

CORNERSTONE

September, 2025

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 (beginning Sept 14)

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. Begins Sept 24 on Zoom. See inside for details.

Memorial Prayers September 14 at 12:30pm. First Sunday of November, January, March and May, following the 11am service.

Inside this issue:

- **Message from Fr. Stephen**
 - **Stewardship of Time**
 - **Small Group at St. Paul's**
 - **Christmas Bazaar Planning**
 - **Oktoberfest**
- ...and more!**

October edition deadline:
Tuesday, September 30, 2025

Please send submissions to:

cornerstone@stpaulshk.org



A message from Father Stephen

Fall Blessings

For many of us, the fall brings a sense of disappointment and impending hardship. By Labour Day, the summer is past and the long season of work begins again. Children need to be hustled to school in the morning, and the many bal-

let, piano, and hockey practices need to be coordinated. More than that, the shortening days bring colder weather and the leaves start dropping from the trees. We all know that that means: we need to stock up on salt and snow shovels for the driveway, and window scrapers for our cars.

This kind of melancholy is common enough, but lately I have been thinking about how this season must have seemed to our ancestors. We get a hint of their thinking when we celebrate fall festivals like Oktoberfest and Thanksgiving. For them, the fall wasn't primarily a time of diminishing joy. Instead, it was a time to celebrate the harvest.

For agricultural societies across the northern hemisphere, the fall is when the hard work of the spring and summer is repaid. Crops ripen and are ready to collect. Beer and wine ferment and come to maturity. Weary hours of hard labour in the fields are replaced by quieter days tending the home and workshop.



Today, we tend to lose sight of these things because we live in ways that are mostly unaffected by the seasons. Sure, we notice when it's hot or cold outside, but we live in climate-controlled homes and offices. We enjoy good food, yet we don't need to wait until July to enjoy strawberries or October to enjoy a heady brew. They're available year-round, so the sense of merriment which comes from the abundance of harvest doesn't really hit us in the same way.

Perhaps this disconnect from the seasons is part of why so many today feel a sense of alienation in their lives. While we enjoy material abundance, we don't enjoy the sense that we are connected to the deeper rhythms of creation. Feasts lack the joy they once did because we rarely experience times of deprivation to compare them to. In other words, we don't often find ourselves connected to things bigger than ourselves: to seasons, to harvests, or to common experiences with our neighbours.

I think church can play a particularly important role in helping people reclaim this sense of connectedness. What the church does, by living according to a Christian calendar, is to encourage both the observance of seasons and the connection between people. When we gather for Harvest Thanksgiving, we gather with people we aren't related to, and who we may not live particularly close to. Yet, we sing songs together, hear scripture and preaching together, and receive the life-giving meal of the Eucharist.

At Christmas, we recall the mystery of Christ's incarnation together, and sing the songs our ancestors used to sing. At Holy Week, we walk in Jesus' steps as he travels to the cross, and do so with Christians who do the same thing around the world.

These are small examples of what goes on in church: we participate in things greater than ourselves, connect with people on a deeper level, and are reminded of the great communion of saints to which we all belong. This grounding is part of the reason why regular churchgoers consistently report a greater sense of well-being and purpose in life than those who don't

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attend. We were made to enjoy God and His creation, and church helps us do this.

Remember that the Bible's instruction to gather for church isn't just because the church needs your support. It tells us to gather because in these ways the church supplies something necessary to you being a fully formed human being. We were made to love God and to love our neighbours as ourselves. Church continues its relevance in every age because it provides a unique opportunity for combining the love of God with a deepening connection with other people and to the seasons of life.

As we enter the fall, and feel the temptation towards gloominess, remember that this is also a season of abundance and grace. It is a time to remember that God has given us what is necessary for the wintery months ahead, and given godly companions to enjoy it with. He will lift our hearts to Him every time we gather, and will draw our hearts closer together. He will fight the winter chill with the warmth of His presence and the camaraderie of His saints.

Have a blessed harvest season,

Stephen⁺

“Back to School” Fun

Sometimes the students are not the problem...

During a parent-teacher conference, a mother insisted I shouldn't have taken points off her daughter's English paper for calling her subject Henry 8 instead of Henry VIII. “We have only regular numbers on our keyboard,” she explained. “No Roman numerals.”

When her child's towel was stolen during a school swimming trip, an irate parent demanded of me, “What kind of juvenile delinquents are in class with my child?!”

“I'm sure it was taken accidentally,” I said. “What does it look like?”

