

CORNERSTONE

February, 2026

20 Young Road
Kanata, Ontario
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613-836-1001
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 First Sunday of September, November, January, March and May, following the 11am service.

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- ...and more!

March edition deadline:
Tuesday, February 24, 2026

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

Eyes on the Prize

February and March are always difficult months. The weather is usually bad, and the streets are covered in a brown slushy mix of snow and ice. Getting out of the house can seem like a colossal chore, and each time we return home we are faced with muddy footprints to clean and clothes covered in an ugly dusting of salt. All of these bring about different challenges to overcome, but of course this time of year brings us with a different kind of challenge as well. It brings us the Lenten season, with its focus on repentance and with its encouragement to take on additional spiritual challenges.

Each year during Lent we are asked to observe disciplines like giving things up, or to taking on new tasks. These disciplines can involve abstaining from certain foods or drinks, or from entertainments like television or social media. Often, these kinds of disciplines seem like obviously good things in themselves: it's probably a good thing to give up snacking, or to take on a new volunteering job.

However, I have often found that these come with real dangers. For me, one of the dangers is that I can come either to resent these new disciplines or to start taking an unhealthy pride in them. Take, for example, a Lenten commitment to avoid snacking. I've done this in many Lenten seasons. By mid-Lent, I have

usually either given up in despair or have started to brag to my wife about how many pounds I have been losing. While the latter is better for my waistline, neither of these results seem like the kind of thing Lent is supposed to be for. Despair and pride are not spiritually healthy, yet Lent has often brought to me an increase of both. Why do our Lenten disciplines so often do this? Aren't they supposed to help us grow spiritually, and become more faithful Christians?

This is a very real danger, and one that many people have experienced. Yet, this doesn't have to be the case. We really can grow through the observance of disciplines, but only if we approach them in the right way.

I believe that one of the main reasons that Lenten practices fall short is that we approach them like they are tests of our will and resolve. Can I stay away from chocolate for six weeks? Can I spend thirty minutes in prayer each day? Can I stay off my phone? This approach — treating disciplines like they are tests — will never help us grow. If we succeed, we will end up telling ourselves that we are strong, and that God is happy with us. If we fail, we will tell ourselves we are failures and that God is unhappy with us. Either way, we will be left with the idea that our worth, and God's love for us, depends entirely on our own efforts. This just isn't the case, and holding on to this idea is very damaging to our faith.

A better way of approaching the disciplines is to reframe what they are for. Lent isn't a stress test, designed to separate the strong from the weak. Instead, it is a journey to a better relationship with our God. Disciplines are part of the Lenten journey because they can be powerful ways of taking our focus off of ourselves and onto our God.

Consider again the example of reducing our snacking. Instead of approaching this as a test, we should be approaching it with the goal of helping us learn how our eating habits may be interfering with our relationship to God. The discipline can help us ask

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important questions of ourselves, like: after going a few days without them, when do we get the urge to snack? Is it just because we're hungry? Or are we reaching for food because we feel anxious, lonely, or sad? Are we turning to food to meet our needs, or are we turning to food as a substitute for addressing deeper needs within ourselves?

Often, the anxieties and other unpleasant emotions we feel can actually be tools God is using to turn us towards Him. Perhaps these things rise up within us because we have a wound that needs healing, or a sorrow that needs comfort. They can be like symptoms of an underlying disease, but we will never know what that disease is if we keep reaching for short-term solutions like snacks or other distractions. Disciplining ourselves to saying no to these distractions helps us see what the real issue is, and encourages us to bring that issue before God for the healing it needs. In other words, disciplines like these are not tests. They are merely tools to help us diagnose our real problems. When we start to think of the tool as the end goal, we end up losing the whole point of our Lenten journey.

So how can we stay on the right track this Lent? Perhaps the most important thing is to start thinking about this before Lent begins. Ask yourself what might be distracting you from the real issues that affect your life: what do you turn to when you're hurting or restless or unsatisfied? Whether it's eating, scrolling your phone, watching sports, or video games doesn't really matter — what matters is that it may be distracting you from something deeper.

Then, as Lent approaches, set a realistic goal for restricting these things. Can you go without them for the season, or would it be more realistic to allow some limited use? Be honest with yourself in this, and maybe set the goal just a tiny bit higher than you think would be comfortable. It's so easy to set the bar low and then find that we haven't really let ourselves feel what it's like to be without our distractions. Being a bit uncomfortable is part of the process, so plan on getting at least a little bit out of your comfort zone.

