

CORNERSTONE

May, 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.

Summer Services We'll begin our 8am and 10am service schedule on **Sunday, June 21**. Regular services will resume on Sunday, September 13.

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**
 - **Church Happenings**
 - **Travel Story**
 - **Men's Corner**
 - **A Tribute to Mothers**
- ...and more!**

Summer edition deadline:
Tuesday, June 9, 2026

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

No Country for Old Men?

One of the most influential Christian books in history is a thoughtful work called the *Confessions*, written by St. Augustine of Hippo in the late 4th century AD, during the last years of the (Western) Roman Empire. It is a kind of spiritual auto-

biography, telling how he became a committed Christian. Augustine eventually became a bishop and a highly influential figure in Christian history. Martin Luther, for example, was a keen admirer and let Augustine's writings influence his ideas about God's grace and the dangers of legalism.

However, Augustine's early life didn't seem very promising. Although his mother was a Christian and prayed continually for him, Augustine found her faith boring and uninspiring. He was also a very smart and cocky youth with big ambitions. So, as a teenager, he left home to make his fortune. Along the way he enjoyed the pleasures of the big city and studied hard to become a famous speaker and academic.

However, he found that this way of life was unsatisfying. As he entered adulthood he began to reconsider the faith he had dismissed. Through some of what he was reading, and through friendships with other Christians, he began to see the intellectual depth of Christianity and how it could provide a stable grounding for his life. His doubts began to leave him, but none of these friendships or intellectual pursuits actually brought him to faith. It was only after getting to know an older man named Simplicianus, that he was convinced that Christian life was for him.

What made Simplicianus convincing where others weren't? It was the quality of his life. Simplicianus was an old man who had followed Christ faithfully his entire life. As a result, Augustine writes that "the light of [God's] grace plainly shone in him." Augustine asked to be mentored by the man because he knew that Simplicianus "would draw upon his experience and his knowledge to show me how best a man in my state of mind might walk upon [Christ's] way." That mentoring was what finally brought him to put his faith in Christ. In other words, Augustine didn't

come to faith because someone gave him a good sales pitch. He came to faith by learning from the wisdom of an elder who had lived a godly life.

Today, we celebrate youth and we talk often about the newest and latest trends in youth ministry, but we tend to think that young people's faith grows primarily through contact with other young people. Unlike in Augustine's day, we rarely stop to consider what effect older people can have on a young person's faith. Churches rightly seek to attract young people and to offer programs friendly to young families. But do we also recognize how much mature believers have to offer the young? If we don't, we miss out on the important role our elders have in shaping young people's faith.

A story I heard a few years ago illustrates how important elders are, even today. The story comes from a pastor who had noticed a young man visiting his church. After a few Sundays, he talked to the man and asked if he was interested in joining. However, the young man said he wanted to wait a while, until he had gotten to know the older members of the congregation. He wanted to see what kind of people they had become in their years of being members of the church. In other words, he saw them as examples of what the church's ministry could do: did being part of the community shape them into godly, kind and patient people? If so, that would be the kind of church he could join.

This story, just like Augustine's story, reflects the profound importance older believers have in shaping the lives of young people. Those like Simplicianus, who have walked with Christ for decades, are a living testimony to the power of Christ. They are an example of what Christ can do if we truly allow him to take charge of our lives.

Contact with a mature believer made such a difference in Augustine's life but I think it is even more important now. In today's world of spin doctors and fake news, young people have a hard time believing what they hear. They need solid evidence that Jesus really makes a difference in a person's life. They

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need the evidence of changed lives.

However, as an older person reading this, you may wonder whether you really can provide the evidence young people are looking for. After all, not all of us glow with heavenly grace, so what if you don't see yourself as a model of saintliness? We all have our share of mistakes and regrets. Yet consider what you do have: experience. Even in the pain of past mistakes, you can be an example of God's forgiveness and love. Your continued walk with Christ shows that He didn't give up on you even when you felt you let Him down. That can be extremely powerful to a young person who feels she has lost her way.

Yet you likely also have signs of success in your life. For example, have you been married for 20, 30 or 40 years? Long-lasting relationships like this can seem impossible to young people, who may believe they must find a perfect soul mate if they are to be happy. Showing them that you have a loving relationship, even though you aren't perfect, can really be encouraging. It can show them that working through the struggles, arguments, and sorrows of a relationship can be done, and that it is worth it. You don't have to meet the perfect person to be happy.