“It's white,” said the parent. “And it says *Holiday Inn* on it.”

Wednesday Bible Study Starts Sept 24 on Zoom

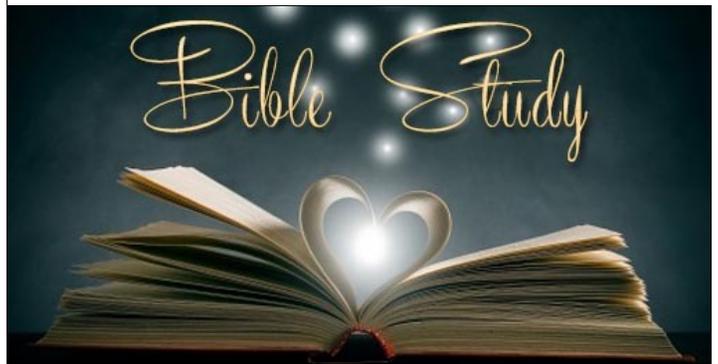
Each week we discuss the Bible passages for the coming Sunday and consider how they apply to our lives. Everyone is welcome!

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>

Meeting ID: 831 6190 9398

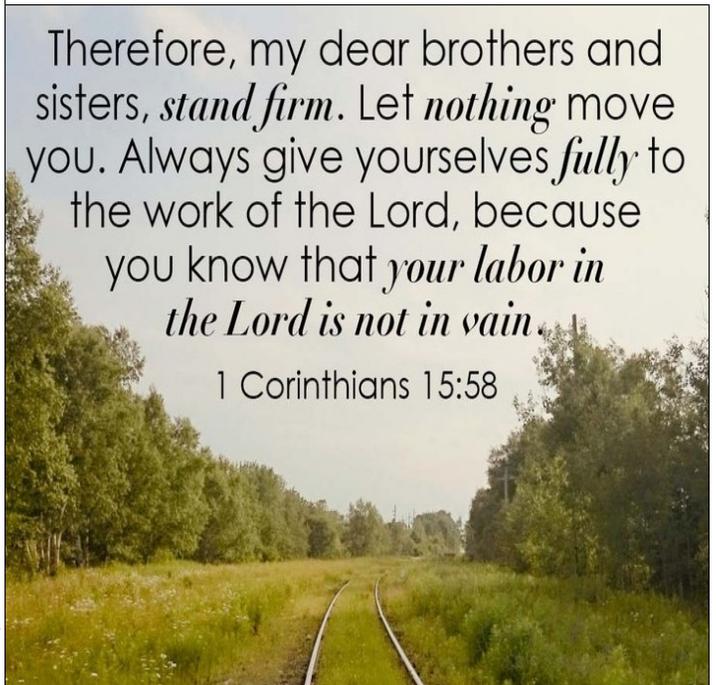
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Vestry Theme for this year

Therefore, my dear brothers and sisters, *stand firm*. Let *nothing* move you. Always give yourselves *fully* to the work of the Lord, because you know that *your labor in the Lord is not in vain*.

1 Corinthians 15:58



It's About Time

Note: The following article is an ongoing part of the Stewardship Education and Awareness Program here at St. Paul's.

Our relationship with time is complex and emotional, often shaped by our circumstances. In the Church, Time is one of the three pillars of Stewardship – alongside Treasure and Talent. But how should we understand and steward it?

Though Scripture speaks more often about money than time, that doesn't mean time is less significant. In fact, how we use it reflects our priorities and our faith.

What Is Time Stewardship?

Time stewardship is the faithful, intentional, and wise management of the time God gives us. It recognizes that time is a divine gift – something we don't own but are entrusted with. Unlike money or possessions, time can't be stored or regained. It is always passing. Each of us receives the same 24 hours daily, and how we spend it reveals what truly matters to us. To steward time well is to use it for God's glory and the good of others.

Our Relationship with Time

Today, many people feel they don't have enough time. We think we can control or conquer it, yet modern life leaves us feeling constantly rushed. With all our technology and conveniences, shouldn't we have more free time? Instead, we run faster, accomplish more, and connect less.

The Tyranny of Time

Rather than serving us, time often controls us. We move quickly, skim past one another, and lose the depth of real relationships. Conversations grow shall-

ow, social circles shrink, and our ability to reflect or listen fades. The pace of life crowds out quiet moments with God and with others. Without a biblical view of time, our lives can become hurried, disconnected, and spiritually thin.

