

# CORNERSTONE

February, 2025

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

**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**
  - **Candlemas Litany**
  - **Vestry, Feb 23**
  - **Ash Wednesday, March 5**
  - **Lent Book Study**
  - **Stations of the Cross**
  - **150th Anniversary Reflection**
  - **Wednesday Bible Study**
- ...and more!**

March edition deadline:  
**Tuesday, February 25, 2025**

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



## A message from Father Stephen

### Asceticism in the City

Over the past few weeks, I have been listening to a podcast called *Desert Fathers in a Year*. It is led by Bishop Erik Varden, a Roman Catholic bishop and monk, and it looks at the first generations of monks in the Christian church.

These were men and women in the third, fourth, and fifth centuries who felt God's call to leave civilization behind and make their homes in the desert. There, they devoted themselves to prayer, study, and asceticism (self-denial).

They are often called the fathers (and mothers) because many of them developed a reputation for profound wisdom, won through their constant devotion to God. Christians would travel miles into the desert to consult them for their wisdom, and to beg them for their prayers. As a result, they had a strong effect on the church even though they lived on their own.

I've been finding the podcast helpful because it talks about these people not as superhumans from another world, but as average people who decided to take God's call on them seriously. They took on practices of fasting, prayer, and solitude not so they would



prove their willpower, but so that all their natural appetites would learn to serve the greater goal of honouring God.

When their stomachs rumbled and told them to drop everything to find some tasty morsel, they worked to remind the stomach that it was made to serve God, not their own appetites. So, its demands had to wait until the proper time. When their souls begged them for entertainment, they worked to remind the soul

that it too was made to serve God, not their need for distraction. So, its demands too had to wait until the time was right. These things worked to produce the holy people they became: people who had natural human desires and demands, but who assigned those desires and demands to their proper place.

For most of us today, modern life makes those desires hard to control. While the desert monks and nuns had their share of temptations, they didn't have traffic to deal with, or cell phones pinging with urgent-sounding messages, or a thousand shows available for streaming, or Uber Eats on speed-dial. We find ourselves dealing with these things constantly, and they often lead us to indulge in ways we didn't really intend. As a result, most of us find ourselves with a dim sense that our appetites aren't occupying the right place in our lives.

Appetites, while themselves neutral, can often feel like our masters rather than our servants. We feel the urge to order food, even when we aren't really hungry. We check our phones even when there isn't really anything on them worth looking at. More and more, modern people feel a deep unease with the place that appetites have in our lives, but we don't often have much idea what to do about them. So, we dream sometimes about running off to start a homestead in the country or becoming a muscled gym bro, too focussed on bodily health to worry about frivolous concerns. Whether or not these have any value, the truth remains that very few of us will ever follow through on such dreams.

That's where something Bishop Varden said in the podcast really helps. He noted that the monks in the desert didn't start off as spiritual giants. Neither did they start as gym bros or YouTube influencers. They were mostly just average, unremarkable people. Most of them only headed to the desert after years of gradual discernment. They achieved what they did because they were convinced that God wanted them to start where they were, and to let Him decide where they would end up.

(Continued on page 3)

*(Continued from page 2)*

Saint Anthony of the desert, one of the first and most famous of the Desert Fathers, spent years as a Christian before discerning a call to monastic life. His greatness didn't come because of being a monk, but because he heard God's call and answered it. Other saints of his era spent years in discernment before becoming priests, or scholars, or remaining as tradespeople, parents, or political leaders. They too became great in the Kingdom of God, even when their paths led them in different directions. What was important to their holiness was not where the person ended up, but whether the person was willing to let God order their lives in such a way that their appetites and desires came to serve under God's control.

There is a short documentary on YouTube about a contemporary monk. Fr. Lazarus El Anthony is a Copt, and part of the same tradition as the Desert Fathers, who lives in a cave in Egypt, near the monastery founded by St. Anthony. It gives us a glimpse into the motivations, challenges, and blessings of life apart from the world: [https://www.youtube.com/watch?v=TqPOPkj4\\_T8](https://www.youtube.com/watch?v=TqPOPkj4_T8).