To take another example, perhaps you've experienced the loss of a loved one, or you suffer under the burden of a health issue which causes you pain and inconvenience. These problems may seem devastating to young people, who look with anxiety on the challenges life might bring them. Yet, your courage in bearing up under these things could be a profound testimony to the power of faith in helping us through hard times. Few stories are more powerful than stories of how God walked with someone through times of profound sorrow. Older believers can speak to this reality in a powerful and convincing way simply because they have lived it — even if they don't feel they are great speakers or giants of faith.

Getting older isn't for wimps. It can have many challenges, and some of those challenges can seem overwhelming. Yet you shouldn't lose sight of how wonderful and life-giving aging can be, and how inspiring your experiences can be to young people. Older people have so much experience to share and wisdom to give — so don't hide it.

So, here are some challenges for the young and the old. For older Christians, start taking up the challenge of blessing a younger generation with your wisdom. Get to know the younger people of our church. Start a conversation with young person you see at church, but don't know very well. Listen to them, make time for them, and let them get to know you.

Pray for our parish children in your own times of prayer, and be patient with them when they squirm and make noise in church. Reassure their parents that you are glad they brought the kids and that you want them to feel comfortable here. Come to our church events, and invite a young woman or man who doesn't come regularly. Try inviting them to be part of groups like these which encourage relationships across generations.

For younger people, take the time to listen and learn from those older than you. Look at their lives, and learn from their example. Ask them about their experiences, and get to know them on a deeper level. Start conversations at coffee hour, and offer to bring someone a coffee in their seat if you notice they have a hard time getting around. Consider joining our pastoral visiting team, or our seniors' services team when we visit shut-ins and those in retirement homes. Offer to work alongside an older person when they host coffee hour or put on the Christmas bazaar. Invite a widow over for supper, and let her enjoy spending time with your kids.

None of these practices are quick-fixes. They won't suddenly transform your life or pack the church with new members. But, taken patiently over time, they will transform us. Our God is not a shallow God. His relationship with us is deep and came at a great cost to Himself — the cost of the cross. Yet, this deep and costly relationship is what brings us life. Why not follow Christ's example, by forming deeper relationships with a different generation? You too will find these to be life-giving relationships, even though they cost you time and effort. In the end, what you will gain is a depth and meaning which makes all the effort worth it.

May God bless you richly,

Stephen+

Church Happenings



During Holy Week (March 29 to April 5) we were invited to deepen our faith as we observed the events that led to the cross – from the Hosannas of Palm Sunday, through the darkness and quiet of the Tenebrae service and Maundy Thursday, to the desolation of Good Friday, then the re-kindling of the flame and joyful celebration of Jesus’ resurrection on Easter Sunday. Photos by Kim David and Alison Stortz.

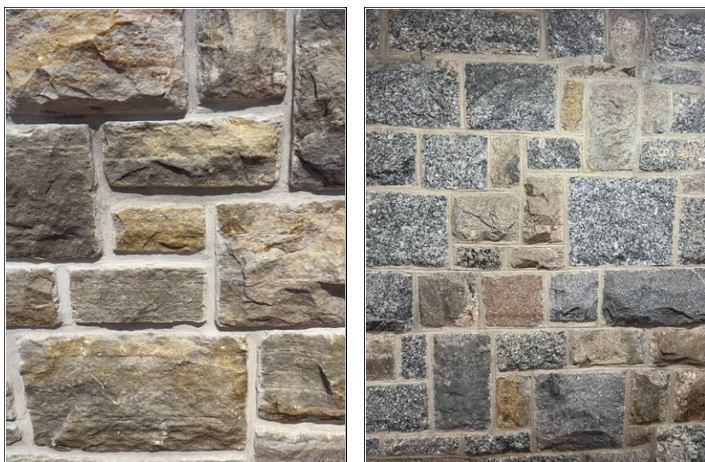
Our Vestry Theme for this year

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

Acts 1:8

When you're out of town on a Sunday...

by Helen Smith



Do you recognize these stones? Likely you can guess that the image on the left is the front of the altar here at St. Paul's. But the other one? The type of rock is different but a skilled stone mason clearly placed these stones with care at some point in time.

The image on the right was taken just one week prior to the one on the left. On March 29, 2026, I took the photo of our Altar after the Palm Sunday service. A week earlier, on March 22, 2026, I took the photo of a wall in St. Martin's in-the-Veld Anglican Church in Johannesburg, South Africa, a church whose ministry began over 100 years ago.

How did we end up there? The easy answer is "a search in Google maps." The more detailed answer follows.

