This month, we begin a year of remembrance at St. Paul's. On February 22, 1874, our parish held its first service. On February 25, 2024, we'll be holding a celebration to remember it. Being the 150<sup>th</sup> anniversary of the parish, no one with us today will have memories from that day when the parish was founded. What we do have, however, are pictures and stories passed down from generation to generation. Like Proust's madeleine, these tastes of history can serve to show us things that have shaped us in ways we may not have realized were important.

One of these memories is the role our church has played in the community of Hazeldean. Our church wasn't founded through central planning from the bishop's office. Instead, local Anglicans decided that there was a need for a spiritual home in this community. Banding together, relying on donated land and donated labour, they built a church that would serve as a community hub. Through service to neighbour, and honour to God, they knew this parish could help make this village into a close-knit community.

Through the generations since, parishioners of St. Paul's may not have remembered all that this first generation did, but we have kept working towards the goals they set for us. One of the greatest blessings our church has provided to Kanata is the focus it has kept on community bonds. So much of our history has been wrapped up in community suppers, Christmas bazaars, and public concerts. We've helped settle refugees, fed hungry families, and visited the elderly. We have kept community bonds strong and helped make our area one of the most pleasant neighbourhoods in Ottawa. And we've done it as Hazeldean moved from being a sleepy farming village to a bustling suburb. Throughout it all, this constancy of service has continued while everything around us has changed.

What God has done here in the past is a good indication of what He intends to do in the future. This time of looking back can be an inspiration for us as we look to the years ahead. While we can be certain that changes will come to Kanata, the Holy Spirit is still leading us to be consistent in our care for the community throughout those changes. How can we help the new residents who may come from different ethnic and religious backgrounds from us? What do we do to reach out to those who live in loneliness and who find it hard to forge friendships? And how do we show young generations that the hopelessness infecting our culture doesn't need to capture them?

Our gospel message, and the St. Paul's community that holds on to it, will keep inspiring us to answer those questions in real, practical ways. Let's allow the old stories we hear this year inspire us towards another 150 years of service, confident that God will provide all things necessary for our growth, well-being, and effective ministry.

*Stephen+*

## Shrove Tuesday

### Pancake Supper, February 13

Mark your calendars now for our fun annual tradition on the eve of Lent. **Pancakes will be served on February 13, from 4:30 to 6:30 p.m.** The meal includes pancakes, real maple syrup, sausages, beans, desserts, tea & coffee. Gluten-free pancakes and vegan beans will be available, as well as take-out orders.



Tickets will be available at church on February 4 and 11. This year, the tickets are free; however, we will be asking for a free will offering. All profits will go towards our school supplies fundraiser, coordinated by the Kanata Food Cupboard.

Volunteers are needed! If you have any questions, or are able to help out at the event, please contact us: Linda <[keech@rogers.com](mailto:keech@rogers.com)> or Barbara <[redfox0501@yahoo.com](mailto:redfox0501@yahoo.com)>

Thank you! We look forward to seeing you there!

## Ash Wednesday Services

### February 14, 10:30am and 7pm

**NOTE ABOUT PALMS FOR ASHES:** By tradition, ashes for this service are made from palms used in the previous year's Palm Sunday service. If you have palms at home, please put them in the baskets in the narthex. We'll burn them in preparation for Ash Wednesday.



Ash Wednesday is the traditional beginning of the Lenten season, named for the practice of imposing ashes on people's foreheads. Ashes are an ancient sign of repentance, reminding us that we are mortal and must one day answer to our Creator. It prepares us for the Lenten journey, and helps us better understand the sufferings of Christ on his journey to the cross.

On February 14, we're offering two opportunities to receive the Eucharist and the imposition of ashes. In the morning, we offer our regular bible study at 10am, followed by a quiet service of Eucharist starting at 10:30am. It takes place in person only (not online).

The evening service takes place at 7pm, and will include a sermon and hymns. It takes place in person and will also be broadcast online.