I don't believe my destiny is to become a desert monk, and it is unlikely to be a calling God will lay on many of you. But, like Anthony and every great saint who has gone before us, He does have a calling for you — even if it is simply to remain on the course you are on. The important thing is to find a way to place yourself under Christ's direction, and to let him shape your desires and appetites in the right way.

As we get closer to Lent, now is the time to start considering how you might start doing this: what can you find ways to start putting your appetites in the right place, so that Jesus' call on you can be heard more clearly? Here are a few things Bishop Varden suggests which might be helpful ways to start, with no desert necessary.

**Embrace Patience.** City life discourages patience at every turn. We fume at traffic jams on the way to work. We fidget and scroll on our phones while we wait in line at Starbucks. We get snippy with our kids when they take too long to get into their snowsuits. In every instance, we get frustrated because the world refuses to operate on our timetable. Yet, as Christians, we know that God refuses to operate on our

timetable, too. Until we accept this, we will always be hindered in our attempts to draw close to Him. God wants us to seek His help in letting go of this desire to control our own timetable.

This Lent, make a habit of asking God to bring your impatience under His control. Start each day with a simple prayer, and repeat it throughout the day: "Thank you God for your patience and love for me. Grant me your patience, that I may be patient with myself, with others, and with every situation I will face today. Amen." Then, do your best to practice it in the small interactions you have throughout the day. Work to fidget less and to calm yourself more when things aren't moving at the pace or direction you wanted.

**Embrace Humanity.** We're all humans, of course. Yet, city life has a way of keeping us from seeing this. We pass people without looking at them. We talk at people rather than talk with them. Almost everything about city life encourages us to avoid the entanglements which come with real relationships with other people. We so often want to be masters of our own time and energy, and so we give in to our desire to avoid inconvenience. As a result, we can spend all day surrounded by people but still feel lonely. God didn't make us to live like this. In fact, the very first thing in Scripture which God calls "not good" is Adam's loneliness. This is partly because Adam, the first human, needs human companionship. But it is also because a life lived without human connection makes it impossible to live with a connection to God. To be fully human, and fully in connection with our God, requires that we overcome our desire to stay unattached.

This Lent, consider ways you can embrace the social dimension of your humanity. Start by taking time to listen more attentively to your children or coworkers, and ask questions that help you understand them better. Look the cashier in the eye when you speak to her at the grocery store. Stay for coffee hour at church, and make a point of getting to know someone you don't know well.

**Embrace Stillness.** One of the desert monks' greatest gifts to the church was their ability to give people a sense of peace. They did this because they had a

*(Continued on page 4)*



(Continued from page 3)

sense of inner stillness that their visitors and disciples felt deeply, even when they themselves felt harried and harassed. While we don't have the benefit of a quiet desert to quiet our inner turmoil, we can invite God to control our impulse for constant stimulation. Even in the city, God presents us with opportunities to embrace silence and peace. When we take advantage of these opportunities, they can create a sense of peace in us that lasts even when those quiet moments are gone. The people around us will come to benefit from our unruffled calm and learn to see the value in surrendering to God's higher calling for their lives.

This Lent, consider devoting time for silence every day. Try something as simple as sitting in a comfortable chair for 7 minutes a day, without anything to do or listen to. When going for walks, turn off your headphones and listen to the ambient sounds of your neighbourhood. When attending church, arrive a few minutes early and sit in silence as you wait for worship to start.

None of these practices are radical, and none will turn you into a monk or nun. What they may do, however, is help turn your appetites from being your masters to God's servants. That taming may be the very thing you need to help you see where God is calling you: to greater faithfulness in your present life, and perhaps a new direction for the years to come. Lent is coming soon, so why not take time in the coming weeks to ask where God is directing you to bring your appetites before Him? Remember, though our appetites tell us that we cannot live without their tyranny, they lie. With God's help, we can put them in their proper place. Act now, for you have nothing to lose but your chains.

