

# CORNERSTONE

October, 2024

20 Young Road  
Kanata, Ontario  
K2L 1W1  
613-836-1001  
[www.stpaulshk.org](http://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 (note: Sept 8 because of Labour Day), November, January, March, May and July at 12:30 p.m.

## Inside this issue:

- **Message from Fr. Stephen**
  - **Treasurer's Update**
  - **Oktoberfest**
  - **Christmas Bazaar**
  - **Parables and Pints**
  - **Wednesday Bible Study**
- ...and more!

November edition deadline:  
**Tuesday, October 29, 2024**

Please send submissions to:  
[cornerstone@stpaulshk.org](mailto:cornerstone@stpaulshk.org)



## A message from Father Stephen

### Giving Thanks

There's an old country song by Mac Davis called, "It's hard to be humble." It's a silly song, because the reason it gives for the difficulty in being humble is that the singer is "perfect in every way." It goes on in the same way throughout

the song: "I can't wait to look in the mirror, 'cause I get better lookin' each day." I doubt many of us have the same problem.

Instead, I think many Christians struggle with the opposite problem. Instead of finding it hard to be humble, we find it hard to take pride in what we do. We know that pride is dangerous, and we know that what we have comes from God, so we usually have a natural instinct to downplay our accomplishments. After all, we don't want to appear arrogant, rude, or entitled. Yet, few of us find this very satisfying. What point is there in trying our best, if we don't take any credit for it?

In some cases, Christians have even gotten into the habit of even taking blame for things that aren't their fault. Somehow, the church's emphasis on humility has sometimes ended up leaving people feeling terrible about themselves, and left them shy about using their gifts. Isn't there some better way? Thankfully, there is.

Whenever I get into a cycle of self-criticism, and feel

unwilling to use my gifts, I remind myself where the term "humility" comes from. It's a word that comes from the Latin word *humus*, which means "ground." To be humble is not to be someone who hates themselves. To be humble is to be a person who is grounded in reality. For me, that grounding doesn't come through self-criticism. It comes through thanksgiving.

Thanksgiving has a way of keeping us grounded, because it doesn't tell us to deny the truth about ourselves. It only tells us to remember how we got the tools to do the good things we do. Consider this example: a person is a great singer. She works hard and practices to improve her abilities. She offers these abilities to the church and sings regularly in the choir. People thank her for what she does because her voice helps them feel closer to God.

In this case, the truth is obvious: she is very talented, and deserves credit for what she does and for her generosity in using her talents for God's glory. These are tools God gave her, and she has used them well. Humility doesn't demand she pretend those things aren't true. Instead, it means taking time to thank God for giving her the ability to use her gifts well. Rather than saying, "I'm awesome," or, "I'm terrible," she can simply say, "thank you, God, for helping me sing this song well." That kind of approach honours the truth, but also honours God's part in her success. It builds her up, but also builds up her relationship to God.



This is true for high-profile gifts like public singing, but it is just as true in any area of life. When your children compliment your cooking, your boss praises you for a work presentation, or the team gives you a trophy for your success at the track meet, God wants you to celebrate. These times should remind you that you have done something good, and that you shouldn't try to hide it. But these should also remind you to give thanks to the One who makes it all possible.

*(Continued on page 3)*

(Continued from page 2)

This Thanksgiving, as we survey the blessings we receive in this life, don't limit your thanks to the things others do for you. Spare some thanks for the things God does through you. Thank Him for your abilities, and thank Him for the ways He has helped you grow. Thank Him for giving you the tools to bless our world, and for the grace to put those tools to good use.

Remember that God did not free us from sin just to have us live in the slavery of self-criticism. He saved us so that we might be free. Embrace the gifts He has given you, and don't be afraid to use them. He didn't give you a light just to have you hide it under a bushel.

*Stephen+*

## Treasurer's Update As at September 30, 2024

\* Funds raised to date for the Heating Campaign are included in the income figure.

Parishioners have generously responded to this initiative and the church has already received \$23,000 as of September 30.

Thank you very much!

## Vestry Theme for this year

Let us then approach God's throne of grace with confidence, so that we may *receive mercy and find grace* to help us in our time of need.

-Hebrews 4:16



Our year-to-date operational position, excluding these campaign funds, is a deficit of ~\$5,000.

If you have any questions, please email me at [treasurer@stpaulshk.org](mailto:treasurer@stpaulshk.org).