## Church Happenings

*Tickets were sold out for the Robbie Burns Supper this year, which was held on January 26, 2024. Guests were treated to a great meal, wonderful recitations, and fabulous music. It was nice to see new guests smiling and having fun alongside familiar faces - this is certainly a reflection of St. Paul's warmth and welcoming hospitality.*

*We would like to thank everyone who tirelessly helped out - you provided a memorable night of fun for so many people, we are grateful!*

*Tom, Anne, Danielle, and Colin*

*Photo submitted by Danielle Mackenzie.*



## Annual Vestry Meeting

### Sunday, February 18, 11:30am

This year, vestry will take place on February 18 at 11:30am. It will finish by 1pm at the latest. We encourage participants to bring a bag lunch.

**PLEASE NOTE: we will only be offering 2 services on February 18, at 8 a.m. and 10 a.m.**

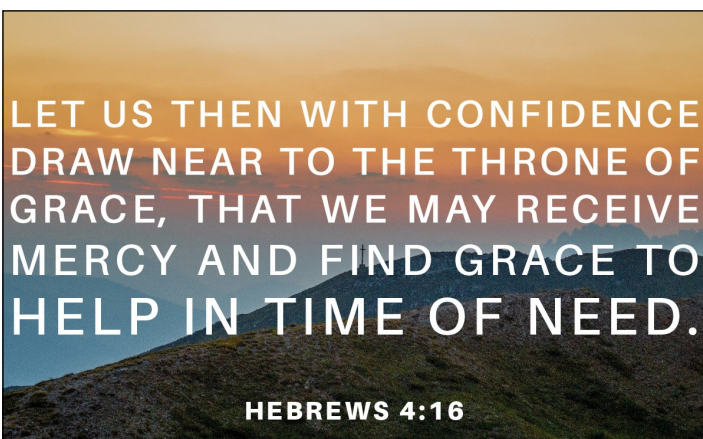
Vestry is our church's annual general meeting. There, we present financial and other important data from the past year, as well as a review of our ministries. We also present the next year's budget for approval, and elect or appoint new leaders to important parish positions.

### Pre-Vestry Financial Review

For those interested in a more detailed picture of our finances, the churchwardens and treasurer will be hosting a pre-vestry financial meeting on **Saturday, February 17, at 10 a.m.** It takes place downstairs at the church, in the double classroom.

This is not a decision-making meeting, but is a more informal gathering which allows more time for questions and discussion. It will include a more detailed presentation of the church's financial picture than is offered at the vestry meeting.

### Our Vestry Theme for the year ahead



## St. Paul's 150 Anniversary

### Sunday, February 25, 10am

The first church service in our parish was held on February 22, 1874.

**This year we celebrate our 150th Anniversary!**

Three distinct churches have stood on this property since then, but our parish is far more than buildings. The people and families here are the heart and soul of the parish.

To celebrate this lively community's achievements, we're planning a number of events over the coming year. **On February 25, we will kick off these celebrations at a 10am service with a visit from our bishop.** Bishop Parker will be celebrating a confirmation and a thanksgiving for our parish's ministry. We will also be dedicating the parish nursery in honour of Canon Rick and Judy Marples, and the chapel in honour of Canon John Bridges. The service will be followed by a potluck lunch.

To help us make this year special, we're asking for pictures, artifacts, and memorabilia from our parish's past. If you have items you would like to lend us for display, please contact George Ingraham at [george.ingraham64@gmail.com](mailto:george.ingraham64@gmail.com).



Other celebrations of this special anniversary are planned. Stay tuned!

# Lent and the Gift of Faith

## A message from the Stewardship Team

Lent is often associated with self-denial, and giving things up. So, we often find ourselves scrambling to choose what to drop when we see Lent coming. It can become the Christianized version of New Year's resolutions (or maybe just our second go at them!) - giving up sweets or swearing off social media. While Lent is indeed a time to shift our habits, we may not always consider why we do such things. Why does the church observe Lent, and what good does it do for us?