In the peace of Christ,

Stephen<sup>+</sup>

## Annual Vestry Meeting

February 23, 11:30am

Vestry is our parish's annual general meeting. We will meet in the church on Sunday, February 23 at 11:30am.

**Note that there will only be two services that Sunday: 7:45am and 10am.**

The **Pre-Vestry Financial Review** will take place on Saturday, February 22 at 10am in the Downstairs Classroom. This is an opportunity to go over the financial statements of our church in detail, and provides more time for questions and answers.

The Vestry Theme for the year following our Annual Vestry Meeting will be 1Corinthians 15:58: "Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labour is not in vain."

## Vestry Theme for this year

Therefore, my dear  
brothers and sisters,  
stand firm. Let nothing  
move you. Always give  
yourselves fully to the  
work of the Lord,  
because you know that  
your labor in the Lord  
is not in vain.

1 Corinthians 15:58



# Church Happenings



*The Burns Supper on January 24 was a great success once again! 100 guests enjoyed a delicious roast beef dinner, entertaining recitations, and live music. It was a wonderful night of fun, laughter, and fellowship. Diane Marsh offered these comments, "At the Robbie Burns Dinner, everyone was Scottish for the night. It was an evening of great friendships, marvelous meals, fine wines, lilting poetry and fabulous music." And as an added bonus the event raised \$2800 for St. Paul's. A huge thank you to all who made this possible! Hope to see you next year. Danielle MacKenzie*



# A Litany for Candlemas

submitted by Rev. Stephen Silverthorne

Candlemas is one of the Church's oldest feasts, dating back to the 4th century. On this day, people traditionally brought candles to be blessed for use throughout the year. Also known as the Feast of the Presentation of Jesus, it is when Jesus' parents took him to the temple 'according to the law of Moses' (Luke 2:22-40). It is from this passage that we get the "Song of Simeon," the Nunc Dimittis (Luke 2:29-32):

*Sovereign Lord, as you have promised,  
you may now dismiss your servant in peace.*

*For my eyes have seen your salvation,  
which you have prepared in the sight of all nations:  
a light for revelation to the Gentiles,  
and the glory of your people Israel.*

**A CANDLEMAS LITANY: To be prayed from the Feast of the Presentation (Feb.2) until Lent**

In peace, let us pray to the Lord.

By the mystery of the word made flesh,  
Good Lord, deliver us.

By the birth in time of the eternal Son of God,  
Good Lord, deliver us.

By the revelation of this child's birth in angels songs  
and the brilliance of a star,  
Good Lord, deliver us.

By the baptism of Jesus in the River Jordan,  
Good Lord, deliver us.

By the joy at Cana's wedding  
feast,  
Good Lord, deliver us.

By the call, freely answered by  
disciples,  
Good Lord, deliver us.

By Christ's glory, revealed on  
the mount of transfiguration,  
Good Lord, deliver us.

For thy holy, catholic, and apostolic Church,  
We pray to thee, O Lord.

For the witness of thy faithful people, that we may be  
lights in the world,  
We pray to thee, O Lord.

For an end to all violence and strife, that all may live  
in peace and security,  
We pray to thee, O Lord.

For the poor, the persecuted, the sick, and those in  
any trouble,  
We pray to thee, O Lord.

That with Simeon and Anna, we may trust thy prom-  
ises, recognize thy presence, and proclaim the Gospel  
in word and action,  
We pray to thee, O Lord.

O GOD OUR FATHER, whose Son was revealed to  
Simeon and Anna as the light of the nations and the  
glory of Israel: grant that, guided by thy Holy Spirit,  
we may live by the light of faith until we come to the  
light of glory, through Jesus Christ our Lord. Amen.

