

CORNERSTONE

March, 2025

20 Young Road
Kanata, Ontario
K2L 1W1
613-836-1001
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:

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 - **Lenten Reflection**
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 - **Funeral Pre-Planning**
- ...and more!**

April edition deadline:
Tuesday, April 1, 2025

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

If the Son makes you Free

Freedom is one of those words that tends to lift one's spirits just by hearing it. It's the theme of countless movies, inspirational stories, and exciting movements in history. It's also a vital theme in Christianity; St. Paul tells us that, "where

the Spirit of the Lord is, there is freedom" (2 Corinthians 3:17). So, why does the Church make such a big deal out of Lent, when we are asked to take on burdensome tasks like extra prayers, service, and fasting? At first glance, these don't seem very freeing.

I think one of the reasons we find it hard to understand these Lenten disciplines is that we have a poor understanding of what freedom really is. Popular culture promotes a false conception, which is that freedom means simply living a life without constraints. In our popular understanding, a free person eats what they want, goes where they want, says what they want, and does what they want, without letting anyone or anything stop them from pursuing their desires. In this way of thinking, anything that puts limits on our wants is something that limits our freedom.

Yet, most of us know that if we follow that line of thinking, we don't end up feeling very free. When we eat whatever we want, we end up feeling enslaved by the desire to eat. When we say whatever hurtful thing that pops into our mind, we end up lonely because



no one wants to talk to us. This pattern is true whenever we follow our desires without regard to limits: we start out feeling free and unconstrained, but end up feeling enslaved by those very desires. We find that we no longer control them. They end up controlling us.

That's why Lent is so important. Lenten disciplines come from a deeper wisdom than our popular culture can understand. They come from the wisdom which tells us that true freedom is not doing whatever we want. True freedom comes from growing towards the person we were made to be.

As an example, think of an oak tree. It starts out as an acorn, but it was not created to remain one. Instead, it was made to grow into a mighty oak. To do this requires that it not stay attached to the mother tree, but instead fall to the earth. From there, its growth requires that it be nestled into the soil and buried. It must be drenched with rain and, once sprouted, exposed to the right amount of sunlight. It must be sheltered from excessive winds and protected from diseases. Only when these conditions are met, does it grow to its full potential. The result is impressive: there are few living things more majestic than a full-grown oak in its season.

In each of these circumstances, the oak is constrained in order to grow. It is constrained by the soil, the location, and the weather conditions. If it were brought outside of these constraints, it would not grow into its full stature. In other words, an oak doesn't become what it was meant to be by going its own way. It only does so by being constrained and limited in very specific ways. Only those constraints allow it to become what it is.

The same is true for us. We may want all sorts of things in our lives. Yet some of those things actually keep us from being a free and virtuous person. Pursuing selfishness will harden our hearts, so that we are no longer free to love others or accept their love. Pursuing our appetites will soften our wills so that we can no longer say no to things that harm us. Pursuing

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money will blind us to the value of things which can't be bought, leaving us unable to enjoy them. By putting these things away for a while, we begin to see how damaging they are to us. The disciplines we take on in Lent are meant to protect us from these dangers, by taking away the things which may tempt us away from our calling.

As we stand on the verge of Lent, let us consider how the pursuit of our own desires may be leading us into slavery rather than freedom. Are our eating habits making us slaves to the demands of our bellies? Are our entertainment choices making us long for unattainable riches, power, or attractiveness? Is our busyness preventing us from seeing the opportunities God is placing before us? If so, we should consider what kinds of disciplines might help us overcome these tendencies.

Perhaps taking a break from social media, television, and other entertainments might help us keep these things in the proper perspective. Changing our eating habits may help us develop a healthier attitude towards what we consume. Whatever they might be, take time to reflect on areas where you are encountering roadblocks in your spiritual journey and ask yourself what you might need to do to remove them.

Lastly, remember that God's grace is there for you. Even when we see obstacles, and try to overcome them, we will end up disappointed if we face them alone. Christian disciplines are not meant to be a test of our willpower. They are instead invitations to lean more fully on Jesus and his strength. Before taking on a discipline of self-denial, pray about it. Ask the Lord to give you realistic goals, and tell him that you are trusting him to help you achieve them. Remind yourself regularly why you are doing it, and ask trusted friends to pray for you as you pursue your goal. Most of all, stay close to God throughout the season. Keep sharing with him your struggles, and keep thanking him when you achieve breakthroughs. Keep your heart open to God's Spirit and let him work freely in you to change the things he needs to change.