Share your goals with your spouse or with a good friend. Ask them to pray for you, and give them per-

mission to ask you how it's going. This isn't an invitation for them to criticize you. It's only an invitation for them to support you and provide you the encouragement you need to follow through on your goals. It's also an opportunity to share with them the times that you couldn't do what you had intended. People who love you will be able to remind you that this doesn't make you a failure, and that it doesn't mean that your efforts are in vain. Instead, they will be able to tell you the truth: that God wants what is best for you, so will help you back on the path to try again.

Lastly, make your discipline a daily part of your prayer life. Even if it's only for a few minutes a day, ask God to show you what the discipline is meant to reveal. What are you avoiding when you reach for the phone or the snack? As this comes into greater focus over time, ask God to bring healing and comfort to that part of you. Also ask Him if there are other places you should turn to in times of anxiety — places which would actually help deal with the issue rather than avoid it. Friendships, exercise, books, or a prayer app may be more wholesome and helpful avenues which God is leading you to for the healing and help you need.

In any case, at all times remember that the reason God does anything in your life — including Him leading you to do something difficult — is because He loves you. If you start to sense that God is asking you to give something up at Lent, you can be certain He isn't doing it just to test you. He is doing it so that you can be the free, alive, and joyful person He has called you to be. They may hurt at times, but the disciplines of Lent are diagnostic tools God employs to help you see more clearly what you need and to help lead you to Him, the Great Physician.

May God bless you in whatever challenge He is inviting you to take on.

Stephen+

Shrove Tuesday Supper

February 17, 5-7pm

Come celebrate the start of Lent at our annual Shrove Tuesday Pancake Supper on February 17! Pancakes, sausages, beans and fruit will be served from 5pm to 7pm, with gluten-free options available.

Come on your own or bring family, friends and neighbours. Donations will be accepted to cover costs and support St. Paul's Lenten initiative.

Volunteers Needed! We need cooks and decorators starting at 3pm, and table hosts and more kitchen crew from 4:15pm onward. We're especially hoping to involve young adults and high school students in helping out, but everyone is warmly welcome to volunteer! If you're interested in lending a hand in the afternoon or evening of Feb 17 – whether you're a teen, young adult, or simply enthusiastic about supporting our community – please let me know. There are roles for all ages and abilities, and your help will make a real difference.



Thank you!

Elizabeth Sabbagh

elizabeth.sabbagh@outlook.com

Ash Wednesday Services

February 18, 10am and 7pm

Eucharist with imposition of ashes: 10am and 7pm. The evening service will include hymns.

A longstanding tradition in the church is to begin the Lenten journey with the imposition of ashes made from the palm crosses distributed at Palm Sunday the year before. If you have palm crosses from last year, please consider bringing them to the church for us to use in creating the ashes for Ash Wednesday. A collection basket will be supplied in the narthex for the Sundays leading up to Lent.



Annual Vestry Meeting

February 22, 11:30am

The vestry is our parish's annual general meeting, where we present our financial statements, elect new leaders, and reflect on the year's ministry.



All are welcome to attend the vestry meeting, which will be held in person on Sunday, February 22 at 11:30. Parish members are entitled to vote.

Please note that on February 22 we will have only 2 services, at 7:45 am and 10 am.

There will be a pre-vestry meeting to discuss the financial reports in detail on Saturday, February 21 at 10 am in the downstairs classroom.

Our Vestry theme for the year ahead will be: "you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." Acts 1:8

Theme for the year ahead



Church Happenings



On January 23 we gathered to celebrate Robbie Burns Night with a Scottish dinner, haggis, poetry readings, toasts, and music. Photos submitted by Ian Mackenzie.

Alongside Hope Lenten Resource 2026

Journey through Lent with Alongside Hope

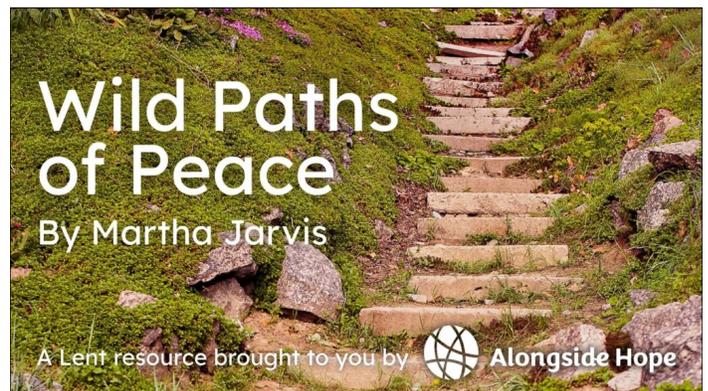
Wild Paths of Peace, written by Martha Jarvis, explores the hope of peacemaking at time of conflict in the world and in our personal lives.

As the Anglican Communion's Permanent Representative to the United Nations, Jarvis works to create partnerships between churches and UN teams as they respond to conflict, climate change and forced movement of people. Jarvis has also facilitated church-led peacemaking in South Sudan and Mozambique. Throughout it all, she's seen nothing that compares to the power of people coming back together after conflict, and ultimately, coming back to faith through Jesus.

