

CORNERSTONE

March, 2026

20 Young Road
Kanata, Ontario
K2L 1W1
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.

Inside this issue:

- **Message from Fr. Stephen**
 - **Lent and Holy Week Service Schedule**
 - **Lenten Outreach Initiative**
 - **St. Patrick's Day Dinner**
 - **Men's Corner**
- ...and more!**

April edition deadline:
Tuesday, March 24, 2026

Please send submissions to:
cornerstone@stpaulshk.org



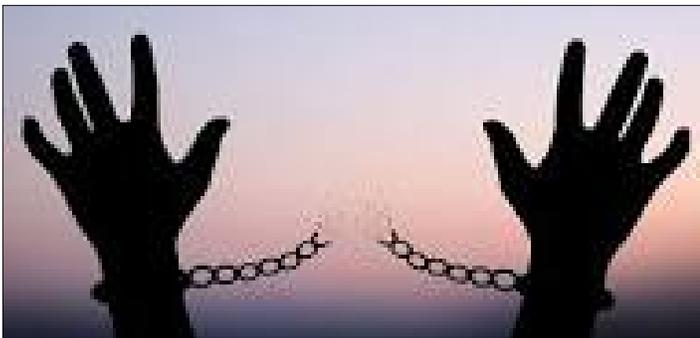
A message from Father Stephen

Thinking about Sin

What images come to mind when you think about the word “sin”? Maybe chocolate cookies? A naughty scene on HBO last night? The word that slipped out when you got cut off in traffic? These are pretty typical ways of thinking about sin today. Whether it’s a slip-up in our diet or something more serious, sin tends to be understood as simply a regrettable action on our part. A thing we did, or failed to do, and which perhaps we should repent of.

There’s a lot of truth to this. It’s part of what the Church talks about when it talks about sin: deliberate actions which violate God’s law. If we’re honest, we can all point to some pretty deliberate sins in our lives: things we know we’ve done wrong simply by our own choice. Maybe we’re annoyed with someone with authority over us, so we go about telling everyone what a jerk they are. Maybe we’re nasty to someone weaker than us, just because it makes us feel more powerful. Perhaps we tell a lie, to gain ourselves some advantage we wouldn’t have if we were honest. Whatever it is, there are times where we know we’re doing something wrong, and know we have the power in ourselves not to do it, but we decide to do it anyway. This is part of what sin is. It hurts us and those around us.

However, even when we’re honest about these deliberate sins, we’re probably also aware that there is something else which trips us up and makes us less than we were made to be. Sure, we’ve all done things



we know we shouldn’t have. But these aren’t the only ways we mess up our lives and the lives of those around us. Think about the little ways your life can be made miserable. Often, it isn’t because of our conscious decision, but instead because we gave in to something we felt we couldn’t overcome.

- That time we decided to start exercising to improve our health. But then we felt self-conscious at the gym, worried what others thought about us, and gave it up.
- That time we had an important work assignment, which we resolved to get started on right away. But then we felt a resistance every time we sat at the keyboard, unable to start typing, and ended up handing in work we knew was inadequate.
- That time we swore we would start calmly setting out boundaries for our children, disciplining them in a firm and loving way. But then we kept blowing up at them, failing to change their behaviour and leaving ourselves feeling worse than before.
- That time we tried to tell our spouse about the things that disappointed us in our relationship, knowing these grievances were hurting our marriage. But then we chickened out, pretended everything was fine, and let our resentments grow stronger.

These examples can’t be explained just by deliberate choices. These are times where we try to do the right thing, but where we fall down when the pressure comes. So why do we sabotage ourselves in this way? How is it, that we can know what needs to be done, can even want to do what needs to be done, but in the end can’t seem to do it?

Here’s the answer that the Bible gives: what we are struggling against when we struggle in this way, isn’t just human frailty or even human wickedness. It is against sin as a power. It is a struggle against what the Bible calls “the law of sin and death.” Sin is more

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than wrong actions: it is a power at work in and through us which leaves us enslaved, broken, and unhappy. This is something far more powerful than our bad choices. It is something that actively works against our God-given potential for joyful living.