Respectfully submitted,  
*Julie Landgraff*  
Treasurer

### St. Paul's Financial Summary Jan1-Aug31, 2024

	Actual	Budget	Variance
Income*	\$339,141	\$322,360	\$16,781
Expenses	346,089	349,941	(3,852)
Surplus/(Deficit)	\$(6,948)	\$(27,581)	20,633

## Christmas Bazaar November 29 and 30

Please mark your calendars and invite your friends!

### St. Paul's Annual Christmas Bazaar

Friday, November 29, 4pm to 8pm  
with Chili Supper  
Saturday, November 30, 9am to 1pm  
with Luncheon

**Donations needed!** Christmas decorations, toys, books and CDs, gently-used household items, artwork, jewelry, knitted and crocheted items, etc. Please set these items aside as you find them, and bring them to the church during the donation drop-off hours:

- Wednesday, November 27, 9am to 1pm and 4pm to 7pm.
- Thursday, November 28, 9am to 1pm.

**Volunteers needed!** This is an important fundraiser for the church and it takes many hands to make it work. Please consider offering your time and talents – there are opportunities to help before, during and after the event. For more info please contact me,

Moira Green  
613-592-3376  
[mmgreen@live.com](mailto:mmgreen@live.com)



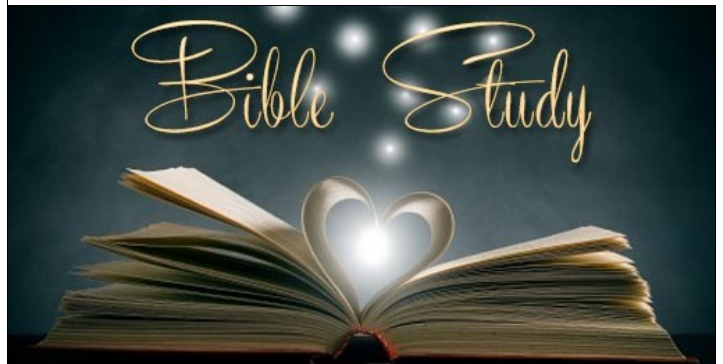
## Wednesday Bible Study In-person and Zoom

Each week we discuss the Bible passages for the coming Sunday and consider how they apply to our lives. The study is led by one of our clergy. Participation is encouraged, but listeners are always 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=REF1dEVQRQWJFUVP3VS9yRXBsWENZdz09>  
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>



## 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](mailto:mmgreen@live.com)  
Lest We Forget



## Oktoberfest

### October 18, 6pm

Mark the date for our next parish Oktoberfest! Fun for all ages – enjoy a great German meal, tasty beverages, and authentic music in a family-friendly environment. Plus, a chance to see Fr. Stephen sporting his lederhosen!

Join us in Rutter Hall at 6pm on Friday, October 18. Tickets must be purchased in advance. Adult tickets are \$45 each, children's are \$22. Tickets do not include beer or wine, which will be available for purchase at the event. Tickets will be available between services at church, beginning Sunday, Oct 6.

*Danielle Mackenzie*  
[pwarden@stpaulshk.org](mailto:pwarden@stpaulshk.org)



## Heating Fund Campaign

Our Heating Fund Campaign is in full swing! Pledge forms and other info on the campaign have been sent out. If you didn't receive one, please visit our campaign web page (<https://stpaulshk.org/campaign/>) for more info. Pledge forms can be dropped off at the church office, in the collection plate, or by mail (20 Young Rd., Kanata, K2L 1W1).

Thank you to everyone who has contributed their gifts and prayers to this important initiative. Your generosity is appreciated! For more info, or questions about the campaign, please contact a member of our Campaign Team at [campaign@stpaulshk.org](mailto:campaign@stpaulshk.org).

## Parables and Pints

### October 9, 7:30pm, Royal Oak

Parables and Pints takes place on the 2<sup>nd</sup> Wednesday of each month. The next meeting will be on **October 9 at 7:30 pm**. We meet at the Royal Oak at 329 March Road. The topic: "Grains of Truth." The atmosphere is casual, and all are welcome. Please let Cheryl Teeter know if you can make it: [cheryl.teeter@gmail.com](mailto:cheryl.teeter@gmail.com). Hope to see you at the Royal Oak!

## Church Happenings



On September 22, we celebrated the 20th Anniversary of our church building with reflections from the architect Malcolm Wildeboer, and Rev. John Bridges. The 10am service was followed by cake and family social time in the park behind the church. Photos submitted by Matthew Stortz.