Over the past few months, our church has been looking at spiritual gifts and how God uses them to help us live out our calling as Christians. Lent is one way that the church helps us develop one of the most foundational of these gifts: the gift of faith. Unlike other gifts, like hospitality, administration, or leadership, faith is a gift which isn't dependent on our natural talents and abilities. Instead, it is a gift that helps us develop all the other gifts God gives us.

One of the most popular definitions of faith comes from the Bible itself (Hebrews 11:1): "Faith is the assurance of things hoped for, the conviction of things not seen." In other words, faith is a basic belief that God has control of the future, and that He can be trusted even when we may not feel or see Him. This trust is what encourages a person to start using their gift of hospitality in a new way, maybe by inviting a new person out for coffee when you meet them at church. It is what guides someone to sign up to lead a new venture for the church or non-profit, trusting that God will help them take on leadership in ways not known before. The same is true for our other gifts: we have the courage to start using them only when we trust that God will lead us to use them well, and will be there for us when we face rejection or other setbacks.

This foundational quality to faith is why a whole season of the church year is devoted to it. Lenten practices are designed to help us grow in our trust of Christ as the one who can always be counted on. By encouraging us to give up some things, the church encourages us to consider who we can rely on when our regular supports are taken away. For

example, we may be in the habit of eating snacks when we are anxious, or scrolling through social media when we feel unsatisfied. These can become our go-to methods of dealing with worries, but they don't really solve anything. Instead, they may actually keep us from asking Christ for His help and comfort. By giving up things like this for Lent, we are left only with Christ to rely on. Those times of relying on Christ alone are when we find out Christ can be trusted in full.

Just like any relationship, our relationship with Jesus grows more trusting and meaningful as we see how reliable He is. Each time we give things up in Lent, and put more of our confidence in Jesus, we find that He is worthy of our trust. That gives us confidence to use spiritual gifts we may not have had the courage to use before.

This Lent, take some time to consider how you can deepen your faith - by removing something that's holding you back, adding something to help you grow, or a combination. Is there something you should put aside, in order to put more trust in Christ? Consider giving it up for the season. Is there something you could add to your daily rhythms, such as attending worship regularly or praying more consistently, that would nurture your faith? Consider adding it to your routine. Is there some gift God is wanting you to develop more fully? Consider trying it this season, doing something you haven't had the confidence to do before.

Faith is often difficult, because it requires the courage to trust God in deeper and deeper ways. Yet, it is the ground from which God's blessings grow - and when you tend to it, it will yield fruit. Trusting Him brings hope when outward appearances seem grim. It brings peace when circumstances are troubling. And it brings joy in the midst of an often-sorrowful world. These are the blessings God wants to bring you. Let this Lenten season be the time your faith grows more ready to receive them.

*Your Stewardship Team: Mark Stalter, Tracy Albert, Francis Christensen, and Kristen VanderHoek*

## Lenten Series

### Wednesday Movie Nights

During Lent, we'll be offering a selection of films which help us reflect on Christian life and faith. **On Wednesdays through Lent (except March.13), we meet in Rutter Hall starting at 5:30 p.m. for soup and a bun. The movie starts at 6:30 p.m.**

Entrance is free, but we collect a free will donation to help cover costs.



Our first movie night is **Wednesday, February 21**, with the screening of *The Secret Garden*. This children's film is suitable for adults and children alike, and tells the story of God's work in transforming children through the power of nature.

Here is the full schedule:

- Feb 21 – The Secret Garden
- Feb 28 – A River Runs Through It
- March 6 – O Brother Where Art Thou
- March 20 – The Mission

## Warm Clothing Needed

Every winter, as temperatures drop, many in Ottawa find it hard to cover the cost of warm clothing. We're looking for new or gently-used items like socks, winter coats, toques, scarves and gloves, which will be donated to local shelters. Baskets are set up in the foyer for collection. Please consider helping.



## Calling all Knitters! For the Kanata Food Cupboard

We are looking for people to knit or crochet hats or scarves 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).