In his letter to the Romans, St. Paul describes the problem this way, “For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me” (Rom. 7:14-20).

What Paul talks about here is sin as a power. Yes, sin is partially about our deliberate bad actions and our failure to do good. But more than that, the Church talks about sin as the force that pushes us toward such failure. When we procrastinate on something important, when we give up a good discipline, or when we withhold the truth that needs to be said, we are revealing how much power sin has over us. The problem in those cases isn't our motivation, it is our powerlessness. And when we try to fight it just by working harder, we will fail. We cannot defeat it head-on, because it is too strong for us. We are slaves to it, and as long as we stay slaves, we cannot experience the freedom of Christ. Yet, this freedom is what Christ saved us for. And this freedom is what He wants us to experience today.

Jesus Christ came to save us. We so easily forget that this means a salvation we can experience today. Yes, it means the salvation that long ago came through the forgiveness of our sins on the cross. Yes, it also means the salvation that is to come, when we are raised on the last day. But it also means Christ's power over sin is available to us now, in the midst of our daily struggles. He knows we lack the power to defeat sin's resistance to doing good, or its delight in pushing us toward evil. So He comes to us now, with the power we do not have in ourselves. And He comes to set us free.

I invite you to start this journey to freedom today. Stop trying to defeat these resistances on your own, but instead begin the discipline of turning them over to Christ. And do it again, and again and again. Every time sin's power overwhelms you, get into the habit of turning it over to Christ. And you will see then what He can do.

When you sit down at the keyboard and feel that resistance descend, don't just fight it. Consciously give it to Jesus, in full confidence that He will slay it for you. Then focus on the task at hand, and get the job done. You are not the failure that sin says you are. Christ has made you a victor.

When you head to the gym and feel those shadows of self-doubt and self-consciousness encircle you, give them to Jesus in full confidence that His light can banish them. Then turn your iPod to 11 and hit the treadmill. You are not the lazy sloth that sin says you are. Christ lets you run and not grow weary.

When you are about to speak a difficult truth, and the fear of rejection wells up like poison in your soul, turn to Christ in full confidence that He carries the antidote. Then drop the truth bomb and let it break the chains of falsehood. You are not the coward that sin says you are. Christ's strength is made perfect in your weakness.

In this season of Lent, don't just contemplate your actions and failures to act. Take time to consider the ways sin tries to overpower you. And don't do this to make yourself feel bad. Do it so you can turn this evil power over to the one who alone can destroy it: Jesus Christ. Then start enjoying the life Christ promised you.

Stephen+

Lent and Holy Week Service Schedule

FRIDAYS IN LENT

11am Stations of the Cross with Soup Lunch

The stations are a traditional way of prayer undertaken in the Lenten season, where we spend time in reflection over the steps Jesus takes on the day of his crucifixion. It involves short prayers and silence as we pause before the sculptures of these different steps, which are depicted on the walls of our church nave. A simple (free) lunch of soup and a bun follows.

MARCH 29 - PALM SUNDAY

Regular Sunday Service Times

This eventful day commemorates Jesus' triumphant entry into Jerusalem, where he prepares for his ordeal on the cross. Services include the blessing of palms, a dramatic reading of the Passion story, and Eucharist. Children's ministry is available at the 9am and 11am services.

APRIL 1 - WEDNESDAY IN HOLY WEEK

10am Eucharist

A quiet service of holy communion, featuring readings and sermon, but without music.

7pm Tenebrae

A traditional service of shadows, reflecting in song, chant, and scripture Jesus' journey to the cross. The service is opened by candlelight, and gradually each candle is extinguished as we get closer to the cross. It is a dramatic visual preparation for the events of Maundy Thursday and Good Friday.

APRIL 2 - MAUNDY THURSDAY

7pm Eucharist, Foot-washing, and Stripping of Altar

This service recalls the fateful evening when Jesus ate with his disciples, instituted the Eucharist, washed his disciples' feet, and then was betrayed and arrested. This year will not feature a meal, but will instead will take place in the church nave and sanctuary.