"If the Son makes you free, you will be free indeed," Jesus tells us (John 8:36). That is always his goal: that you be free. So, let's make this the season to take

him up on this promise, and invite him to show us what real freedom means.

Wishing you a blessed and liberating Lententide,

Stephen+

Shrove Tuesday Pancakes

March 4, 4:30pm to 6:30pm

Join us for our annual Pancake Supper on Shrove Tuesday, March 4th, from 4:30pm to 6:30pm. This is a traditional meal for the evening prior to the start of the Lenten season.

We will be serving pancakes, sausages, beans, real maple syrup and dessert. Take-out and gluten free options will also be available.

This year, again, tickets for the meal are by free-will donation. A sign-up sheet is available at church - please let us know how many people will be coming with you, for our planning purposes. Thank you!

Vestry Theme for this year



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

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.

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. 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.

Financial "Fun Fact"

Did you know...

Coffee hour each Sunday is time to enjoy fellowship, welcome newcomers and strengthen relationships. Thank you to our Coffee Hosts, who give their time to prepare drinks and provide snacks. Last year, the church spent around \$1950 in this ministry, to buy Fair Trade Coffee, milk/cream, sweeteners and juice. While this gift of hospitality is freely given, parishioners often respond with a free-will offering. On average, we collected \$23/week for a total of \$1150 over the year. Thank you for your generosity!



Church Happenings



One of our young parishioners drew attention to this ice formation on the church — truly an awe-inspiring work of art! Photos by Alison and David Stortz.

We celebrated Candlemas on February 2 with a parade around the sanctuary at the beginning of each service and a special blessing of the candles that will be used in the church throughout the year. Photo by Alison Stortz.

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

by Sarah More

Sincerest thanks to Fr. Stephen for inviting me to write a second reflection for St. Paul's *Cornerstone*.

In my first reflection, we saw how Jesus' life was twice spared through Mary and Joseph overcoming their fears. God was faithful to them; just like He is faithful to St. Paul's Church, in spite of hardships, fire, and the sword. In this second reflection, let's examine the gentle influence of two women who helped change the demographics of the Christian Church, and its legacy of faith in the Next Generation.

First Prayer in Acts

In The Gospel according to Luke, he appears to include the recollections of Mary, the mother of Jesus. His final mention of her is in Acts 1:14 (NIV): "They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers."

This verse demonstrates the importance of gathering for prayer and Generational Churches. What is a Generational Church? It is a church consisting of multiple generations of family members and is similar to Generational Schools. My brother is the Vice-Principal of a Generational School. Multiple generations have attended and hold a vested interest in the success of its young people. Young people learn they are cherished, alumni build affirming relationships with the staff, and their godly legacy is vibrant.

Second Prayer in Acts

Acts 1:24-25 (NIV): "Then they prayed, 'Lord, you know everyone's heart. Show us which of these two you have chosen to take over this apostolic ministry, which Judas left to go where he belongs.'" Her Majesty Queen Elizabeth II (1926-2022) believed God had placed her on the throne and sustained her for that purpose. For 70 years, to her dying day, she served out of a sense of duty and affection for the British people and the Commonwealth.

Growing up in the USA, I heard Her Majesty was a strong Christian and a godly woman, like many of St.

Paul's grandmas and grandpas. In 2010, I had the pleasure seeing Her Majesty and offering her entourage a Royal Commonwealth Society, Ottawa brochure I had written. As I saw and learned about the senior members of the royal family, I was impressed by their involvement in ending Apartheid, empowering youth, and their promotion of the Commonwealth.

Third Prayer in Acts

Acts 2:42 (NIV): "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer." Shortly after returning to Canada, I overcame my fears and joined the Anglican Church out of respect and admiration for Her Majesty's faith. I was happy to find a home at St. Paul's and was impressed by a number of things, not least of which was the care that was shown me, and the number of members who clearly study the Scriptures. Like well-watered trees, their roots are deeply embedded and able to withstand strong winds and rain. Their canopy shelters the young ones. Together, they convert carbon dioxide into life-giving oxygen.

The Hebrew word picture for brother or sister means "the strong fence." I believe this is why we all join together to lift one another up. Not only is God's Church built on the rock of Christ, but we each have an important role to play as brothers and sisters in Christ. I love how St. Paul's donates bottles of water to the homeless and offers donated frozen meals for those in need of a little lifting up. I also love how St. Paul's young people donated craft supplies to CHEO.

THE HOLY SPIRIT COMES AT PENTECOST

Acts 2:1-4: "When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other

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tongues as the Spirit enabled them.”