Being a Good Steward of Time

Time is a precious gift. We are asked to use this gift in productive ways. Time management tools are helpful, but many don't reflect a faith-based perspective. Honouring God with our time can seem difficult in a culture that urges us to do more. But our time belongs to God, and using it well allows us to grow spiritually, serve others, and live more intentionally. Stewardship includes rest, service, worship, and learning.

Guiding Principles from Scripture

What are some of the guiding principles what we can learn from God's word regarding our stewardship of time?

Prioritize God's Will

Matthew 6:33: *"Seek ye first the kingdom of God and His righteousness, and all these things will be added to you."* We must continually bring God back to the center of our lives, especially when we're busy.

Recognize Time as a Gift

Psalms 90:12: *"So teach us to number our days that we may gain a heart of wisdom."* Time is not just a resource – it's sacred and finite.

Honour God's Timing and Seasons

Ecclesiastes 3:1: *"To everything there is a season, a time for every purpose under heaven."* God has created rhythms – of life, growth, and rest – that we are meant to live within.

Live Purposefully and Wisely

Ephesians 5:15-16: *"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity..."* Colossians 4:5: *"Walk in wisdom toward outsiders, making the best use of the time."* Proverbs 16:9: *"In their hearts humans plan their course, but the Lord establishes their steps."*

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Make plans, but stay open to God's leading.

Plan Diligently

Proverbs 21:5: *"The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty."* Luke 14:28: *"For which of you, desiring to build a tower, does not first sit down and count the cost?"* God values thoughtful planning and balance – rest, relationships, and service all matter.

Work with Integrity

Titus 2:9-10: *"...so that in every way they will make the teaching about God our Savior attractive."* Work is not the goal of life, but a context in which we can honour God through diligence and witness.

Avoid Distractions

Busyness and multitasking often leave us disconnected. Giving our full attention to others is a way to affirm their value and live wisely.

Grow Spiritually

Genesis 1:31: *"God saw all that he had made, and it was very good."* Romans 12:2: *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."* Use time to pray, learn, and reflect – spiritual growth needs space and intention.

Sabbath and Rest

Genesis 2:2-3: *"By the seventh day God had finished the work... so on the seventh day he rested..."* Rest is not weakness – it's trust. God models rest so we can live in balance and faith.

Serve Others

Galatians 5:13: *"Serve one another humbly in love."* Time isn't just for personal gain – it's for loving and serving others. This is central to the Christian walk.

Conclusion

1 Timothy 6:17 reminds us that God *"richly provides us with all things for our enjoyment."* But we are not to rely on comfort or possessions. Our hope must rest in God.

When we treat time as a sacred trust, we don't just get more done – we live more fully. True stewardship is not about squeezing more into each day but about



giving each moment to God. Time, used well, becomes a path to presence, peace, and purpose.

Yes, it really is about time!

St. Paul's Stewardship Team

Questions? Please talk to any member of the Stewardship Team: Mark Stalter, Melissa Clark, Tracy Albert, Francis Christensen, Kristen VanderHoek, Fr. Stephen. Email: stewardship@stpaulshk.org

Oktoberfest September 19, 6pm

Dust off your dirndls and lederhosen and join us for **Oktoberfest on Friday, September 19, starting at 6pm.** This fun annual tradition celebrates German culture with great German food, traditional German music, and a great atmosphere. The dinner is open to all, and is child-friendly.

Tickets are \$50 for adults and \$25 for kids. Beer and wine are available, but must be purchased in advance. Tickets can be purchased online at the link below (a small processing fee is added) or in person in the church narthex between services on September 7 and 14. Bring a friend!

Tickets online:

<https://www.eventbrite.ca/e/st-pauls-oktoberfest-community-dinner-tickets-1553270226059>