9pm - 7am Prayer Vigil

Parishioners are invited to sign up for one hour to pray during the night, in solidarity with Jesus' prayer vigil on the night of his betrayal. Prayer takes place individually in the privacy of each parishioner's home.

APRIL 3 - GOOD FRIDAY

10am Celebration of the Lord's Passion

This service recalls Jesus' trial, crucifixion, and death. It involves a reading of the passion narrative, a homily reflecting on its meaning, and solemn intercessions for the peace, reconciliation, and forgiveness of our church and nation.

APRIL 4 - EASTER VIGIL (SATURDAY)

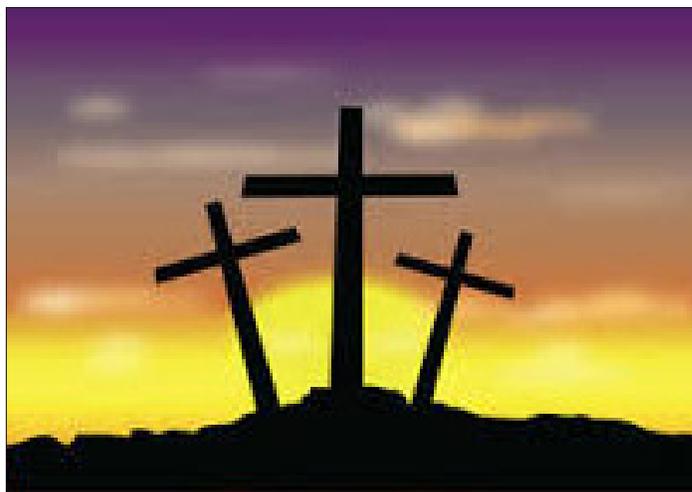
8pm Eucharist and Service of Light

This deeply meaningful service involves lighting the new fire of Easter, symbolizing the resurrection of Christ from the dead. Readings from the Old and New Testaments are then read by candlelight, and together point to God's work in history as His plan for redemption unfolded. The service ends with a renewal of baptismal vows and the Eucharist. A wine and cheese reception follows in Rutter Hall.

APRIL 5 - EASTER SUNDAY

Regular Sunday Service Times

This joyful service takes place during regularly scheduled Sunday worship times. Children's ministry is available at the 9am and 11am services.

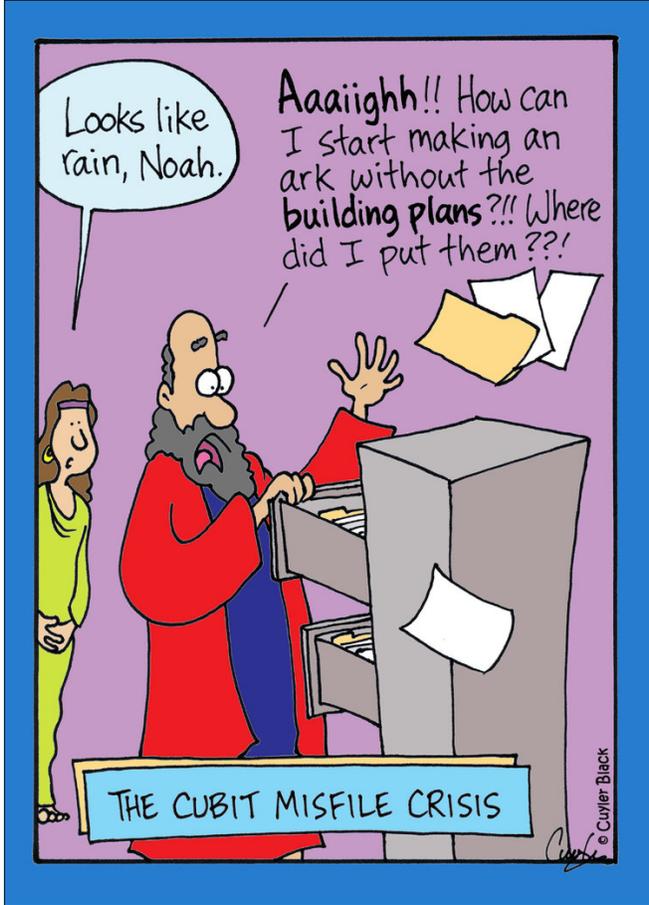


Church Happenings

On February 17 we gathered to share a Shrove Tuesday pancake supper before the beginning of Lent. Thank you to everyone who volunteered their time and energy, and to all those who attended! Photo by David Stortz



Just for Fun



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!