*Taken from the St. Augustine's Prayer Book, Revised  
Edition, 2014.*



## Ash Wednesday Activities

### March 5, 9am-4pm, 7pm Service

On Wednesday, March 5, we'll observe a traditional service of Holy Eucharist with imposition of ashes at 7pm in the church. During the day, we'll have a special program for children.

**Palm crosses wanted!** Our traditional practice is to use palm crosses from last year's Palm Sunday service to burn for use as ashes in the Ash Wednesday services. If you have crosses you would like to donate, please bring them in on Sundays, and place them in baskets provided in the Narthex. Thank you!

### CHILDREN'S PROGRAM

The children's programme is a special Ash Wednesday activity day, held from 9am to 4pm. As a religious festival, children are permitted to be excused from school without penalty. The day is open to children from Junior Kindergarten to Grade 6, and non-parishioners are welcome.

The program is free, but donations are gratefully accepted. Lunch will be provided, and the day will feature worship, crafts, and activities intended to introduce children to Lent in an age-appropriate way.

**Volunteers needed!** We're looking not only for participants but also volunteers to help supervise. Teens in need of volunteer hours are welcome to help.

More details are coming soon. Please contact Allison Barnum for more information: [childrensministry@stpaulshk.org](mailto:childrensministry@stpaulshk.org)



## Lenten Book Study

### Begins March 11, 7pm

Fr. Stephen and Tabea will be hosting a study in their home over Lent on the book [\*Chasing Humility\*](#) by Joel Stepanek. The book looks at what godly humility is (hint: it's not having a low opinion of yourself), and how to incorporate solid practices into your life which help you grow in humility.

Each study will be held on Tuesday evening at 7pm, and will finish by 8:30pm. It starts on March 11. Snacks and beverages will be provided. The study is free, but will require purchase of the book. Please let Fr. Stephen know if you plan on coming, or if you have any questions: [fr.stephen@stpaulshk.org](mailto:fr.stephen@stpaulshk.org).

## Stations of the Cross

### Begins March 7, 11am

This ancient prayer discipline walks us through the last steps of Jesus on his journey to the cross. It invites us to consider each step as a way of drawing closer to Christ, and appreciating his love for us. Over Lent, Fr. Stephen will be leading the Stations of the Cross in our church on Fridays at 11am, beginning March 7. The stations do not require any past experience in prayer, only a quiet spirit and desire to know Jesus better. It is an informal service, and involves stopping at each of the "stations crosses" currently featured on the interior walls of our church. After each session of the stations is over, a simple lunch of soup and bun will be served. Lunch is free, but we will be asking for volunteers to help make the soup. Contact Fr. Stephen for more info: [fr.stephen@stpaulshk.org](mailto:fr.stephen@stpaulshk.org).

## Financial "Fun Fact"

Did you know...

Our parish generously donated and forwarded over \$13,700 in outreach funds to local missions in 2024, including Hollyer House, Cornerstone Housing for Women, PWRDF, our summer water mission (various shelters), Kanata Food Cupboard and CHEO.

# A Reflection on St. Paul's 150th Anniversary

by Sarah More

Sincerest thanks to Fr. Stephen for inviting me to write a Reflection for St. Paul's Church's 150<sup>th</sup> Anniversary. Thank you, too, to Mathias Joost, author of *The History of St. Paul's, Hazeldean-Kanata*, for publishing this History for the 140<sup>th</sup> Anniversary. I enjoyed reading it and was impressed by the similarities between the World's reception of Jesus' birth and St. Paul's Church's reception of Jesus' legacy.

As a preacher's kid, I love Christmas Carols. A favourite one is *Mary Was The First One To Carry The Gospel* by The Gaither Vocal Band. It reminds me that Mary, in spite of her fear of God's call on her life, agreed to the angel's request. (Luke 1:26-38)

## Joseph's First Dream

Likewise, Mary's husband, Joseph, overcame his fear of God's call on his life, by submitting to his first dream (Matthew 1:20-21), thus sparing the lives of Mary and The Son of God.