For most of Lent 2026 Peter and I were travelling around the world south of the equator. We arrived in Johannesburg on Friday March 20, and flew out on Monday, March 23. Our hotel was in the Rosebank area of Johannesburg. Before we travelled, I found our hotel on Google Maps and used the search function to look for "Anglican churches." St. Martin's in-the-Veld was the top hit. They have a web site. It was easy to find their mission statement, when their services are held, who makes up their team, and more.

On March 22 we did not wake up in time to attend the Eucharistic service led by the choir and organ at 7:30am. Instead, we walked less than 15 minutes and

were in time for the 9:30am family-focused Eucharistic service with contemporary music and Sunday School.

We were greeted warmly by parishioners and clergy who were outside enjoying coffee and treats. There were people from both services milling about.

The contemporary service for the 5th Sunday in Lent started with about ten minutes of singing, led by the musicians. Then the children and youth headed to Sunday School. There were about 150 total at this service, slightly more than at the traditional service. When the children and youth returned, just prior to Communion, it was clear that they comprised about half of the congregation. I commented on how many of them there were afterwards, and I was told that the Sunday School has experienced a population explosion over the past few months. Congregants come by foot, bus and car. The liturgy was familiar. The announcements were familiar. The architecture reminded me of St Paul's. I just hope that we didn't sit in "somebody's seat" by mistake!

Before arriving in South Africa we were warned to be extra careful in order to remain safe. In discussion after the service I learned that the church holds events during daylight hours whenever possible. The church does not want to be seen to be encouraging people to be out after dark. For example, their Pancake Breakfast was not on Shrove Tuesday in the evening, but on the weekend. There were 'car guards' on duty that morning and the bulletin shared that a guard would be on duty overnight during the Easter Vigil in the church.

Would we do it again? Yes. We have been visiting other churches throughout our marriage. It's not always possible. Maybe that Sunday is a travel day. Maybe the churches are all too far from our hotel. Maybe there are churches, but the information about their services is not easily found. I'd like to think the information needed to make visiting our church is easy to find, and that we are able to offer the same, warm welcome that we have received elsewhere.

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So, the next time that you are away from home and are wondering about what to do on a Sunday morning, do a search on Google Maps and see where you might be welcomed. Some aspects of your experience will be very familiar, and others will be new and different. And then tell the rest of us about it!!

Thanks for reading.

Helen Smith



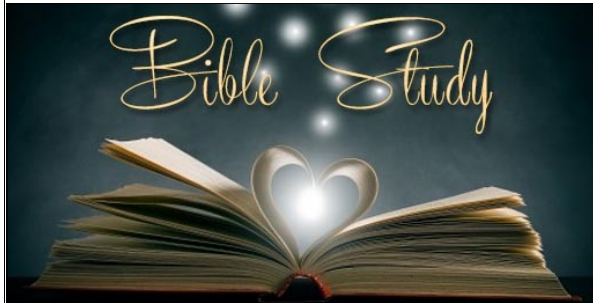
Wednesday Bible Study

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/83161909398?pwd=1JHZuIAUvWkbyvHJYvoE2vPPYwjUwN.1>
 Meeting ID: 831 6190 9398
 Passcode: 281739



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

CPT. ROBERT J. MARAZZO 1941-1945 BTS. KOR. WARR.	LT. COL. S. ST. WATLIE ED. B. BARKWATER 1907-1944	SPR. ERNEST WILKINS WARRICKS. PCT. 1899-1918	C.F. TAYLOR COORD. & JTR. 1933-1945	LILLIAN M. WILLIAMS ACTOR. W.W.I.	ARTHUR A. BOURASSA ACTOR. W.W.I.
SGT. L. J. WESTCOTT 3. BN. COR. KOREA	R. O. DORMAN 8TH. BATTAL. BURMA. JET. 1939-1945	PVT. ARTHUR CHARROLL 414. CINF. 1895-1917	JOHN EDWARDS SNIPER RC. ENG. SQUAD. 1914-1	FRANK STANLEY J. C. HOWES 1905-45 W.W.I.	SGT. GORDON E. FLEMING 8. CORP. DIED 1941 23.90. REMEMBER W.W.I.

Men's Corner

Devotion and Upcoming Events

Spring is here and it's time to get closer to God. Here is a devotion - **Start fighting on your knees** - copied with permission. I pray you read, meditate, PRAY, and encounter God.

Ray Brule

May the Force... Be You

*... What I want mostly is for men to pray –
1 Timothy 2:8-10*

There are many forces at work in this world – forces colliding, reacting to each other, influencing one another. And you, brother, are one of them. Each of us is. The question is, though, what kind? Are we forces for goodness and generosity? I mean, is this broken, evil world better because of us? Or are we forces that are simply neutral? Or are we forces for 'me' – for selfishness, for stockpiling, for negativity, or depravity even?

