

# CORNERSTONE

January, 2026

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Kanata, Ontario  
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[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**
  - **Annual Vestry Meeting**
  - **Robbie Burns Supper**
  - **Episcopal Election Meeting**
  - **Men's Corner**
  - **Treasurer's Report**
- ...and more!**

February edition deadline:  
**Tuesday, January 27, 2026**

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



## A message from Father Stephen

### What's Love Got to Do with It?

How do you usually prepare for a job interview? It has been some time since I applied for a job, but the principles for applying remain the same over time. You prepare a good-looking resume to highlight your successes. You think about how to answer the “what is your biggest strength” question, and you consider the dreaded “what do you consider your biggest weakness” question. You think about all the ways you could be an asset to your employer. These all make sense, and that’s why they remain pretty constant over generations: employers are looking for people who will make their company succeed.

This fact makes Jesus’ interactions with people look very strange. Again and again, people approach Jesus with the hopes he will choose them as one of his disciples. Yet, he never asks for a resume, and doesn’t ask how good they are at bringing in new revenue. Instead, he asks about their deepest longings, and their deepest loves.

In the Gospel of John, for example, the first question Jesus asks is to a potential disciple: “what are you looking for?” At the end of the Gospel, the last question he asks is also to one of his disciples: “do you love me?” These aren’t questions about what the disciples know or what they can do. They are questions about what they long for and what they truly love.

I recently revisited a book called *You Are What You*



*Love* by JK Smith, which I read a few years ago. Smith starts the book with the same observation about Jesus: that he often asks about motivations and desires rather than ability. Isn’t it strange, Smith asks, that Jesus’ first questions aren’t about what people know or what their accomplishments are? Instead, they are about what people love most deeply. Jesus asks these questions because our deepest loves are what motivate us to grow and to keep moving in the right direction, even when we face opposition. And Jesus wants his disciples to grow into the people God made them to be, and proper motivation is the key to that growth.

Think for a moment about the times you tried something challenging. Perhaps you decided you would take up jogging. You might start by researching good running technique, and then invest in a good pair of running shoes. You might then plan out your route, and prepare a schedule to ensure you improve a little bit each day until you get fit enough to run 5kms. These are all important tasks on the road to becoming a good jogger. However, none of those matter much if you don’t actually go out and jog.

Jogging isn’t much fun at first (some think it never is!), and your knowledge of running technique won’t be enough to keep you going. What does keep you going is the motivation to get in shape. You aren’t likely to get out of bed and lace up your shoes to jog on a rainy day unless you are clear why you’re doing it: it’s the path to a healthier, happier life. That’s what motivates you to apply the information you have learned.

The same is true about the life of the disciple, and that’s why Jesus focuses on helping people love the right things. He tells parables like the pearl of great price, where a person sells all he has in order to buy a fine pearl he finds at market (Matthew 13:45-46). Instead of working for material things, Jesus tells us “to strive first for the kingdom of God and his righteousness, and all these things will be given to you as well” (Matthew 6:25-33). These stories motivate

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people to head in the right direction, emphasizing the value of a life lived for Christ.

So how do we stay motivated? What keeps us on the right path? I think it begins by asking ourselves the question that Jesus asks: what do we really love? When we know what we love, we can start thinking about how we move toward that love.

Do you love helping other people? Start praying that God would show you how best to help, then plan out what you need to do in order to achieve that goal. Do you love teaching others? Then start asking God what you need to learn in order to become a better teacher, and find areas in the church where you might apply your gifts.

God doesn't come to us with a one-size-fits-all plan for everyone. He knows what you need and what will really satisfy you as an individual. He wants you to move towards that goal because He genuinely wants what is best for you.

As we start a new year, many of us are already asking ourselves what we need to change about ourselves. Why not start by asking what longings God has placed on your heart? These longings are a divine message to you, inviting you to move deeper into faith, and deeper into virtue. Now is a great time to consider your genuine loves, and to look for the ways God is inviting you to act on them. You will find that when you take God at His word and trust Him, you won't be disappointed.

God bless you with a fruitful and happy new year.

