CORNERSTONE

November, 2026



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 and May, following the 11am service.

Inside this issue:

- **Message from Fr. Stephen**
- **Poppy Campaign**
- **Christmas Bazaar**
- **Men's Corner**
- **Alongside Hope Update**
- **Church Happenings**

...and more!

December edition deadline:
Tuesday, December 1, 2026

Please send submissions to:
cornerstone@stpaulshk.org



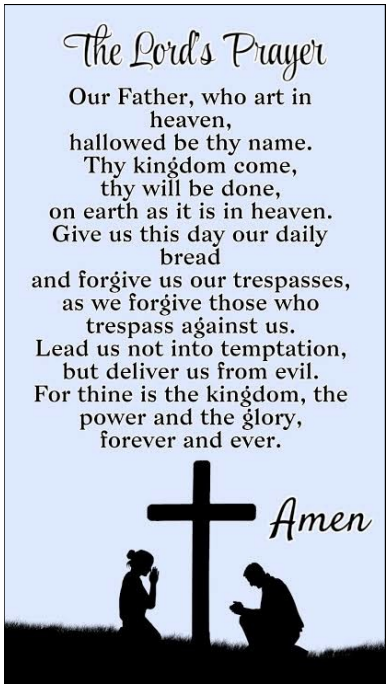
A message from Father Stephen

Something to Contemplate

What do you think of when you think of prayer? For me, the first thing that comes to mind is the Lord's Prayer. That's a pretty natural thing to think of when we think of prayer, because it really is the greatest of prayers. It's the prayer that Jesus taught to his disciples when they asked him how they were supposed to pray. When God's Son teaches you a prayer, you can be sure it's worth keeping.

The Lord's Prayer teaches us to desire good things by teaching us to pray that, "thy will be done." It leads us to confess our sins, acknowledge our trespasses and to graciously forgive those who trespass against us. And it reminds us that temptations to sin are all around, needing God's grace to keep us from them.

These are all words Jesus taught us to pray, so why not stop there? Why do we need other prayers? To answer this, consider for a moment what needs to take place in us for the Lord's Prayer to be meaningful. We pray for God's will to be done, but how do we know what God's will is? How do we recognize our trespasses, and let go of hurts caused by the trespasses of others? What temptations are threatening us? These are all important questions to answer if we expect to pray in the way that Jesus taught. Without thinking about them, we run the risk of saying empty words — noises which do little to connect with the deepest needs God wants to satisfy in us.



One important way that the Christian tradition teaches us to answer questions like these, and to help fill our words with meaning, is through contemplative prayer. Contemplative prayer is simply a time of prayer where we invite God to show us what's going on inside of us, and around us. Contemplative prayer recognizes that we often don't understand what we are saying when we speak to God. This is because there are many things in us which affect our attitude to God, but are hidden from our understanding.

Perhaps we indulge in destructive patterns of thought or behaviour, but we aren't aware we're doing it. Think of self-criticism, for example. Here, an internal voice poisons our thoughts and robs us of the joy of accomplishments. Yet, because we have listened to that voice for so long, we just forget it's there. To take another example, perhaps we hold onto deep wounds inflicted on us by others, unable to let them go. We tell ourselves that we're over them, but they instead lie just under the surface, ready to expose themselves as soon as we get hurt again.

These examples are part of the reason that contemplative prayer is so important. We miss so much when we rely only on our own perceptions. When we pray contemplatively, however, we invite God to show us what we cannot see for ourselves. He sees the inner parts of us, which we usually keep hidden. By inviting Him to examine us, we are really inviting Him to show us what we need to see. What does He want us to know about ourselves, or the situation we find ourselves in? How is He leading us to healing of deep wounds, or to reform of bad behaviours? Where has He been speaking to us, and how are we being led to react?

Contemplative prayer rests on the belief that God is actively committed to our flourishing. And so we enter into it trusting that, by taking times of silent reflection in the company of our Lord, He will teach us, lead us, and help us to pray rightly.

