

May, 2025

CORNERSTONE

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:

- **Message from Fr. Stephen**
 - **Band of Brothers**
 - **Christmas Bazaar (Yes, you read that right!)**
 - **Kanata Food Cupboard**
- ...and more!**

Summer edition deadline:

Tuesday, May 27, 2025

Please send submissions to:

cornerstone@stpaulshk.org



A message from Father Stephen

The Good Place

A few years ago, I watched the first few seasons of a fun program on television called *The Good Place*. The plot centres on a woman named Eleanor, who wakes up one morning to realize that she has died, and is now heaven. The

catch, however, is that there has been a mix-up. She had lived a terrible, self-centred life on earth, but she happens to share the same name as someone virtuous, good, and self-giving. The heavenly bureaucracy confused the two, and accidentally sent the bad Eleanor to live in heaven.

It is a light-hearted comedy, but what makes it interesting is how it shows the arc of the characters' lives as they become better people. As Eleanor proceeds through each episode (*spoiler alert*), she starts moving from trying to fool everyone into thinking she is a good person, into actually trying to become one. Along the way, she meets others in the same predicament who start working with her to grow.

In the third season, we see not only Eleanor's hard work at becoming a better person, but also how impossible it is for her to do it alone. She keeps failing and reverting back to the old ways. Only the love, attention and support from people who care about her (both natural and supernatural) keep her coming back to the right path when her strength and motivation fail.

It is refreshing to see a comedy with depth, but it's particularly refreshing to see one which does such a good job at teaching us how we can become better people. Eleanor's path to betterment resembles the path many of us take in life, when we realize our way of life needs to change. She starts by trying pure willpower, only to grow discouraged at her inability to follow through on her good intentions. Unfortunately, this is where most of our efforts at self-improvement end: by giving up when we run out of steam. Times like this teach us that willpower isn't enough. Just like Eleanor, we need more than our own power if we want to grow. We need others to

help us along when we can't help ourselves.

That's one of the reasons we find it so hard to grow: our culture leads us to believe we can do everything ourselves. Modern culture tells us that adults should be independent, and that our personal choices are what make life worthwhile. Our entertainments are more and more solitary, and our busy lives leave little time for deep friendships. Our culture tells us that real satisfaction comes from paying attention to ourselves and putting our needs above those of others. Yet, when we keep following this path, we end up frustrated in our efforts to grow. The modern trend towards individualism doesn't give us the inner resources to change, but simply makes us feel embarrassed or unable to seek help when we need it. It also makes us less willing to help others when they are in need. These cultural trends leave us isolated, unsatisfied with ourselves and cynical about the possibility of real, positive transformation.

As Christians, we know that going it alone isn't enough. We recognize that God's grace can help us to change and grow when we cannot change ourselves. That is the great message of the gospel: that even the weak and broken-hearted can hope to change through God's power. So, of course we recognize that our relationship with God is important. Yet, we can easily be tempted into believing that's all we need. We too easily forget that God has chosen to use human beings as instruments of His grace as well.

Christ himself told us that after love of God, the second great commandment was to love one's neighbour as oneself. This isn't simply an arbitrary rule of niceness. It is a rule which underlines how vital other people are to our spiritual and moral development. We can't do it alone, and the commandment to love others is meant to help us form relationships we can lean on when going it alone is too tough.

For me, this gets underlined whenever I suffer a bout of melancholy. In those times, I am tempted to withdraw and carry my burdens myself. Yet, this ten-

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dency never makes things better. In the times of my greatest need, it has been the relationship I have with friends, family and church which have drawn me out of despair and made me want to face up to my challenges again. These are people who don't leave me to my own devices. They have the courage to ask how I really am doing, and they do what they can to help me through. And they make all the difference.

Your life situation may be different, but if you look back to the times where you overcame your greatest challenges, the love of friends and family probably played an important part. Whether our problem is addictions, illness, bad habits, or grief, life will always present challenges too great for us to face alone. The good news is that the church is a gift to us from God, meant to ensure we don't face challenges alone. It means, however, that those who are part of the church are called to be people who others can turn to in times of need.

This won't happen without effort. Many people today want to grow. Many are unsatisfied with the way their lives seem stuck in neutral, even if they are blessed with material comfort. Yet they don't know where to turn. If we want to be a help to them, we need to be known as a church where we help each other. We are called to be a community where no one has to struggle alone — where reaching the end of your strength isn't cause for despair, but instead an opportunity to experience support from people who care about you.

So let's make sure that is the kind of community we really are. Let's seek out opportunities to get to know each other better, and to be a place where we feel certain there will always be someone we can turn to. It is simpler than you may realize. Here are some ways to get started.