This resource will be available for download as a PDF, or you can subscribe to receive it as a free daily email message throughout Lent (beginning on Ash Wednesday, February 18, 2026), on the Alongside Hope website: <https://alongsidehope.org/Lent2026/>.

Also on the Alongside Hope website, you will find:
The latest Alongside Hope News...

- Introducing Alongside Hope's 2026 Lenten Resource: *Wild Paths of Peace*
- A new year's resolution that changes lives all year
- A hand up from ARUWE inspires bright futures for young women
- Huge investment will boost disaster resilience in The Philippines

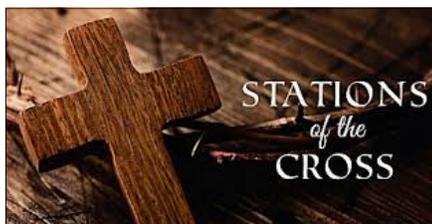


Stations of the Cross

Fridays, 11am, beginning Feb 20

This Lent, we will again be offering a regular Stations of the Cross service, followed by a light lunch. Join us each Friday in Lent at 11am as we observe this traditional service of devotion to Christ, reflecting on each stage of his journey to the cross. The service is simple, and will be led by Fr. Stephen. Takes place in the church nave, and begins on February 20.

No pre-registration is necessary, but volunteers are encouraged to sign up to provide soup for the lunch afterwards.



Episcopal Election Meeting

February 15, 7pm at St. Paul's

Our diocese is currently searching for a new bishop, and will hold an election on February 28 to elect her or him. Our parish will be represented by the Synod Reps chosen at our vestry held in February 2025. To help with your prayer and discernment, please visit the diocesan website. There, you will find information on the candidates, details on the election process, and information on the public meetings where church members will be able to meet the candidates:

<https://ottawa.anglican.ca/episcopal-elections-2026>

St. Paul's is hosting one of these meetings on Sunday, February 15 at 7pm. All are welcome to attend and meet the nominees. A light reception will follow.



Anglican
Diocese of
Ottawa

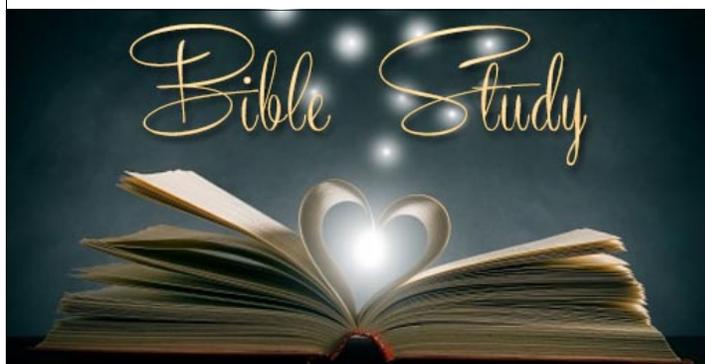
Wednesday Bible Study

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



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.



Men's Corner

Devotion and Upcoming Events

As we begin a new year, it's time to set new practices to get closer to God. Here is a devotion, copied with permission. I pray you read, meditate and encounter God.

Ray Brule

You weren't made to go alone Who Are Your Fellow Conspirators?

For where two or three are gathered in my name, there am I among them – Matthew 18:20

For many of us men, our default is *go-it-alone*. We prefer to work alone, make decisions alone, muscle through struggles alone, get credit for our accomplishments alone. *Go-it-alone* gives us control and allows us to avoid vulnerability. The problem is, our King, Jesus Christ, doesn't think much of the *go-it-alone* approach, especially in the service of others. He didn't *go-it-alone* during his time of ministry; he doesn't *go-it-alone* now (John 10:22-39; 14:7-14). And when he sent followers to preach and do miracles, he sent them in pairs, so they wouldn't *go-it-alone* either (Mark 6:7-13; Luke 10:1-12). Clearly this is important. But, why are pairs or groups such better units for service than is one man, on his own?

Well, the reasons are a few – and each is as compelling as the *ask-for-help* approach is counter to our nature. First, and most importantly, Jesus is uniquely present when two or more people join together in his name (Matthew 18:20). Moreover, two or more people, joined together, working together, in friendship and trust, are often more confident and more impactful, than is just one man (Ecclesiastes 4:9-12). And, two or more people, joined together, who know one another, who pray together and pray *for* one another, are more supported and more protected (from sin and from opposition), than is that same man, on his own (Ecclesiastes 4:10-12; Hebrews 3:13).

Okay, so what do we do?