How do we begin praying contemplatively? The first step is to make time for silence. Our lives are busy, and full of distractions. The modern world does little

(Continued on page 3)

(Continued from page 2)

to encourage silence. Yet without silence, it can be very challenging to listen to what God may be telling us. So, a good place to start improving your prayer life is just to take on the habit of spending a few minutes in silence each day. If you tend to rise early in the day, why not get up 10 minutes earlier for some silent time? Or, retreat to your room for a few minutes after the kids are put to bed? Just enjoy the silence for a while, without the distractions which keep us from listening.

Next, consider taking on the habit of scripture reading during this time of silence. A great place to start with scripture is by reading the psalms. They record the spiritual thoughts, feelings and insights of the people of Israel. Some psalms are filled with sorrow, some with anger, others with joy and thanksgiving. They describe the many ways our ancestors in the faith engaged with God in prayer, and so provide a model for us as we pray.

When you read a psalm about disappointment, for example, ask God to reveal where you may have hidden disappointments which need healing. When you read a psalm of anger, ask Him to show you where angers lie hidden within you. Choose one psalm each day, and let it lead you to ask God about your inner life.

Lastly, consider committing yourself to a prayer app like *Night Prayers* in the Church of England's Daily Prayer (found on app stores or on the internet at https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer), or try *Reimagining the Examen*, or *Pray as You Go*. These apps set out an easy format which encourages contemplation, and helps us ask the deeper questions which affect our inner life. They are often also a good way to engage your spouse or a friend in prayer, giving you both an opportunity to connect with God in a structured way.

Contemplative prayer is a deep well, which can provide profound refreshment to your inner life. As the Advent season approaches, why not give it a try?

Stephen+

Poppy Campaign

Poppies are an enduring symbol of our pledge to never forget those who served and sacrificed for our nation in war. This year, as it has done for decades, the Royal Canadian Legion's Poppy Campaign will raise funds to support Veterans and their families in need. Contributing to this, by making a donation and wearing a poppy, is a simple way of thanking and providing for those who risked so much for us.



Poppies will be available at many locations throughout our community, and will also be available in the church narthex on the Sundays leading up to Remembrance Day. Please consider making a donation, and wearing a poppy.

Information on the Poppy Campaign: https://www.legion.ca/remembrance/the-poppy

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae, 1872-1918

Christmas Bazaar
November 27 and 28, 2026

Mark your calendars and invite your friends!
St. Paul's Annual Christmas Bazaar
Friday, November 27, 4pm to 8pm with Chili Supper
Saturday, November 28, 9am to 1pm with Luncheon

Volunteers needed! This is an important fundraiser for the church. Please consider offering your time and talents – there are opportunities to help before, during and after the event.

Donations needed. As you do your Fall Cleanup, **please set aside items** for the Silent Auction and Christmas decorations, gently used household items, toys, books and CDs, artwork, jewelry, handbags and scarves, etc.

Drop off times for donations (in the narthex):

Wednesday Nov 25, 9am to 1pm
Wednesday Nov 25, 4pm to 7pm
Thursday Nov 26, 9am to 1pm

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



Seniors' Walk & Talk
Thursdays at 10am

We meet for light exercise, by walking through the church and halls. Then, we finish with coffee and conversation in Rutter Hall. The exercise is optional, and not too strenuous. The real benefit is in getting to see old friends and enjoying good company.

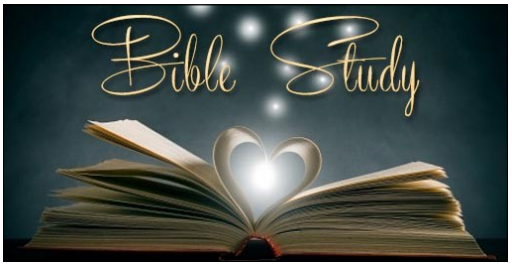
No reservations are necessary, and all are welcome. Hope to see you there!

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.

If you would like to participate, please visit the Communications page on the church website and sign up to receive the weekly reminder email that will contain the Zoom link and Bible passages for each week:
https://stpaulshk.org/communications/



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.