Support our youth and children's ministries by praying for Allison and our Sunday School leaders. Compliment children when they participate in leading our services, and let their parents know how glad you are that they bring the kids. Participate in events like St. Paddy's day, Oktoberfest, or the Ecumenical Potluck, and enjoy fun and friendship with folks you may not know very well. Join a small group like one of our bible studies, or participate in our Kanata Food Cup-

board ministry, which provide the environment for deeper relationships to form as we reflect on our faith. Join our pastoral care team, and make a point of calling our older parishioners when they aren't able to make it to church — letting them know they aren't forgotten. And think of other opportunities for meaningful friendships which might suit your needs and personality. There is no "one way" to support others. But every way requires giving something of yourself to ensure others know they are loved.

Personal growth can be hard, but God is in our corner to help us through. Let's make sure we're in the corner for each other, too.

Stephen⁺


Vestry Theme for this year

Therefore, my
beloved brethren,
be ye steadfast,
unmoveable, always
abounding in the
work of the Lord,
forasmuch as ye
know that your
labour is not
in vain in
the Lord.

1 Corinthians 15:58

Ministry for Men

Upcoming Event — Band of Brothers, May 23-25, 2025




OTTAWA

MAN'S JOURNEY INTO PURPOSE

Written on every man's heart is a yearning for adventure, and battle, and a beauty. A man needs a deeper understanding of why these longings govern him – and why it is that God made him just like that.

The Band of Brothers experience is designed with one primary objective; to restore the hearts of men through a real encounter with God.

NEXT EVENT | May 23 - 25, 2025
Camp Iawah | Godfrey, ON
bandofbrothersottawa.ca



This scripture speaks to me about what we, as men and disciples, need to bear in mind: “Be on your guard, stand firm in faith, be a man of courage, be strong; do everything in love.” (1Cor. 16:13-14). All men are invited to register for **Band of Brothers, May 23 - 25, at Camp Iawah** (Godfrey, ON). To register, go to: <https://bandofbrothersottawa.ca/>. Men from St. Paul's who have experienced this event would be happy to talk with you about the Band of Brothers. For more information, contact Ray Brule: raybrule@gmail.com.

King Charles III Coronation Medal

Congratulations to Jim McCutcheon upon receiving the King Charles III Coronation Medal for service to Canada as Maritime Air Veterans Association (MAVA) national president, 2018-2023. The medal was presented by Paul Baiden, current MAVA president.



Church Happenings



We had a blessed Lent and full Holy Week leading up to our Easter celebrations. Our young parishioners did a wonderful job of decorating our sanctuary with butterflies and banners created throughout Lent, at the Good Friday children's event, and on Easter Sunday.



flies and banners created throughout Lent, at the Good Friday children's event, and on Easter Sunday. Photos by Alison Stortz.



Parish Council

May 15, 7pm

Parish Council is tasked with handling the on-going work of the parish between Annual Vestry meetings. They consider a variety of parish issues and regularly review the parish financial reports. Every member of the parish is welcome to attend a Parish Council meeting.



The next meeting will be on Thursday, May 15, at 7pm at the church.

Christmas Bazaar

It's not too soon to plan for it!

Please mark your calendars for **Friday November 28** and **Saturday November 29**. A planning meeting will be scheduled in September. New ideas are welcome, and especially new people!

As you do your Spring Cleaning, please set aside items for the Silent Auction and gently used household items, books/CDs, jewelry, toys, Christmas items, etc.

For more info please contact me,
Moira Green
613-592-3376, mmgreen@live.com

Cenotaph Memorial Stones

Kanata Legion Branch 638

Honour a veteran family member or friend with a memorial stone in front of the Cenotaph on Village Green Memorial Park in Colchester Square, Kanata.. The stones are 6x6 inches in the ground, 4 lines of 12 characters max per line. The cost per stone is \$150. Please contact me for more information. I will be happy to deliver an application to you.

In service,
Moira
613-592-3376, mmgreen@live.com
Lest We Forget



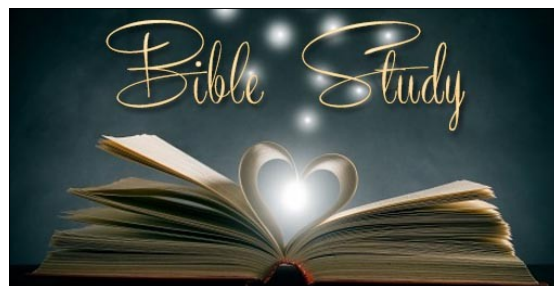
Wednesday Bible Study

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=REF1dEVVRQWJFUVp3VS9yRXBsWENZdz09>
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>



Financial "Fun Fact"

Did you know...