I'm certain our immigrant ancestors were fearful of saying goodbye to their homeland and loved ones in order to cross an ocean and forge a home and family in the dense woods of Canada. Like Mary and Joseph, though, they were willing to literally walk by faith to the place God had called them. Are we willing to overcome fear to walk by faith like our ancestors did? Maybe God is calling us to carry the Gospel, too? When we agree to walk by faith, we become stepping stones in God's great Redemption story of the World!

## Joseph's Second Dream

In Matthew 2:12, the Magi are warned in a dream not to go back to Herod, thus sparing the life of the Son of God a second time. In Matthew 2:13, Joseph is warned, in a second dream, to leave Bethlehem and flee to Egypt.

In 1873, James & Alice Mulligan donated a field for the building of the first church. (p.11) 20 October 1935, a devastating fire destroyed this building. (p.39)

John Wesley once called himself a brand plucked out of the fire of his father's parsonage, into the wait-

ing arms of his Rescuer, at the tender age of five, just as the roof collapsed. Likewise, plucked like a brand from the fire, St. Paul's pews, stained glass windows, the small organ, floor coverings, and a few other artifacts, were rescued from the burning building by more than a few brave Volunteers.

## Joseph's Third Dream

In Matthew 2:19-20, while in Egypt, a third dream came to Joseph who was told that it is safe to go back to Israel. "Those who were seeking the child's life are dead." After the 1935 fire and Great Depression (1929-1939), WWII (1939-1945) and the Holocaust (1933-1945) were waiting, bringing more Emigrants to the area.

Why did The People feel it was important to rebuild at the height of the Depression? "The war also seems to have brought out more generosity to and interest in the church." (p. 47)

In their rebuilt stone church, Members of St. Paul's became even more of a blessing to the Nations by breaking bread with others. Their first language may not have been English but they came from countries rich in culture and cuisine.

I imagine there was exchanging of recipes; enjoying home-cooked meals together; as well as, the formation of life-long friendships; and even some marriages, including Petty Officer Gordon Hand (a member of St. Paul's) and Dorothy Elizabeth Craig, both of Hazeldean. (P.47)

Members of St. Paul's who served in WW2 include: Cyril Bennett, Allan Bradley, Earl Bradley, Garland Bradley, Weldon Bradley, William Bradley, Allan Craig, Edwin Cummings, Gerald Grant, Owen Grant, Robert Grant, Gordon Hand, Lloyd Hand, Thomas, Arthur Johnson, Harry Johnson, Mervyn Richards, William Scharfe, James Skimmings, Herbert Wall, Lorne White, Harry Wright. (P.46)

"Greater love hath no man than this, that a man lay down his life for his friends." (John 15:13, KJV)

(Continued on page 9)



(Continued from page 8)

“The only thing necessary for the triumph of evil is for good men to do nothing” (John Stuart Mill, 1867, often attributed to Edmund Burke). Do we find it difficult to accept the sacrifice of our Heavenly Bridegroom or do we long to return His love for us?

### Joseph’s Fourth Dream

In Matthew 2:22, because he had been warned in a fourth dream, Joseph awakens to depart for the region of Galilee instead of going to Judea. Joseph was a humble tradesman who did what he could, with what he had, where he was. He simply “Kept Calm and Carried On.” Many godly people like him, whose kind words and deeds are known only to God, have faithfully and quietly, been bringing near the Kingdom of God.

After The Greatest Generation celebrated the end of two World Wars, they set about rebuilding their lives. Change was coming as times were tough. Like true Followers of Christ, though, St. Paul’s Members were redeeming Society by helping care for their less fortunate neighbours.

Thus, the Kanata Food Cupboard was founded in 1985 following a discussion at a Christian inter-church ministry council meeting regarding the social services needs of Kanata.