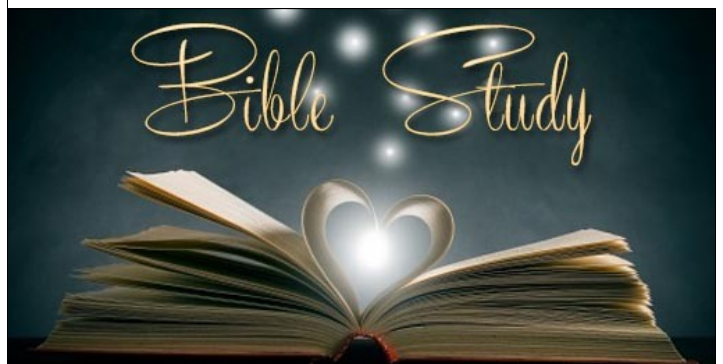
## Wednesday Bible Study 10 a.m. In-person or via Zoom

Each week we discuss the Bible passages for the coming Sunday and consider how they apply to our lives. The study is led by one of our clergy. Participation is encouraged, but listeners are always 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:

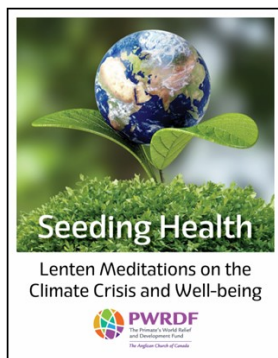
<https://us06web.zoom.us/j/82271983630?pwd=REF1dEVROQWJFUVP3VS9vRXBsWENZdz09>  
Meeting ID: 822 7198 3630, Passcode: 360679

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



## PWRDF Lent Resource

### Seeding Health daily emails



Health and well-being - without one, the other simply isn't possible. Likewise, the well-being of humans isn't possible without a healthy planet; something we are discovering every day as we face a growing and global climate crisis.

This theme is at the centre of PWRDF's 2024 Lent Resource. Every day of the Lenten season, you will receive a daily email with a reflection from Dr. Sylvia Keesmaat, on what health, well-being and good living require of us in our lives and our relationships with one another, with creation and with God. As you will read, things begin to break down when human beings separate themselves from creation, exploiting it as a commodity, or separate and exploit one another. In so doing, we separate ourselves from the Creator.

On this journey through Lent, PWRDF invites you to join Dr. Keesmaat as she walks with us, meditating on our current climate crisis and the well-being of ALL of creation, human and non-human, and offering us lessons in repair and restoration that are both profoundly ancient and current.

Sign up on the PWRDF website: <https://pwrdf.org/Lent2024/>

#### About Dr. Sylvia Keesmaat

Renowned biblical scholar, Dr. Sylvia Keesmaat is the past co-chair of the Bishop's Committee on Creation Care for the Diocese of Toronto. She offers on-line courses at Bible Remixed, and speaks widely on issues connected to climate justice and the Bible. Sylvia is the co-author, with Brian Walsh, of *Romans Disarmed: Resisting Empire, Demanding Justice*, and is currently writing a book on ecological grief and hope in the biblical story. She lives on Russet House Farm, an off-grid permaculture farm in the Kawartha Lakes of Southern Ontario, on the traditional territory of the Michi Saagiig Anishnaabeg, with her husband, Brian Walsh, and a fluctuating number of people and animals.

## Pints and Parables

Feb 7, 7:30, at the Royal Oak

Pints and Parables is our monthly evening of conversation and fellowship. It's a casual gathering, with light conversation and a new topic each time. This month's topic is "Love: Act or Feeling?"

We meet on Wednesday, February 7, at 7:30 p.m. at the Royal Oak, 329 March Road, Kanata.

To help with planning, please let us know you're coming by contacting Cheryl Teeter at [cheryl.teeter@gmail.com](mailto:cheryl.teeter@gmail.com). See you at the Royal Oak!