*Stephen+*

## 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, Feb 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, Feb 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



### Vestry Theme for this year

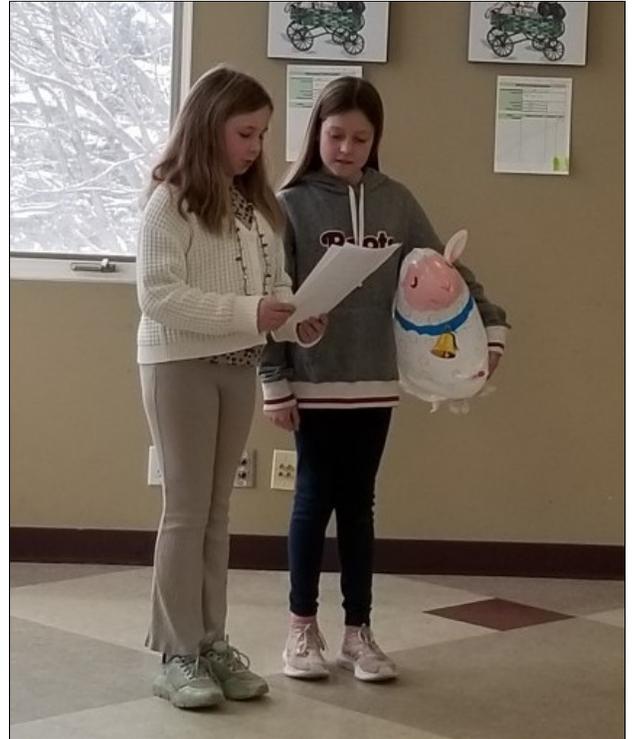
Therefore, my beloved brethren be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord. 1 Corinthians 15:58



# Church Happenings



On December 13, families gathered to enjoy Breakfast in Bethlehem, featuring a hot breakfast, music, drama and children's activities. Photos by Seleena Desjardins.



On the evening of December 13, we gathered for a Cookies and Carols service to sing some festive songs and enjoy some holiday treats. Photos by The Ven. Chris Dunn.

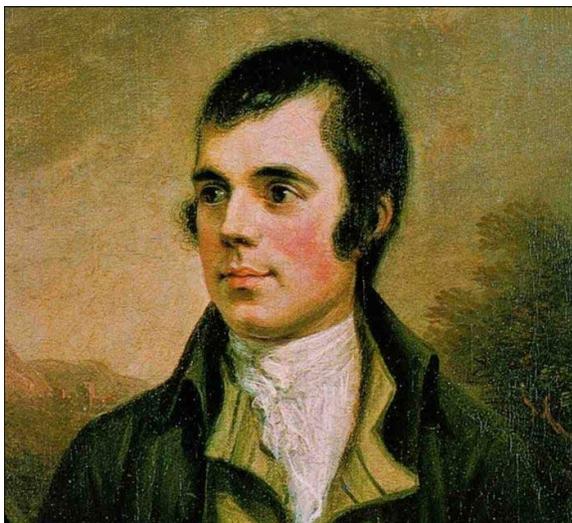


## Robbie Burns Supper

January 23, 6pm

Robbie Burns night is an annual celebration of the poet Robert Burns, and an opportunity to celebrate Scottish culture. This parish tradition continues at 6pm on January 23. Join us for a wonderful meal, great fellowship, and joyful Scottish traditions.

Tickets are for sale every Sunday between services: Tickets \$55, Wine (choice of red or white) \$20. Contact Danielle Mackenzie for more information at [danielle@mackenzie.org](mailto:danielle@mackenzie.org), or 613-831-6472.



## Episcopal Election Meeting

February 15, 7pm at St. Paul's

Our Electoral Synod for the election of a new bishop is taking place at the Cathedral on February 28, 2026. To help with our discernment, the diocese is arranging a number of public meetings to introduce the nominees.