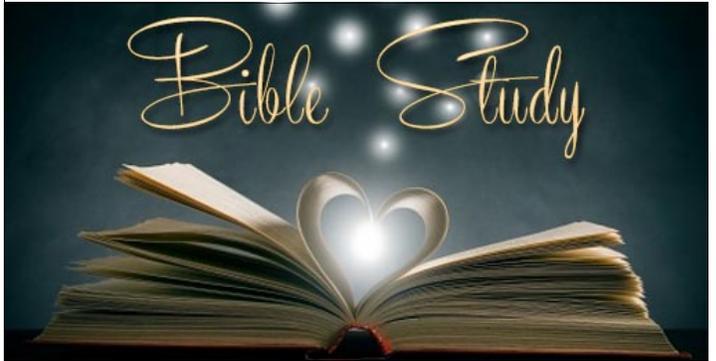
Wednesday Bible Study

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.



Lenten Outreach Initiative Supporting Coptic Orphans

Each year, our parish takes on a project during Lent as an outreach to the world around us. This year, our intention is to help the persecuted church. While we often hear about the violence and discrimination that Christians face in many parts of the world, it can be difficult to know how to help. This year, we will be supporting Coptic Orphans, an organization which helps the Coptic Christian community in Egypt. Its focus is on helping children in that community, who suffer routinely from hardships brought on by their minority status. Coptic Orphans is a charitable organization in Canada, and conforms to Canadian standards of accounting and transparency.

Attacks like the Cathedral bombing in Cairo in 2016, the torching of Coptic homes in 2024, and the recent pressure by the Egyptian government to suppress the ancient monastery of St. Catherine's are all typical of the challenges Christians face in Egypt and in most parts of the Middle East. Through our support, we will be helping meet the medical and educational needs of Coptic children who often suffer the most from attacks on the community's religious, cultural, and physical health.

To help, you can donate through our church's regular donation methods. Simply note with your donation that the funds are for the Lenten Initiative. Donations marked for the initiative will all go to the Coptic Orphans, and donors will receive a charity tax receipt. As part of our commitment to outreach, donations made through our parish donation channels will be matched by our church. Together, we can be a tremendous help to the most vulnerable of our brothers and sisters in Christ.

To find out more about Coptic Orphans, please visit their website: <https://copticorphans.org/>



St. Patrick's Day Dinner Friday, March 20, 6pm

Dust off your green and warm up your jig – St. Patrick's celebrations are coming with a side of comfort food and toe-tapping tunes! Because nothing says Irish hospitality like a hearty bowl and good company.

Mark your calendars and invite your friends: **Friday, March 20, 6:00 pm in Rutter Hall.**

Irish Stew Dinner - \$35

Wine - \$20 / bottle

Guinness - \$8

Harp - \$8

Important (and very Irish)

note: All alcohol must be

purchased in advance – no

last-minute shenanigans at the bar!



Tickets go on sale March 1, and to be sure they'll disappear faster than a leprechaun with a pot of gold, so don't delay! Payment: E-transfers can be sent to colin@mackenzie.org. Please include how many tickets you're purchasing and which beverages you'd like to pre-order.

Questions? Need details? Lost your lucky charm? Contact Danielle Mackenzie at 613-831-6472 or email danielle@mackenzie.org.

Come for the stew, stay for the music, and leave with a full belly and a happy heart!