### Just for fun

As part of the admission procedure in the hospital where I work, I ask the patients if they are allergic to anything. If they are, I print it on an allergy band placed on the patient's wrist. Once when I asked an elderly woman if she had any allergies, she said she couldn't eat bananas.

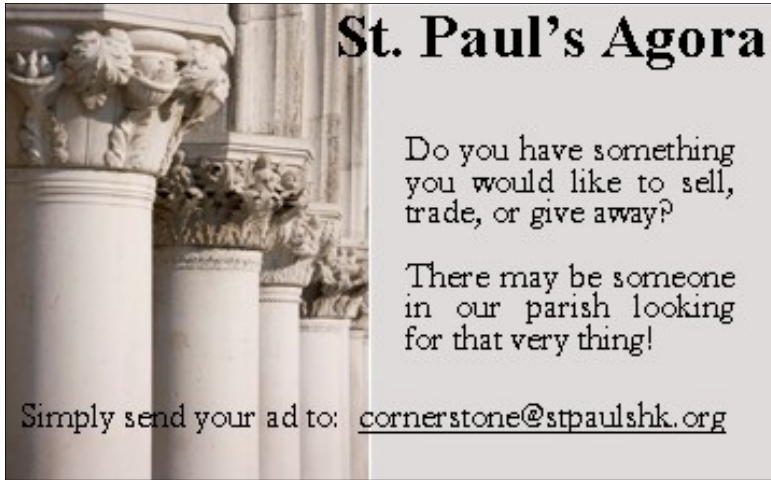
Imagine my surprise when, several hours later, a very irate son came out to the nurse's station demanding to know, "Who's responsible for labeling my mother 'bananas'?"

### And one more...

On February 14, I'm giving up Word and only using spreadsheets.

It's going to be Excel Lent!





## 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)

### 'Quilts for Kids'

The Tuesday morning Quilters have beautiful hand-quilted items for sale. Prices range from as low as \$20.00 up to \$55.00. 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.



**Bradley Hiscock McCracken  
Lawyers**

[pbradley@bhmlaw.ca](mailto:pbradley@bhmlaw.ca)  
[www.bhmlaw.ca](http://www.bhmlaw.ca)

**Paul K. Bradley**  
B.F.A., M.F.A., J.D.

Business Law  
Wills and Estates  
Real Estate

Phone: 613 825 4585  
Fax: 613 825 5101  
1581 Greenbank Road  
Ottawa, Ontario K2J 4Y6

## DANNY NAILS & SPA



### 613-836-8819

**Terry Fox Plaza**  
500 Hazeldean Road, unit 110  
Kanata ON K2L 2B5

**Tel: (613) 836-8819**

*BUSINESS HOURS*

MON-FRI 9:00AM - 7:30PM  
SATURDAY 9:00AM - 6PM  
SUNDAY 10:00AM - 5PM



EDgewater St.  
TERRY FOX PLAZA  
HAZELDEAN RD.

we accept: CASH  

WALK INS WELCOME!

FREE WIFI

on google type danny nails & spa see inside  
[www.dannynailsspa.ca](http://www.dannynailsspa.ca)



RESIDENTIAL • COMMERCIAL

WE ARE COVERED BY INSURANCE AND WSIB

500 Hazeldean Rd., Unit 110  
Kanata ON K2L 2B5

**Tel: 613-853-0010**

 Dannytrancleaningservicesinc  
 Dannytrancleaningservicesinc@gmail.com  
[www.dannytrancleaningservicesinc.com](http://www.dannytrancleaningservicesinc.com)







## DANNY MOVING

SERVICES Ltd.

Pickup & Delivery

RESIDENTIAL • COMMERCIAL

WE ARE COVERED BY INSURANCE AND WSIB

500 Hazeldean Road, unit 110  
Kanata ON K2L 2B5

**Tel: (613) 793-5678**

 [Dannymovingservicesltd](https://www.facebook.com/Dannymovingservicesltd)

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

[www.dannymovingservicesltd.com](http://www.dannymovingservicesltd.com)