Are you familiar with the Biblical Cycle of The Judges? This is a pattern of sin, oppression, repentance and deliverance that occurred between the death of Joshua and the establishment of the monarchy. According to The Book of Judges, every third generation (or approximately 100 years) repents and every fourth generation is delivered. I believe we are living in the third generation. Are we prepared to repent and return to The LORD?

Napoleon planned to attack North America after defeating the British at the 1815 Battle of Waterloo.

Hitler planned to attack North America after he defeated the British and her Allies in 1945.

During the reign of the Communist Party of the Soviet Union (1912-1991), grandmothers were permitted to pray in the Orthodox Church because they seemed harmless enough. Little did the leadership realize that God would answer the grandmothers' faithful prayers in a mighty way.

At the 2010 United Nations' General Assembly, Her Majesty said, “I know of no single formula for success, but over the years I have observed that some attributes of leadership are universal, and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration, to work together.”

Conclusion

As we see the demographics of Hazeldean-Kanata changing, like at Pentecost, we have hope. Are we willing to engage long-timers and newcomers in peaceful dialogue and pray with them as Mary, the mother of Jesus, and Queen Elizabeth II did? Are we a Generational Church that empowers youth and helps end differences between long-timers and newcomers? Is The LORD working in our hearts to return to The LORD in the face of third generation repentance? If so, we have hope.

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.



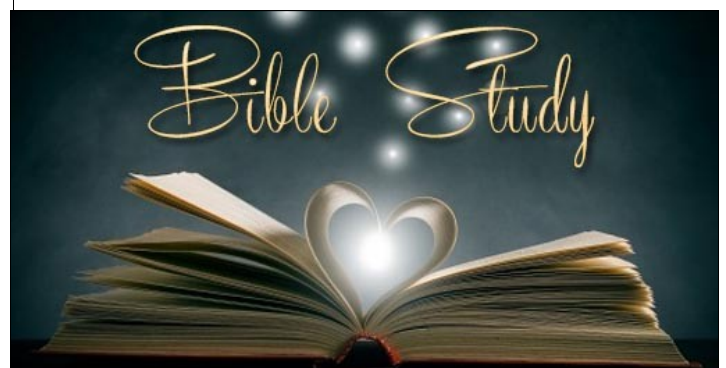
Wednesday Bible Study In-person and Zoom

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=REF1dEVRQWJFUUVp3VS9yRXBsWENZdz09>
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>



Funeral Pre-Planning: A Selfless Act of Stewardship

submitted by Mark Stalter

Note: The following article on Funeral Pre-planning is an ongoing part of the Stewardship Education and Awareness Program here at St. Paul's.

PRE-PLANNING YOUR FUNERAL - A SELFLESS ACT OF STEWARDSHIP

In our series on Leaving a Legacy: Faithful Stewardship, we have already examined financial stewardship and the tax situations that result from it. We are now moving on to being faithful stewards even in our passing.

Death is a reality that each of us must face, but it is often the topic we avoid discussing. Mr. Magorium, from the movie *Mr. Magorium's Wonder Emporium*, eloquently sets out our passing with the help of Shakespeare. "When King Lear dies in Act V, do you know what Shakespeare has written? He's written 'He dies.' That's all, nothing more. No fanfare, no metaphor, no brilliant final words. The culmination of the most influential work of dramatic literature is 'He dies.' It takes Shakespeare, a genius, to come up with 'He dies.' And yet every time I read those two words, I find myself overwhelmed with dysphoria. And I know it's only natural to be sad, but not because of the words 'He dies,' but because of the life we saw prior to the words."

As Christians, we are called to live lives of stewardship — managing the resources and responsibilities entrusted to us by God. Stewardship extends beyond how we manage our time, talents, and finances during our lifetimes; it also involves preparing for our end of life and ensuring that our final wishes reflect our faith, values, and care for others. One significant yet often overlooked — or avoided — aspect of stewardship is pre-planning our funerals. In this article, we will explore the importance of pre-planning a funeral from a Christian perspective, focusing on how this act aligns with the biblical concept of stewardship.

Have you considered how pre-planning your funeral

can be of benefit to you and your loved ones? Pre-planning a funeral offers numerous benefits, both practical and spiritual. For Christians, this act goes beyond merely choosing funeral details; it becomes a stewardship decision that ensures the wishes of the deceased are respected and that families are supported in a difficult time.