Men's Corner

Upcoming Event: Band of Brothers Boot Camp

Friday, May 22 at noon to Sunday, May 24 at 1pm, 2026. For more information, contact Ray Brule at raybrule@gmail.com.

Camp Iawah in Godfrey, ON

Early Bird registration \$279 + HST until April 30.

<https://bandofbrothersottawa.ca/>



Honour A Veteran

Pay tribute to your loved ones who served with honour, courage, and pride - a meaningful way to recognize the family members and friends who bravely served.

Cenotaph Memorial Stone - Applications available for April 2026



For more information and application forms, Contact **Moira Green** 613-592-3376 70 Hines Road Kanata



Pastoral Care Team

The St. Paul's Pastoral Team is a Christ-centred group formed as a specific response to meet the pastoral, spiritual and emotional needs of our congregation.

Our work focuses on the needs of others through active listening. The team provides support by reaching out with phone calls, visitations, prayer and services and offering a much-needed personal touch.

If you would like a home visit, please contact Fr. Stephen in the church office, 613-836-1001.



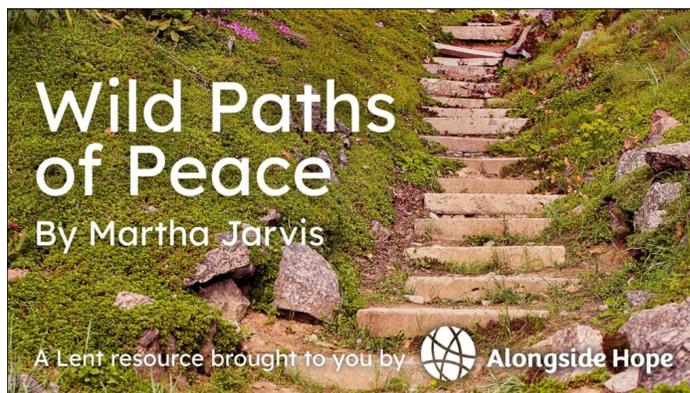
Alongside Hope Lenten Resource 2026

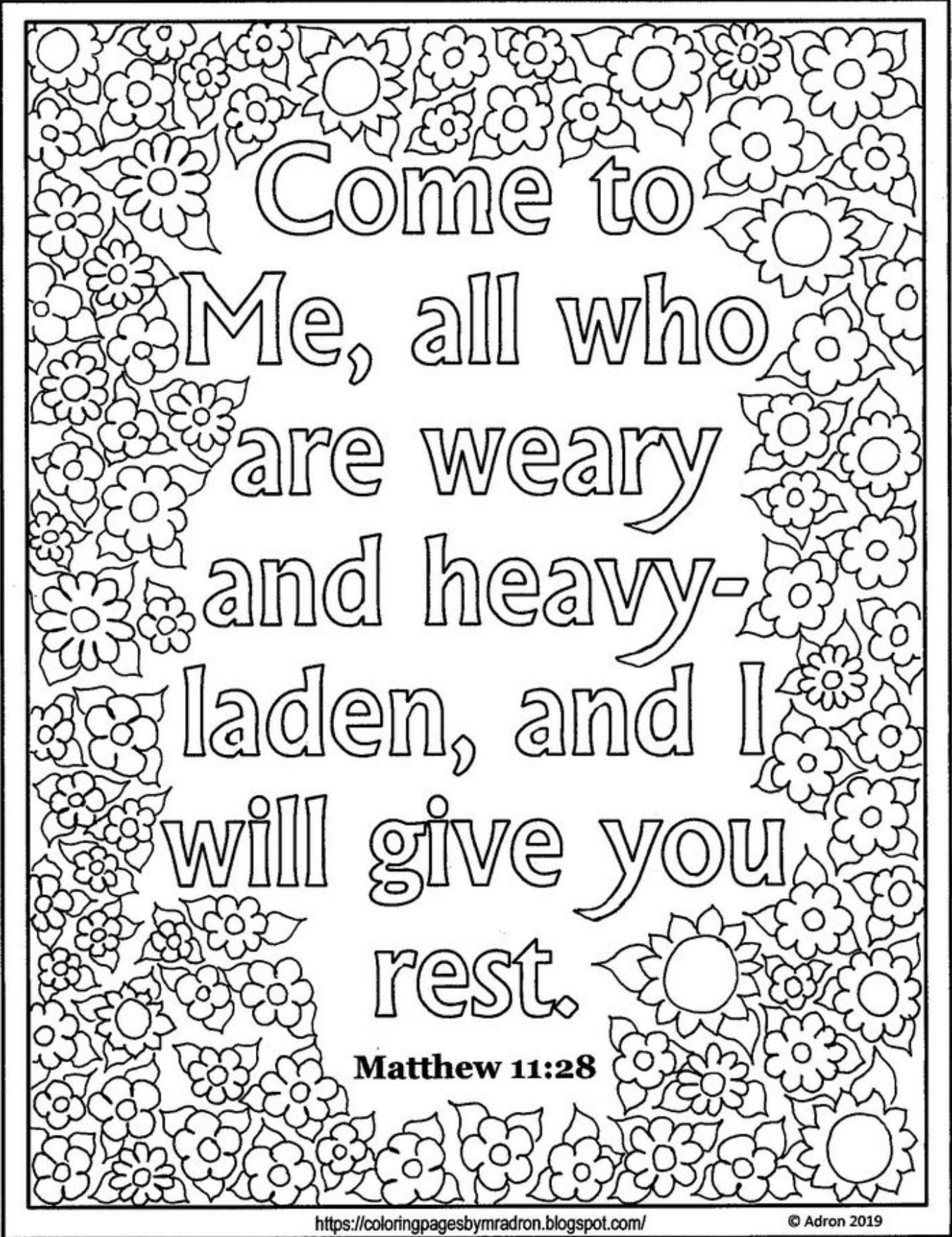
Journey through Lent with Alongside Hope