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

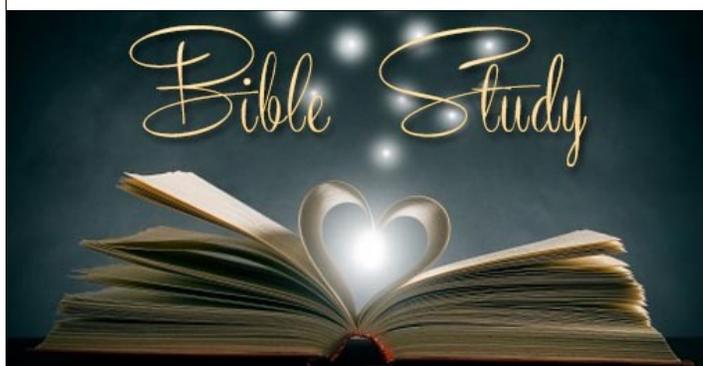
## Wednesday Bible Study

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](mailto: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*

#### When You're Just . . . Done

*Trust in the Lord with all your heart, and do not lean on your own understanding— Proverbs 3:5*

Is there any belief you've simply gotten tired of believing? Is there any belief you've held onto, stubbornly, for too long now? We men are so good at holding onto things, even after they've shown themselves to be detrimental. Sometimes these stubborn beliefs are about God. Sometimes they're about other people. Sometimes they're about us. And, sometimes, it's just time to change our minds. We can you know.

It's not an easy thing to do, of course, changing our minds, changing our beliefs — but we don't have to do it on our own. God will help, if we ask. All we must do is decide we want to change our minds — like the man who brought his son, the one who couldn't speak, to Jesus. This man had real doubts about Jesus, and about what Jesus could do, but he decided he wanted to change his mind about those doubts . . . and he asked for help:

“Immediately the father of the child cried out and said, ‘I believe; help my unbelief!’” (Mark 9:24).

Changing our minds — to align our beliefs with those of God — is one way we step out of our old selves and into our new selves. It's one way we begin to become the men God intends us to become.

Okay, so what do we do?

Are you tired of being a skeptic? Are you tired of being bitter or unforgiving? Are you tired of being too hard on yourself? Something else? The Apostle Paul told us what to do when we identify an old, worn-out belief: “Get rid of it!” (Ephesians 4:20-24

MSG). Get rid of it by naming it and bringing it to God in prayer. Tell him you're tired of being that man — hard-hearted and unbending. Tell him you'd like his help in becoming a new man.

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](mailto: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/>



## Treasurer's Report

St.Paul's Financial Summary Jan1-Dec31, 2025 *DRAFT*			
Regular Operations	Actual	Budget	Variance
Income	\$626,488	\$555,737	\$70,751
Expenses	547,034	555,737	(8,703)
Surplus/(Deficit)	\$79,454	0	\$79,454

Our church was blessed to finish the year with a sizable surplus due to unplanned bequests and memorial gifts, significant mortgage contributions and directed donations (Thanksgiving, Christmas). We also had very successful fellowship & fundraising events: notably the Bazaar, Oktoberfest and St. Patrick's Day. This surplus allowed us to fund all our budgeted outreach and operational expenses, as well as minor repairs to the roof and Coptic entrance, while continuing to pay down our mortgage.

### Financial "Fun Fact"

Do you ever wonder how many volunteers give their time and talents to help our church run each year? How many hours is that?

Our parish has flourished in recent years and many have stepped up to meet its growing needs. Volunteers help across many areas to ensure our worship services are meaningful, our operations run smoothly and our fellowship opportunities are warm and welcoming.

A recent survey across our Ministry Leaders indicated that our parishioners give over 9,900 hours of volunteer time each year!

Ministries include Pastoral Care, Eucharistic Ministers, Coffee & Funeral Hosts, Event organizers, Kitchen Duty, Wardens, Sidespeople, Greeters, Altar Guild & Flowers, Singers, Children's Ministry, Cornerstone, Gardening, Building Maintenance, Seniors, Bazaar, Quilters, A/V, Parish Council... and the list goes on!!

If you were to convert this effort to dollars and

Thank you for your overwhelming generosity this year, both financially and in your service to St. Paul's.

If you have any questions, please email me at [treasurer@stpaulshk.org](mailto:treasurer@stpaulshk.org).