Their website quotes Heather Colls of St. Paul’s: “We didn’t have a social agency. We didn’t have anything out here, and the city of Ottawa said, ‘use what we have downtown, or you can do your own thing.’” So, for almost 40 years (1985-2024), St. Paul’s hosted the Kanata Food Cupboard, before it moved to a larger location last July.

### The Magi

In Matthew 2:11, the Magi brought: 1. Gold for a King, 2. Frankincense for His sacrificial offering, and 3. Myrrh for His burial.

By 2002, St. Paul’s Members were discussing the need for a larger building on the same site. The new St. Paul’s was officially dedicated September 19, 2004 with Bishop Peter Coffin presiding. (pp.76,79)

Like the Magi, St. Paul’s Members willingly brought gifts, too, to worship The King of Kings!

1. In the early days, when gold was scarce, Members offered potatoes, chickens, and other items from the harvest. (p.30) With assistance from the Diocese, Members and Friends were able to raise \$2.7 million to build the new (2004) St. Paul’s.

2. After talking with Fr. John Bridges, Fr. Craig Bowers, a stone carver, offered to take care of the altar. Fr. Craig had just sold his business, so Bud Loney of Smiths Falls offered the use of his shop and brought in the black granite. Granite was favoured over marble due to its’ durability. Fr. Craig, his father, Bud Loney, and his son, Chris, installed the altar top and the cornerstone. Fr. Craig also engraved in the altar top: the Jerusalem cross, being a central part of the life of the church. In recognition of the area’s English, Irish, and Scottish origins, Celtic crosses were engraved in the four corners. ~ Fr. Craig Bowers, 16 January 2025

3. Who can forget Fr. John’s offer to install the hardwood flooring? Hammering the nails into the wood, I wonder if it reminded him of our Lord and Saviour stretching out His hands on the hard wood of the Cross that all might come within the reach of His saving embrace?

### Conclusion

Are we afraid to answer God’s call on our lives? Have we considered walking by faith and stepping out of our comfort zones? I remember visiting my ancestors’ homeland with a young adults’ short-term mission team. Several times, I thought about canceling but was reminded by God’s Word that we should “Fear Not!” It turned out to be a life-changing experience. Let us make a resolution this year to honour the sacrifices of those who came before us and offer ourselves as living sacrifices in their place.

*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. (Romans 12:1-2, NIV)*

## 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).



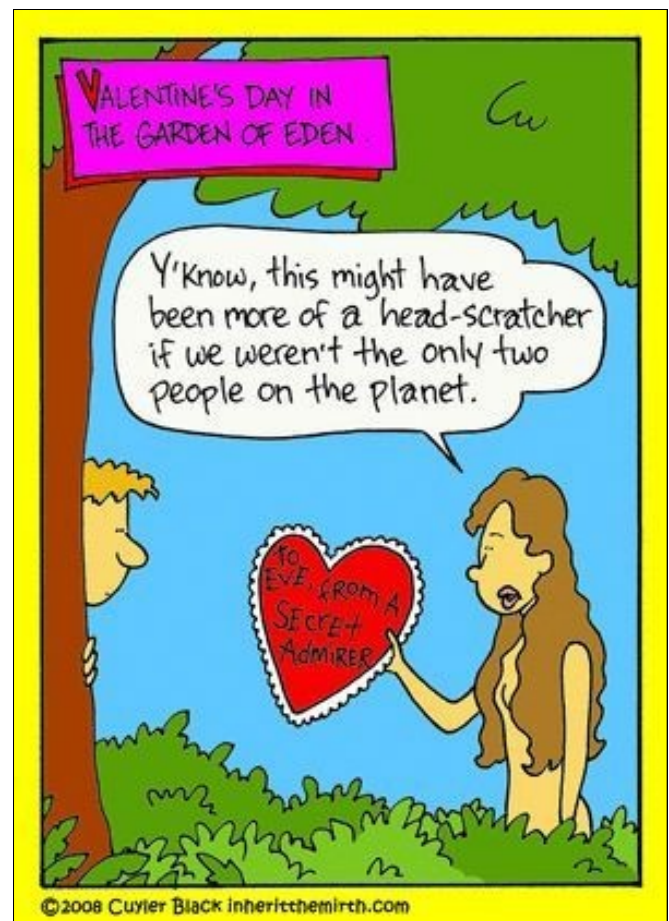
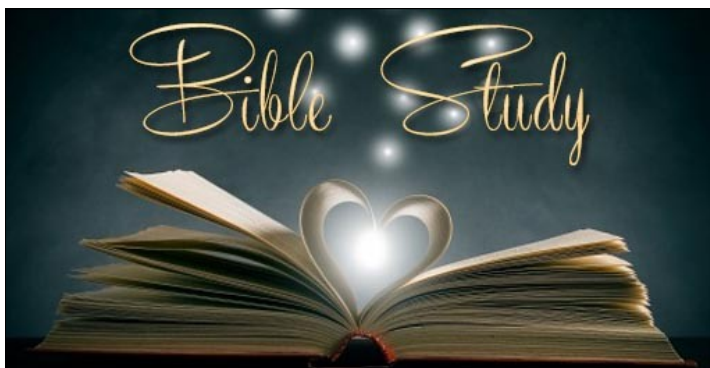
## Wednesday Bible Study In-person and Zoom