Nourish and Flourish

Small Group begins October 5, 12:30pm

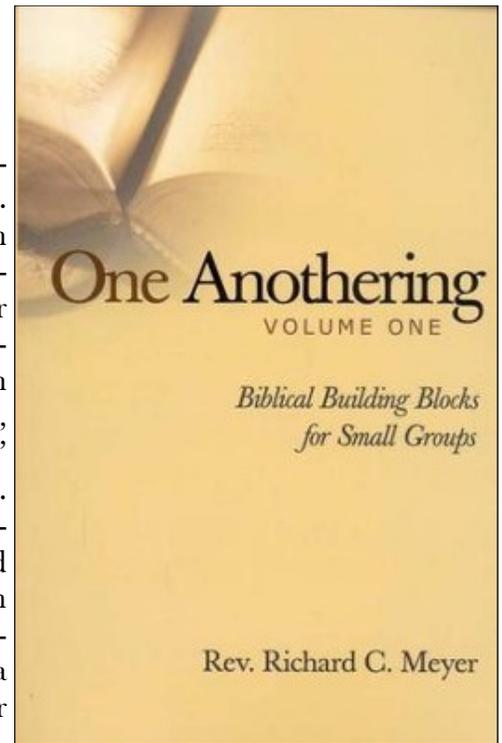
Worshipping together in church, hearing the Word of God, and communing together with Christ are central to our faith. We all face the front and rightly focus on these together. We are blessed when we turn towards one another during the Peace. I don't know about you, but sometimes I want to prolong that time and have a bit more of a conversation to "connect" with one another even more. There are, in fact, other places and times to have that connection, like during coffee hour. But have you ever wished for more?

Hebrews 10:24-25 encourages believers to "consider how to stir up one another to love and good works, not neglecting to meet together," highlighting the importance of regular gatherings for mutual edification. Matthew 18:20, stating, "where two or three are gathered in my name, there am I in the midst of them," underscores the presence of Christ in small group settings. Additionally, the early church's practice in Acts 2:42-47, where believers devoted themselves to fellowship, teaching, prayer, and sharing, provides a model for the functions of small groups.

Most of us have heard of church small groups, but we may not have experienced one. My wife, Margot, and I have led small groups for over 20 years. In them, we have been blessed to journey together with other Christians, and to be able to ask questions that we discovered others also have. Sometimes, there

isn't an immediate answer. But we can pursue answers to our questions together. In small groups, we feel "seen" and heard. We feel belonging, and we feel we can make a difference as a group in our surroundings.

Beginning on Sunday, October 5, at St Paul's, a new small group we've named "Nourish and Flourish" will meet during five Sunday lunchtimes (at about 12:30pm) every second Sunday in the church boardroom. The goal is to provide a context in which to grow spiritually together as we pursue Christ in our daily lives and in service to the community. We will use a book called *One Anothering*. Did you know that in the New Testament alone there are over 50 passages that speak of how to build one another up? Fr. Stephen and Stephen Kidd will co-lead the group.



If you're looking for an opportunity to connect with others at St. Paul's and help one another follow Jesus, why not consider joining this group?

To register, or for more information, please contact:

Fr. Stephen (fr.stephen@stpaulshk.org) or Stephen Kidd (sbkidd001@gmail.com)

Church Happenings



We kicked off the summer with our parish Sunday School Picnic in the park behind the church on June 22. Great food, fellowship and games were enjoyed by everyone. Photos by Alison Stortz.



Rev. Bob Albert joined the Anglican Parish of Huntley in July. On August 27, a Celebration of New Ministry service was held at St. James the Apostle church in Carp, ON. Please pray for God's blessing on this ministry. Photos by Alison Stortz and Tanja Puchala.



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.



Christmas Bazaar Planning Meeting, Sept 9, 2:30pm

We will be having a planning meeting for the upcoming bazaar downstairs in the church on **Tuesday, Sept 9 at 2:30pm**. New people and ideas are welcome!

Mark your calendars for **Friday November 28 and Saturday November 29**. Please set aside items for the Silent Auction, gently used household items, books and CDs, jewelry, toys, Christmas ornaments, etc.

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

Cenotaph Memorial Stones Kanata Legion Branch 638

Honour a veteran 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. **September is the last month to place an order this year.** Please contact me for more information. I will be happy to deliver an application to you.

In service,
Moir Green
613-592-3376, mmgreen@live.com



Volunteer Fair September 21, 10:30am

Would you like to be more involved in the life of your church? We have lots of opportunities available! Come to the Volunteer Fair during coffee hour (between the 9am and 11am services) on Sept 21 and see what great things are happening at St. Paul's.



“Taste and See...” Fall 2025 issue available

The latest issue of “Taste and See...,” the quarterly publication of Anglican Renewal Ministries, is here. In this issue you'll find articles to encourage you on your walk with Christ.

Pick up a copy in the Narthex, or download a copy from the ARM website: <https://www.armcanada.org/>.