## A few Thanksgiving chuckles ...

### “Excuse me, but...”

During a childhood Thanksgiving, my mom’s candles caught the kitchen curtains and some decorative greenery on fire. My sister, my cousins and I were at the “kid’s table” – in the kitchen – while the adults were in the dining room. So, no one of significance noticed anything, except me. Before we started eating, my mom threatened us on pain of death not to “annoy” the adults during dinner. So, when the fire got out of hand, I quietly walked to the dining room and stood silently for a minute or two, until someone noticed me. Only then did I very POLITELY say, “sorry, but the kitchen’s on fire.” My mom still gives me grief about my prioritizing politeness over sense.

### Thanksgiving Prank

Back when I was a kid, I thought it would be a funny prank to put a rubber chicken in the oven on Thanksgiving. My mom would laugh and laugh – “Ho ho ho, there’s a rubber chicken in the oven! What a gag!” However, 13-year-old me didn’t realize that adults usually preheat the oven before putting the turkey in.

### A Sticky Situation

This was back in the 80s – no Google (imagine!). We had finished our Thanksgiving dinner and everyone was cleaning up. Somehow, a button broke off of the dishwasher, so my grandfather grabbed some superglue to fix it. He ended up gluing his hand to

the door of the dishwasher. The adults tried to free him, to no avail, so my father had to quite literally dismantle the dishwasher door with his father’s hand superglued to the front of it. He carried the door – with my grandfather attached – to the back of our station wagon, and brought the conjoined duo to our local emergency room. They waited there for several hours, only to finally be set free by a nurse who happened to have nail polish remover in her locker.

### A Thanksgiving Poem

Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to?  
Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations,  
because they give you opportunities for improvement.

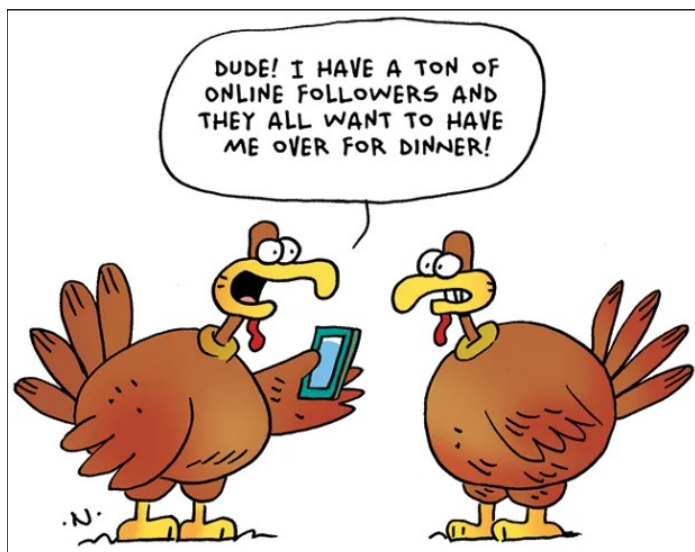
Be thankful for each new challenge,  
because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

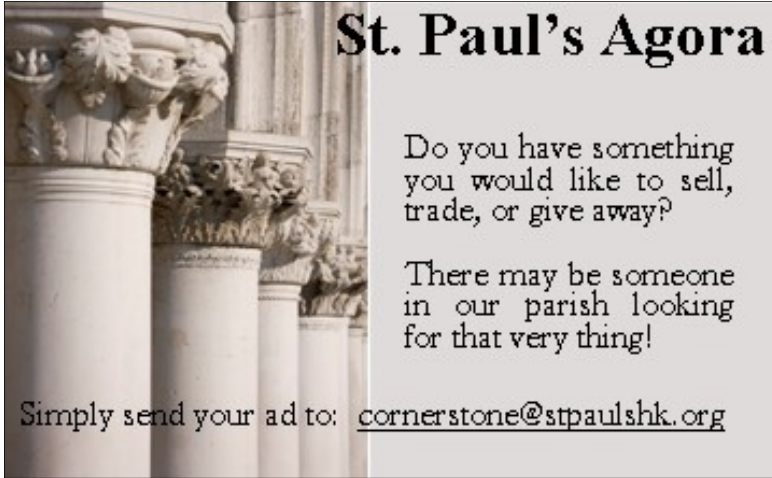
Be thankful when you're tired and weary,  
because it means you've made a difference.

It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are also thankful for the setbacks.  
Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.

*Author unknown*







## 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](mailto: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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