These questions matter to God (Galatians 5:13-26). They *should* matter to us. And if we want to change our kind – or just intensify the positive force we already are – here's a place to start: intercessory prayer. "Pray every way you know how, for everyone you know" (1 Timothy 2:1-3 MSG).

God certainly wants us to use our hands to help people in need, and he wants us to use our voices to reach people who're lost. But, since "prayer is at the bottom of all this," wrote the Apostle Paul, what we mostly need to do is pray (1 Timothy 2:8-10 MSG). You see, intercessory prayer – praying on behalf of other people – is the most powerful thing we *can* do (James 5:16-18). When we do it, we lay aside our own meager strength and call upon the awesome strength of Almighty God. When we do it, we call forth the most powerful force in the universe and focus its goodness and generosity right onto other people and right into their circumstances.

Okay, so what do we do?

Take a simple prayer walk – around your neighborhood, praying over each house; around your kids' schools, praying over each locker; around your work-



place, praying over each office and cube. Pray against pain, fear, and darkness. Pray for healing, peace, and light, all in the name of our King, Jesus Christ.

Your brother in Christ,

Justin

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Upcoming Events

Band of Brothers Boot Camp May 22-24, 2026

Program runs from Friday, May 22 at noon to Sunday, May 24 at 1pm, at

Camp Iawah in Godfrey, ON.

Cost: \$299 + Payment fees starting May 1.

<https://bandofbrothersottawa.ca/>



Parish Council Meeting

Parish Council will be meeting at 7pm on Tuesday, May 7 in the church boardroom (downstairs, opposite the office).

Everyone is welcome!



When God Created Mothers

by Erma Bombeck, submitted by David Stortz

When the Good Lord was creating mothers, He was into His sixth day of “overtime” when the angel appeared and said, “You’re doing a lot of fiddling around on this one.”

And God said, “Have you read the specs on this order? She has to be completely washable, but not plastic. Have 180 moveable parts... all replaceable. Run on black coffee and leftovers. Have a lap that disappears when she stands up. A kiss that can cure anything from a broken leg to a disappointed love affair. And six pairs of hands.”

The angel shook her head slowly and said, “Six pairs of hands... no way.”

It’s not the hands that are causing me problems,” God remarked, “it’s the three pairs of eyes that mothers have to have.”

“That’s on the standard model?” asked the angel. God nodded.

“One pair that sees through closed doors when she asks, ‘What are you kids doing in there?’ when she already knows. Another here in the back of her head that sees what she shouldn’t but what she has to know, and of course the ones here in front that can look at a child when he goofs up and say, ‘I understand and I love you’ without so much as uttering a word.”

“God,” said the angel touching his sleeve gently, “Get some rest. Tomorrow...”

“I can’t,” said God, “I’m so close to creating something so close to myself. Already I have one who heals herself when she is sick... can feed a family of six on one pound of hamburger... and can get a nine-year-old to stand under a shower.”

The angel circled the model of a mother very slowly. “It’s too soft,”

she sighed.

“But tough!” said God excitedly. “You can’t imagine what this mother can do or endure.”

“Can it think?”

“Not only can it think, but it can reason and compromise,” said the Creator.

Finally, the angel bent over and ran her finger across the cheek.

“There’s a leak,” she pronounced. “I told You that You were trying to put too much into this model.”


“It’s not a leak,” said the Lord, “It’s a tear.”

“What’s it for?”

“It’s for joy, sadness, disappointment, pain, loneliness, and pride.”

“You are a genius,” said the angel.