Financial “Fun Fact”

Did you know....? Between June and August, St. Paul's parishioners donated approx. \$3,000 towards our Summer Bottled Water outreach for the homeless. After matching this amount from the church's Operations budget, we were able to send \$6,000 into the community. The funds were split between two Christian organizations: Belong Ottawa and Ottawa Innercity Ministries. Thank you for your generosity and supporting the most vulnerable in our city.

Julie Landgraff





WWW.GATHERINGBEAUTY.COM



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

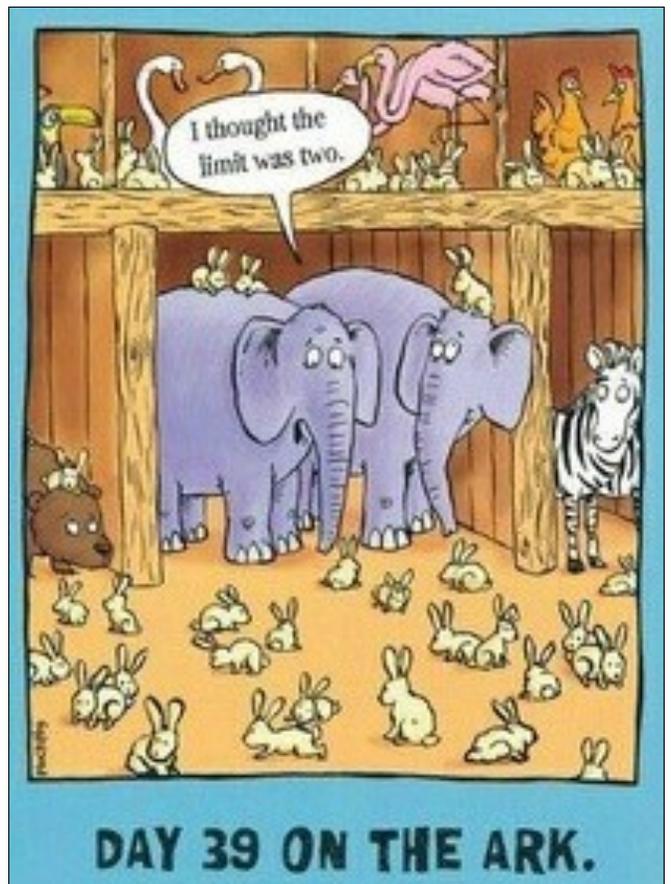
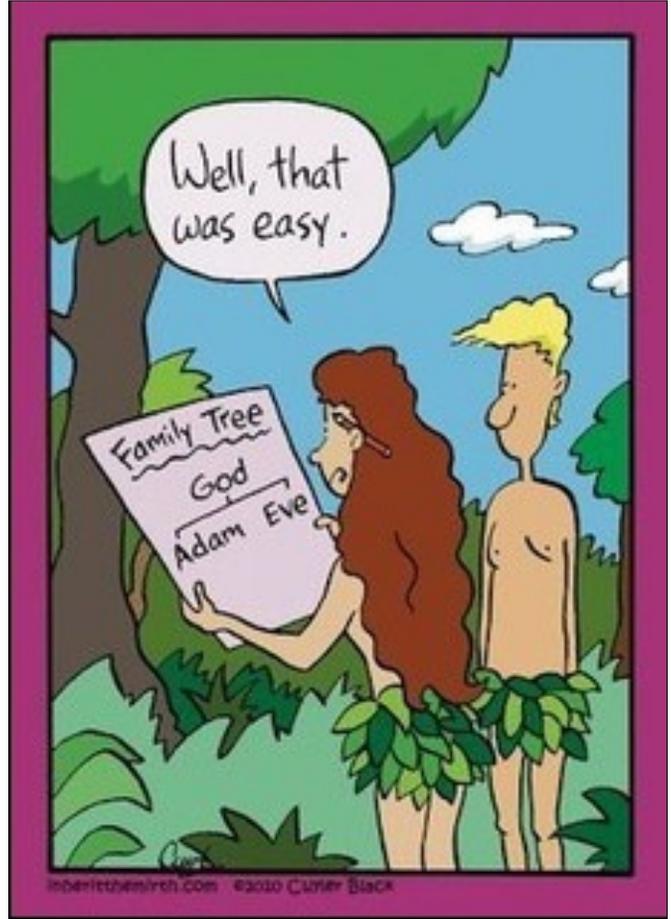
'Quilts for Kids'

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.



Local Garlic for Sale

Looking for organically and locally grown garlic? Contact Darlene Glason dglason@disroot.org. \$25 per mixed dozen with 3 of 6 varieties.





**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