Do you *go-it-alone*, brother? Take a moment. Wherever you're serving now, serving God and serv-

ing others – in ways large or small – consider whether it might be advantageous to pair-up with another follower of God. Pray and listen too. If the answer is yes, betray your instincts and your pride and ask God to send the right person. Then, begin to look around.

Your brother in Christ,

Justin

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Upcoming Events



Saturday, February 21, 2026

Impactus Men's Conference - Unshakeable

8am-4:30pm at Bethel Pentecostal Church, 500 Viewmount Dr, Nepean

<https://www.impactus.org/events/ottawa-2026/>

Contact Ray Brule at raybrule@gmail.com to get a group ticket (\$55)

Friday, May 22 at noon
to Sunday, May 24 at
1pm, 2026

Band of Brothers Boot Camp

Camp Iawah in Godfrey, ON



Early Bird registration \$249 + HST until April 30.

<https://bandofbrothersottawa.ca/>

2025 Tax Receipts

St. Paul's is now issuing tax receipts for donations made in 2025.

Paper receipts can be picked up in the narthex beginning Sunday, February 1. To avoid postage costs, please pick up your receipt before February 18.

Electronic receipts were emailed on Monday, January 26, 2026, titled "2025 Tax Receipt from St. Paul's Anglican Church." If you did not receive your receipt, please check your junk folder before requesting assistance.

If you have any questions or concerns regarding your tax receipt, please contact me.



*Francis Christensen,
Envelope Secretary*
613-519-4848

envelopes@stpaulshk.org

Women's Retreat

Bethesda, May 2, 2026

Last fall, a group of St. Paul's women gathered at Bethesda Renewal Centre (253 Lowe Rd, Ashton) for a day of nature, prayer, fellowship and food. Miriam Kilby led the event, with support from Lorna Brule and Marsha Fisher. We had such a good time, we are planning another event this spring: Saturday, May 2, from 9am to 7pm.



Due to the size of the venue, the group will be limited to 15 people. \$50 each covers the cost of the rental and food. Any leftover funds are donated to Bethesda. Please contact me for more information.

Miriam Kilby
miriamkilby1@gmail.com

ESL Program

During the fall, we asked for input from the congregation on ways our church might be able to make a greater impact on our local community. One of the suggestions made was to offer 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.

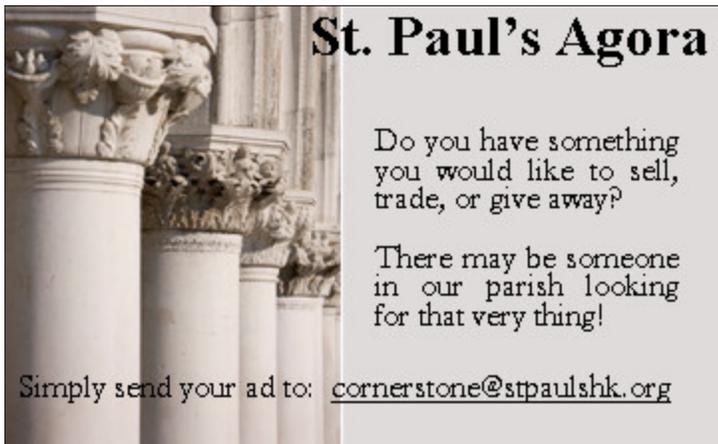
Winter Outreach

Each winter, our city experiences severe cold periods. This particularly affects the poor, who can find it difficult to obtain suitable clothing. To help, we're inviting parishioners to make a donation of new or gently used winter clothing. This includes things like boots, winter jackets, and mittens. We are now collecting them in baskets in the church narthex, and distribute them to agencies who work with the disadvantaged. If you are able to help, please bring in your donation next time you visit the church. Thank you!





For more free printables, please visit www.flanderfamily.info.



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



BHM

Bradley Hiscock McCracken
Lawyers

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

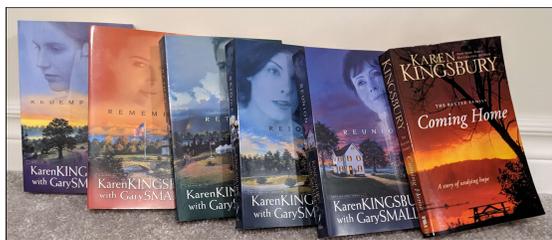
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Book Set for Sale

Called the "Redemption Series" these 6 books follow a Christian family - the Baxters - as they manage all the ups and downs of life. Written by Karen Kingsbury and Gary Smalley, they include discussion questions at the end of each book. \$25 for the set. Please contact Cheryl Teeter at cheryl.teeter@gmail.com.



'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.




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HUMIDIFIERS · GAS APPLIANCES · BOILERS
FUEL CONVERSIONS · DUCT WORK