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=REF1dEVRQWJFUVP3VS9yRXBsWENZdz09>  
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>





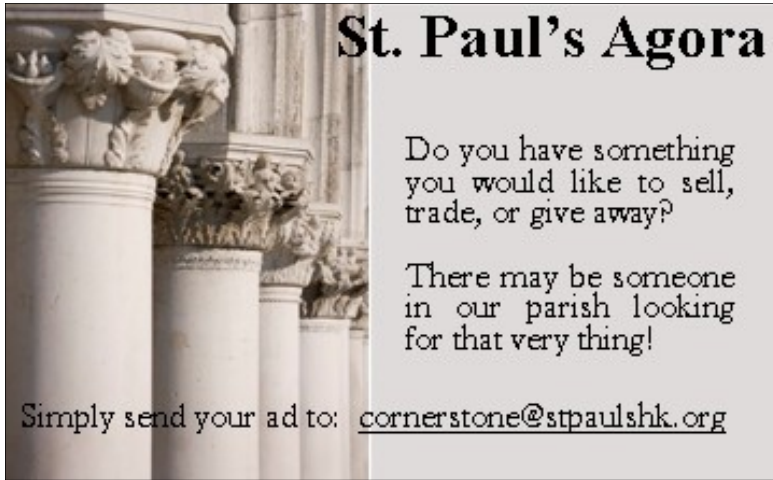
GODS

LOVE

has NO

LIMITS

Doodle Art Alley ©



## 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 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.




## 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

we accept: CASH    
**WALK INS WELCOME!**  
**FREE WIFI**  
on google type danny nails & spa see inside  
[www.dannynailsspa.ca](http://www.dannynailsspa.ca)




**Bradley Hiscock McCracken  
Lawyers**

**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

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



**Danny Tran  
CLEANING  
SERVICES Inc.**

RESIDENTIAL • COMMERCIAL  
WE ARE COVERED BY INSURANCE AND WSIB

500 Hazeldean Rd., Unit 110  
Kanata ON K2L 2B5  
**Tel: 613-853-0010**  
f 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**

f [Dannymovingservicesltd](http://Dannymovingservicesltd.com)  
✉ [dannymovingservicesltd@gmail.com](mailto:dannymovingservicesltd@gmail.com)  
[www.dannymovingservicesltd.com](http://www.dannymovingservicesltd.com)

♥ **HAPPY**  
*Valentine's*  
**DAY** ♥