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.

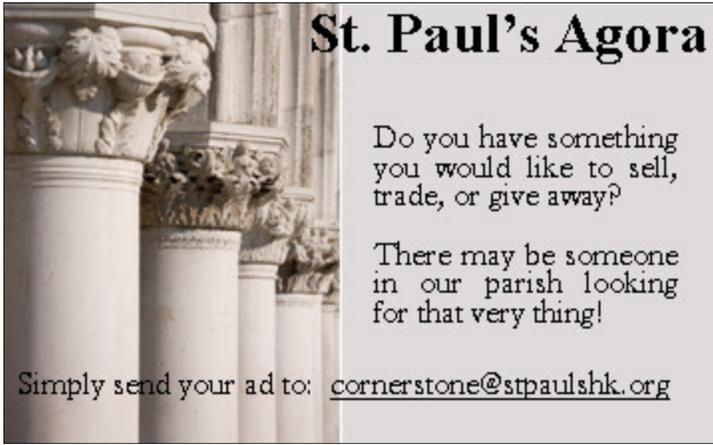
This resource will be available for download as a PDF, or you can subscribe to receive it as a free daily email message throughout Lent (beginning on Ash Wednesday, February 18, 2026), on the Alongside Hope website: <https://alongsidehope.org/Lent2026/>.





Come to
Me, all who
are weary
and heavy-
laden, and I
will give you
rest.

Matthew 11:28



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.

Business Law
Wills and Estates
Real Estate

Phone: 613 825 4585
Fax: 613 825 5101
1581 Greenbank Road
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pbradley@bhmlaw.ca
www.bhmlaw.ca

Travel Bag for Sale

Small travel bag, like new. Measures approx 16 inches wide and 10.5 inches high. Outside zipper and inside open and mesh pockets. \$10. Please contact Cheryl Teeter at cheryl.teeter@gmail.com.



Anthony Bucciarelli
613-796-9858



airugohvac@gmail.com

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FURNACES - AIR CONDITIONERS - GAS LINES - TANKLESS HWT
HUMIDIFIERS - GAS APPLIANCES - BOILERS
FUEL CONVERSIONS - DUCT WORK

'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.