*Julie Landgraff*

cents, using minimum wage as a guideline, the cost of 9,900 hours is over \$200,000 annually in labour. But it's not about money or cost savings. The giving of our time is a heartfelt act of service. It blesses others and changes us in the process.

A sincere thank you to each person who is able to volunteer in any way, big or small. It truly couldn't happen without you!

*Julie Landgraff*



# Shoes in Church

## A story to begin the new year

I showered and shaved. I adjusted my tie. I got there and sat in a pew, just in time. Bowing my head in prayer, as I closed my eyes, I saw the shoe of the man next to me, touching my own. I sighed.

With plenty of room on either side, I thought, “Why must our soles touch?”

It bothered me, his shoe touching mine. But it didn't bother him much.

A prayer began: “Our Father...” I thought, “This man with the shoes, has no pride. They're dusty, worn, and scratched. Even worse, there are holes on the side!”

“Thank You for blessings,” the prayer went on. The shoe man said a quiet, “Amen.”

I tried to focus on the prayer, but my thoughts were on his shoes again. Aren't we supposed to look our best when walking through that door? “Well, this certainly isn't it,” I thought, glancing toward the floor.

Then the prayer was ended, and the songs of praise began. The shoe man was certainly loud, sounding proud as he sang. His voice lifted to the rafters. His hands were raised high. The Lord could surely hear the shoe man's voice from the sky.

It was time for the offering. And what I threw in was steep. I watched as the shoe man reached into his pockets so deep. I saw what was pulled out, what the shoe man put in. Then I heard a soft “clink,” as when silver hits tin.

The sermon really bored me, to tears, and that's no lie. It was the same for the shoe man, for tears fell from his eyes.

At the end of the service, as is the custom here, we must greet new visitors and show them all good cheer. I felt moved somehow, and wanted to meet the shoe man.

So after the closing prayer, I reached over and shook his hand. He was old, and his skin was dark, and his

hair was truly a mess. But I thanked him for coming, for being our guest.

He said, “My name's Charlie. I'm glad to meet you, my friend.” There were tears in his eyes, but he wore a large, wide grin.

“Let me explain,” he said, wiping tears from his eyes. “I've been coming here for months, and you're the first to say ‘Hi.’”

“I know that my appearance is not like all the rest. But I really do try to always look my best. I always clean and polish my shoes before my very long walk. But by the time I get here, they're dirty and dusty, like chalk.”

My heart filled with pain, and I swallowed to hide my tears as he continued to apologize for daring to sit so near.

He said, “When I get here I know I must look a sight. But I thought if I could touch you, then maybe our souls might unite.”

I was silent for a moment, knowing whatever was said would pale in comparison. I spoke from my heart, not my head. “Oh, you've touched me,” I said, “and taught me, in part, that the best of any man is what is found in his heart.”

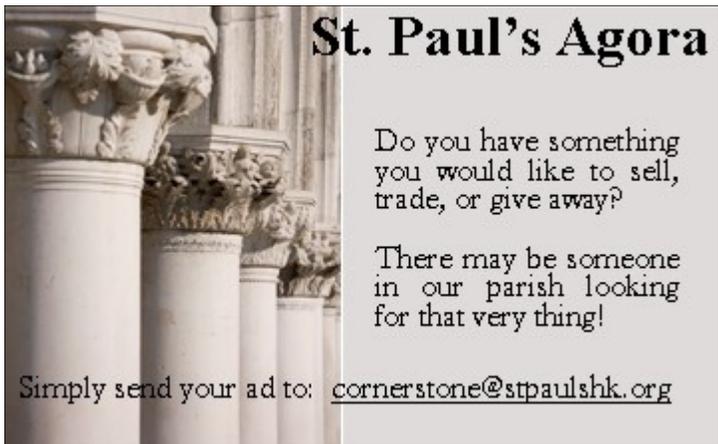
The rest, I thought: “This shoe man will never know just how thankful I really am that his dirty old shoe touched my soul.”

*Doug Warburton*





*Homemade*  
GIFTS MADE EASY



## 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)



**BHM**  
Bradley Hiscock McCracken  
Lawyers

**Paul K. Bradley**  
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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](mailto: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 Joan Ferrier at 613-270-1104.



**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



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