Men's Corner
Devotion and Upcoming Events

Fall is a great time to get closer to God. Here is a devotion – **Stop fighting without a plan** – copied with permission. I pray you read, meditate, PRAY, and encounter God.
Ray Brule

Prepare for Battle

. . . on this rock I will build my church,
and the gates of hell shall not prevail against it — Matthew 16:18

We're designed for battle by our Father God; we're led into battle by our King, Jesus Christ; we're aided in battle by God the Holy Spirit. These battles are waged "against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places" (Eph 6:12). The places where we meet our enemies have names like, "sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these" (Gal 5:19-21). Though perhaps less dramatic than battles fought on the ground or in the air or on the sea, their outcomes are more momentous. They determine not only how we spend our lives, but our eternities, too (Gal 5:21).

We have enemies. They're real. They're powerful. They're cunning, relentless, scheming always against us—scheming right now. We too, brother, must be cunning and relentless. We too must be prepared.

Okay, so what do we do?

Create a battle plan. Resist any, "this isn't necessary," or "do it later" tendencies. Create a plan to bring the fight to our enemies. They've brought it to you long enough. Write it out today. Make it explicit. Make it practical.

1. Definition of Battle . . . what problem would you like to finally overcome?

2. Definition of Victory . . . what'll victory look like?



3. Lay of the Land . . . what external factors contribute to the problem?

4. Points of Weakness . . . what aspects of your lifestyle contribute too?

5. Plan of Attack . . . how will you counter or minimize or eliminate the external factors and contributing aspects of your lifestyle?

6. Sources of Strength . . . how'll you stay connected to God and community?

7. Brothers-in-Arms . . . whom will you tell about this plan and keep updated, as to victories and defeats?

Your brother in Christ,



Copyright © 2026 Gather Ministries, All rights reserved.

Upcoming Events

Band of Brothers Boot Camp 2027
Friday, May 28 at noon to 1pm on Sunday, May 30, 2027
Mark your calendars and plan to attend. Band of Brothers website: https://bandofbrothersottawa.ca/

Alongside Hope Update

by Janice Biehn (with files from Olinda Magaia, director of EHALE), submitted by Philippa Wilson

Thanks to the generosity of Canadian Anglicans, since 2016 Alongside Hope has been steadily lighting up health clinics in Nampula Province of Mozambique. With the installation of a Solar Suitcase – 115 in total so far – our partners at EHALE have been able to improve quality of care for patients, especially women giving birth in the dark of night.

We're at it again, raising funds for another 25 Solar Suitcases.

Ernanda Júlio Sitoe is a maternal and child health nurse at the Natete Health Centre, which received a Solar Suitcase in 2016. She notes the device has worked without incident for the past 10 years, shining light and hope on to moms-to-be.

"Before the solar-powered kit was introduced, there were zero night-time births," she says, "but many women would turn up at the maternity ward with babies born elsewhere, suffering from postnatal complications." Over time, as people hear the clinic has electricity, the number of night-time births is rising. "We have also been able to manage their obstetric complications, and we rarely have to transfer women in labour to Monapo," says Sitoe.



Ernanda Júlio Sitoe, pictured with a solar suitcase.

Soraya José, 25, is a mother of five children. When her local health clinic lacked lighting, she preferred to give birth at home, aware of all the risks feeling it was her best option. After the Solar Suitcase was installed, she gave birth to her other three children in the maternity ward. "The ward was well-lit. I had no fear of the risks and I trusted the midwives."

Traditional midwife Anifa Joaquim is happy with the Solar Suitcase. "When I encourage women to give birth at the maternity ward, I know that in cases of preventable complications, healthcare professionals will be able to minimize the risks."

What's a Solar Suitcase?

The Solar Suitcase looks like a bright yellow suitcase, but inside it opens to reveal medical grade lights, a fetal Doppler, cellphone and tablet charging stations, and two headlamps. The suitcase is mounted to the clinic wall and connected to a solar panel on the roof. Each suitcase costs $6,500, which includes delivery, installation and training.