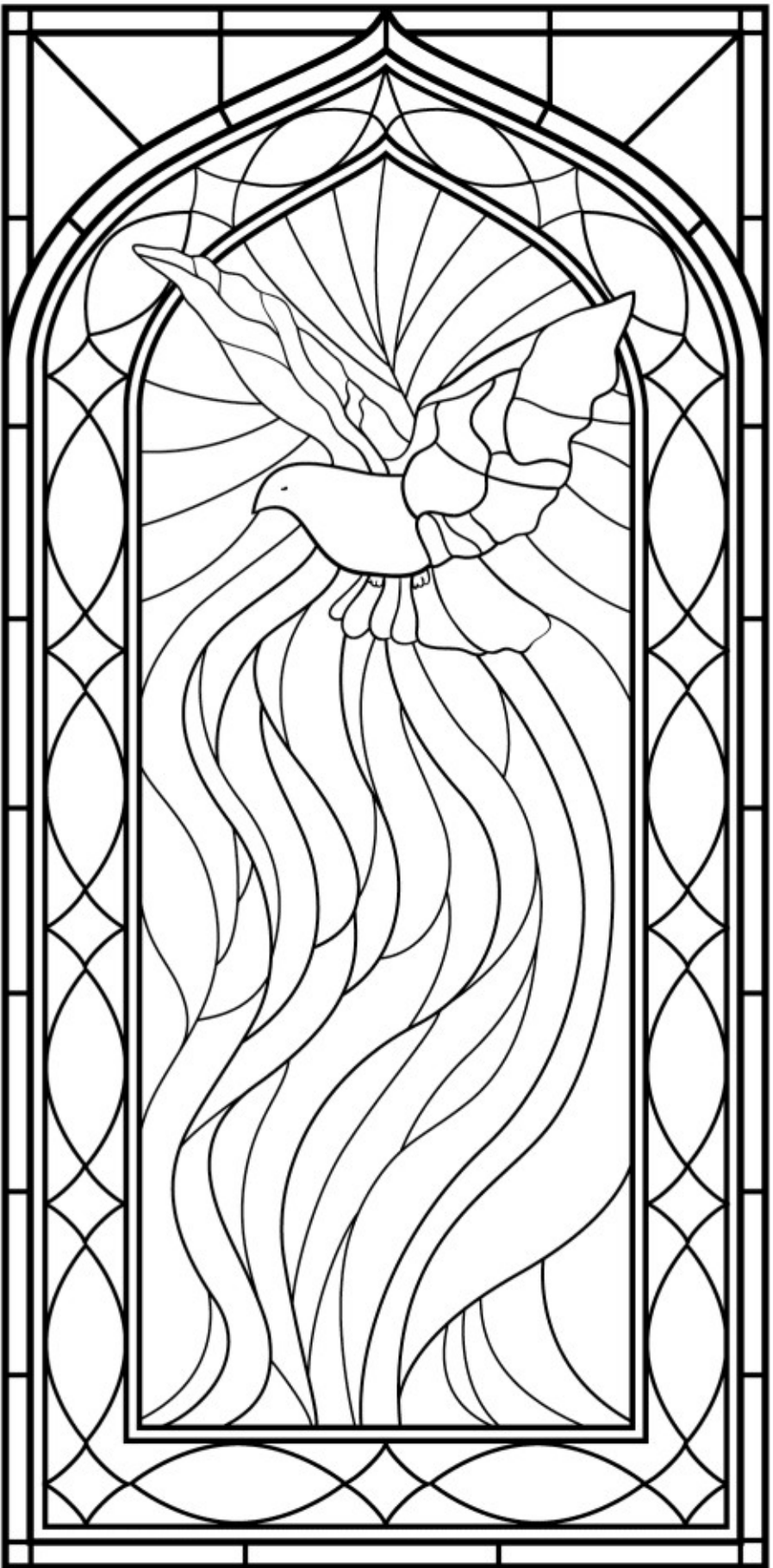
Somberly, God said, “I didn’t put it there.”

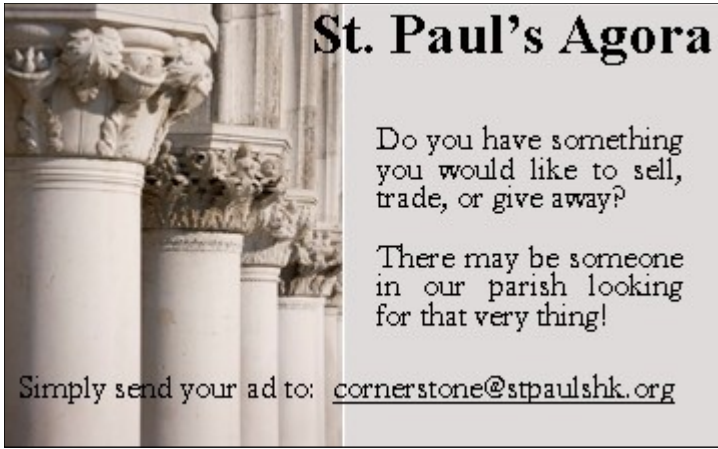


“God knew through this great work of motherhood, we would slowly be conformed into the image of Christ, & from this commitment we would come to better understand His fatherhood, His sacrifice, & His unmerited favor toward us.”

- SALLY CLARKSON

PENTECOST





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



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Bradley Hiscock McCracken
Lawyers

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

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Wills and Estates
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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 Linda Keech at 613-592-5069.



Anthony Bucciarelli
613-796-9858



airugohvac@gmail.com

in | | | | |

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Just for fun...