Over the last 12 months, the average weekly offering by parishioners and visitors was approximately \$8,300. This combines all 3 services and all methods of giving (Sunday collection plate, PAW, etransfers, Paypal). It also averages the timing of gifts over the year (some weekly, some monthly, others ad hoc). This figure represents the routine offerings which fund our day-to-day ministry, staff and operational costs. Special offerings during the year related to Bequests, Outreach appeals and the Heating Campaign are not in this figure. Those gifts were over and above this weekly average.



Kanata Food Cupboard

The Kanata Food Cupboard was established in 1985 in response to the increasing number of calls for help in our growing community. Late St. Paul's parishioner Heather Colls was instrumental in the beginning of this ministry, which she hoped would soon become unnecessary. Sadly, we mark the Kanata Food Cupboard's 40th anniversary this year, and the need continues to grow. For many years the KFC was located inside our church building. Today, the KFC is located at 1240 Teron Rd, Unit 3, Kanata, ON, K2K 2B5 (near the intersection of Teron Rd and March Rd).

St. Paul's is one of 6 churches that operate in a rotation to provide volunteers to support the regular KFC staff. Every 6 weeks we are asked to serve between 4pm and 7pm on 4 days (Mon, Tues, Wed and Thurs). Volunteers are not required to participate on all 4 days. If you have 3 hours to spare on any one of our allotted days, you are welcome to join our team!

Tuesday is "delivery day" — we provide 2-person teams with vehicles. The deliveries are packed and labeled before the delivery teams arrive, and clients are grouped by area to make deliveries easier. Each team picks up food from the KFC location and delivers it to the 3 or 4 addresses they are assigned (usually all in one trip — no need to return to the KFC).

Monday, Wednesday and Thursday are "shopping days" — we provide a team of 6 people on each day to help clients "shop" at the KFC location. Clients make appointments, and KFC staff prepare a sheet for each client based on their family size. Volunteers accompany one client at a time around the space and indicate how many items from each section the client can choose.

If you would like to get involved in this ministry, please contact Dave Dobson (dabdobson@gmail.com) or Cheryl Teeter (cheryl.teeter@gmail.com).

Our KFC Schedule for the next few months:

May 5-8

June 16-19

July 28-31



Just for fun

"Smiling is Infectious"

*Smiling is infectious,
you catch it like the flu.*

*When someone smiled at me today,
I started smiling too.*

*I passed around the corner,
and someone saw my grin.*

*When he smiled, I realized
I'd passed it on to him.*

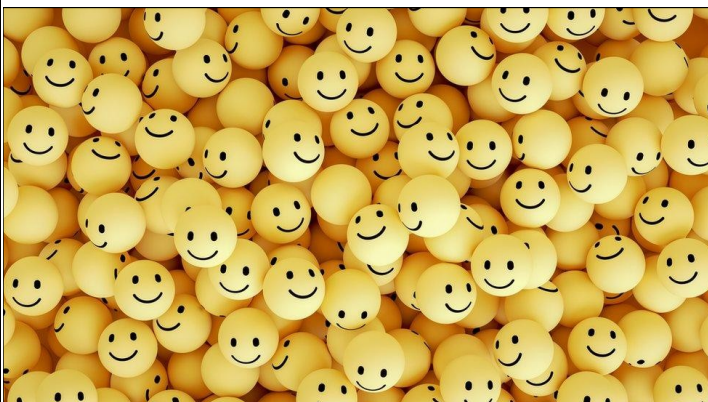
*I thought about that smile,
then I realized its worth.*

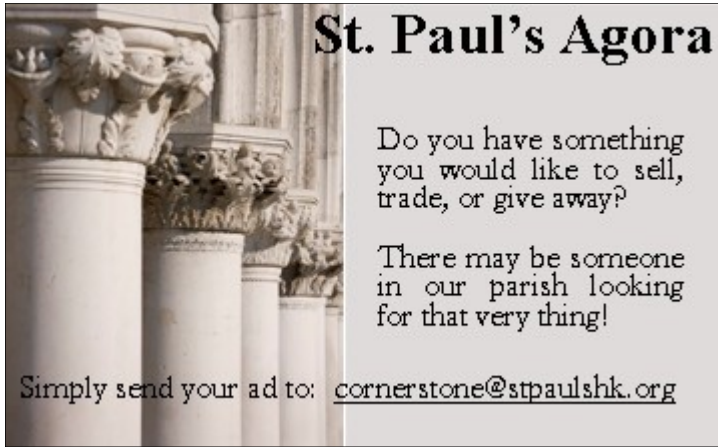
*A single smile, just like mine
could travel round the earth.*

*So if you feel a smile begin,
don't leave it undetected.*

*Let's start an epidemic quick,
and get the world infected!*

By Spike Milligan





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

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'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.