What is preplanning? Some of us by nature are planners. Most of us want to plan ahead for most things in our lives, grocery lists, vacations, and of course the dreaded to-do lists. Pre-planning a funeral may not



be a topic that many like to discuss, but from a Christian stewardship perspective, it is a wise and loving decision that reflects our faith in God's sovereignty over life and death. It is a final act of care for our loved ones and an opportunity to demonstrate our commitment to managing God's gifts responsibly. By planning your funeral, your loved ones are following your guide as to what your

wishes are, and the process becomes less stressful on your family and friends.

Pre-planning your funeral is an important decision that can provide both practical and emotional benefits for you and your loved ones. While it may be uncomfortable to think about, there are several reasons why taking the time to plan your funeral is a wise and thoughtful choice.

1. Financial Responsibility One of the most immediate practical benefits of pre-planning a funeral is the ability to manage funeral costs. Funerals can be expensive, and without prior planning, family members may be left to cover the expenses unexpectedly. Pre-planning, with or without pre-paying, allows individuals to understand and make important decisions regarding service costs, set aside funds, lock in prices, and avoid inflationary increases. From a Christian perspective, managing finances with foresight is an act of stewardship, relieving loved ones from financial

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burden and preventing unnecessary stress during an already difficult time.

2. Alleviating the Burden on Loved Ones Death is a highly emotional event, and the process of making funeral arrangements can be overwhelming, especially for those who are grieving. By pre-planning, individuals can make difficult decisions about burial, service details, or other important matters in a calm and thoughtful manner, thereby reducing stress at the time of death. This act of care for others reflects Christ's command to love our neighbors (Mark 12:31). It also ensures that family members can focus on mourning and celebrating the life of the deceased, rather than grappling with logistics.

3. Aligning Funeral Plans with Christian Faith For Christians, a funeral is more than just a ceremony; it is a final opportunity to reflect on the hope we have in Christ and to testify to His resurrection. Pre-planning allows individuals to make choices that reflect their faith, such as selecting hymns, Bible readings, and prayers that honor Christ's life, death, and resurrection. This can serve as a testimony to family and friends, encouraging them to focus on the hope of eternal life rather than the sorrow of death.

Ensuring Peace of Mind There is a profound sense of peace that comes from knowing that one's final wishes are clearly documented and that arrangements are in place. The Bible speaks about the importance of peace in our hearts (Philippians 4:6-7), and making funeral plans in advance can bring emotional and spiritual comfort. Knowing that we have thoughtfully and prayerfully made decisions about our end-of-life care, we can face death with courage and assurance, leaving behind a legacy of good stewardship.

How Funeral Pre-Planning Reflects Christian Stewardship

The Bible teaches that death is not something to be feared but is instead a transition to something greater: eternal life with God. However, while Christians believe in the hope of resurrection, they are also called to live wisely and with care for others. Pre-planning a funeral is an extension of this wisdom and care, ensuring that we are not leaving a burden for others to carry but rather an example of thoughtful stewardship.

1. Stewardship of Time Time is one of God's most precious gifts, and we are called to use it wisely (Ephesians 5:15-16). By pre-planning a funeral, we honor our time and the time of those around us. We spare our loved ones from the added stress of last-minute decisions, enabling them to focus on their grief and healing while celebrating a life well-lived. This careful use of time aligns with Christian values and helps others navigate their mourning with a sense of peace.

2. Stewardship of Resources Pre-planning is also a way to manage the resources God has entrusted to us. Financially, it helps ensure that your family will not be strained by unexpected expenses in the midst of loss. Furthermore, it allows for a more intentional distribution of resources, which could include charitable donations or specific requests regarding how funds should be used after our death.

Stewardship of Relationships Ultimately, pre-planning a funeral is a way of caring for others. It's an expression of love for our family, friends, and community, as we provide them with a clear, manageable process during a challenging time. By making decisions ahead of time, we reduce confusion, conflict, and burden, fostering an environment where relationships can be strengthened through shared grief rather than strained by logistical challenges.

Pre-planning your funeral is a thoughtful and considerate act that provides peace of mind, relieves the emotional and unexpected financial burden on your loved ones, and ensures that your final wishes are honored. While it may be a difficult topic to face, taking the time to make arrangements in advance can bring comfort to both you and your family.

Acknowledgements

The stewardship team wish to thank the staff at Hulse, Playfair & McGarry for their time and resources in constructing this article. Most funeral home establishments offer pre-planning resources and expertise. Should you have questions relating to preplanning, please avail yourself of the resources at hpmcgarry.ca/preplanning or another funeral home of your choosing, or contact the Stewardship Team at stewardship@stpaulshk.org.

Archbishop of Canterbury: Nomination Consultation

submitted by Sarah More

Please join us in prayer as we seek to discern the person God is calling to this role.