How you can help

Pray for the Light for Mozambique project:

God of light and life, we give thanks for those who bring health and healing where it is most needed. Bless all who labour in Mozambique, aided by the light of a Solar Suitcase and let your steady light shine in every corner. Help our small movements here become lasting hope for others. Amen

Give. Please help us raise the $162,500 needed to make this vision of light a reality. **Give online,** by phone at 1-866-308-7973, or by mail. Send your cheque to Alongside Hope, 80 Hayden Street, 3rd Floor, Toronto, ON M4Y 3G2. (Please indicate "Solar suitcase" on your cheque.)

(Continued on page 7)

(Continued from page 6)

World of Gifts campaign makes gift-giving easy!

41 gifts. 18 countries. *Give a gift, change a life.*

During this season of light and hope, plant seeds of a brighter future. Give the gift of clean water, food security, healthy babies, dignity for women and girls, emergency response and peace. Thanks to a generous donor, all gifts are matched 1:1 up to $100,000. Gifts supported by the Canadian Foodgrains Bank are matched up to 4:1 by the Government of Canada.

The 2026 Alongside Hope World of Gifts is ready for you to make a meaningful gift this Christmas. You can support our partners as they work to improve families' food security, train people to make an income, increase access to clean water and health care, and more.

Make your gift in honour of a loved one and we will send you a card to give them, or if you're making your gift online you can choose the ecard option.

Please visit out website: https://alongsidehope.org/get-involved/shop-world-of-gifts/ where you can **view or download the 2026 guide** and order online or by mail or telephone by calling 1-877-936-9199 (Monday – Friday 9 a.m. – 5 p.m. EST).





The thrill of hope, a weary world rejoices

This year's Christmas cards evoke the miracle of Jesus' birth under a dark night sky. Just as the weary world rejoiced 2,000 years ago, we too feel the thrill of hope as we celebrate Christmas. Choose from two watercolour illustrations: In "O Holy Night," a caribou admires the Northern Lights shimmering over a cozy log cabin; in "Our Dear Saviour's Birth," Joseph and Mary admire the newborn King.

Proceeds from Alongside Hope Christmas cards support our programs all over the world. But they also tell your friends and family that you care about the work of Alongside Hope.

Christmas cards may be ordered through your Alongside Hope parish representative or using the form on our website: https://alongsidehope.org/?s=christmas+cards. Choose from two designs. A minimum donation of $25 per 12-card pack is recommended.

Note from Philippa – I have ordered 20 packs of cards for our Parish and hope to have them in time for St. Paul's Christmas Bazaar on November 27 & 28.

Alongside Hope

Anglicans and partners working for change
in Canada and around the world

Church Happenings





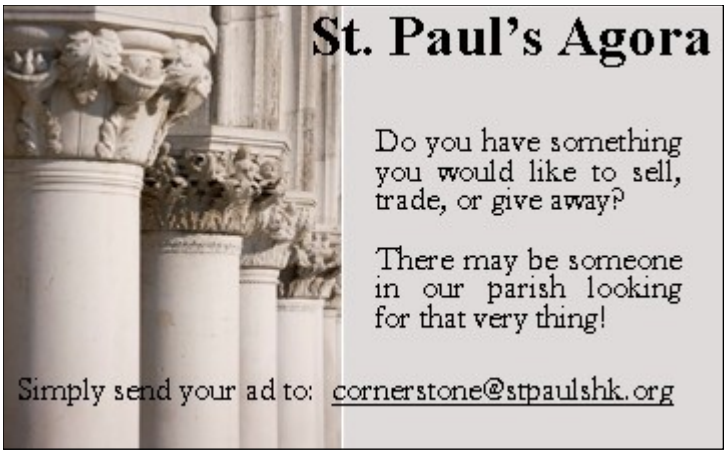


On Friday, October 9, we gathered for St. Paul's annual Oktoberfest celebration, with great food, live music, and lots of fun. Photos submitted by Danielle Mackenzie.





WWW.GATHERINGBEAUTY.COM



BHM
Bradley Hiscock McCracken
Lawyers
pbradley@bhmlaw.ca
www.bhmlaw.ca

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
Ottawa, Ontario K2J 4Y6

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

Vestry theme for this year