The Archbishop of Canterbury is a key leader within the Church of England and the wider Anglican Communion, which is made up of churches in over 165 countries. The Archbishop is also the Diocesan Bishop of Canterbury, supported by the Bishop of Dover.

The process to nominate the next Archbishop of Canterbury is underway, and we want to hear from you. Whether you are based in England, or anywhere in the Anglican Communion, your views matter. This consultation invites you to share your thoughts on what qualities, values, and vision the future Archbishop should embody.

This public consultation runs alongside consultation with key stakeholders from in and around the Church. Your feedback will play a vital role in shaping the decision-making process as we seek God's guidance for the next Archbishop of Canterbury.

The consultation closes on 28 March, so please ensure your response is submitted before then.

Online submission

Complete the online consultation form: <https://www.churchofengland.org/about/governance/archbishops/canterbury-crown-nominations-commission/consultation-nomination-106th-archbishop-canterbury>

Postal submission

Canon Stephen Knott
The Archbishops' Secretary for Appointments
Canterbury Crown Nominations Commission
(CNC)
Lambeth Palace
London
SE1 7JU

Why your input matters

This is a unique opportunity to influence the future of leadership within the Church. We encourage

people and communities across the Anglican Communion to take part. Every response helps us better understand the qualities that the next Archbishop should have to meet the needs of the Church today and in the years to come.

The themes that emerge through this consultation will sit alongside the 'Statement of Needs' produced by the Diocese of Canterbury, as well as other information provided by the National Church and Anglican Communion. This information will inform the Canterbury Crown Nominations Commission (CNC) of the needs of the mission of the Church of England and the wider Anglican Communion.

A prayer for the Canterbury CNC process

Please hold this important process of discernment, and all those involved, in your prayers:

*Heavenly Father,
shepherd of your Church,
send us a faithful pastor
to lead with wisdom, courage, and love,
proclaiming your Gospel,
celebrating the sacraments,
and guiding your people in unity and truth.
Strengthen your Church, we pray,
and direct us in your ways;
through Jesus Christ our Lord.
Amen.*



Just for fun

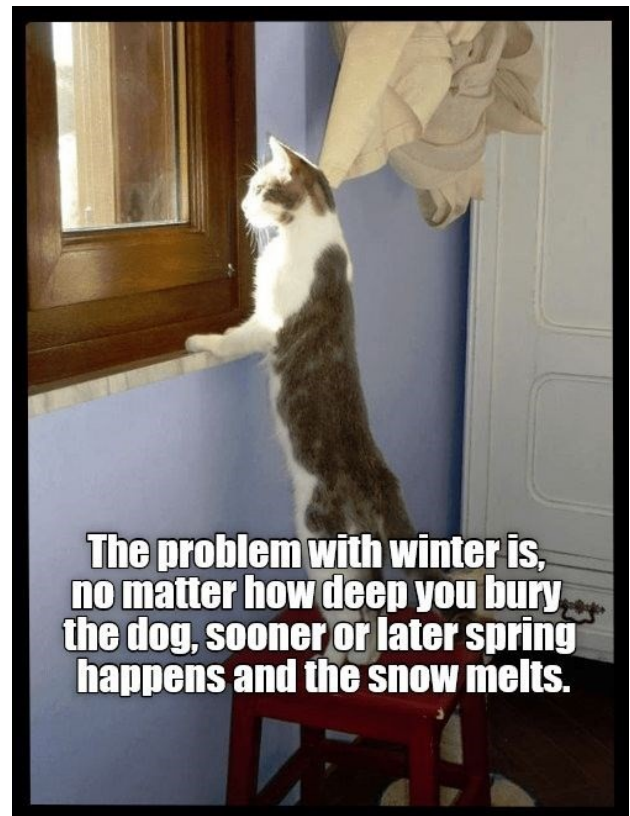
A young Nun who worked for a local home health-care agency was out making her rounds when she ran out of gas. As luck would have it, there was a gas station only a block away. She walked to the station to borrow a canister to fill with gas.


The attendant regretfully told her that the only gas canister he had was already out on loan, but if she would care to wait, he was sure it would be back shortly. Since the nun was on her way to see a patient, she decided not to wait, and walked back to her car.

After searching through her car for something to fill with gas, she spotted a bedpan she was taking to the patient.

Always resourceful, she carried it to the station, filled it with gasoline, then carried it back to her car. As she was pouring the gas into the tank of her car, two men watched her from across the street.

One of them turned to the other and said, "I know that the Lord turned water into wine... But if that car starts, I'm going to church every Sunday for the rest of my life!"





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

'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.





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