

September, 2026

CORNERSTONE

20 Young Road
Kanata, Ontario
K2L 1W1
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, **beginning September 20.**

11:00 a.m. — Praise Music Holy Communion. Nursery available. Children's Ministry meets downstairs for lessons and crafts, **beginning September 20.**

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 16 on Zoom.** See inside for details.

Memorial Prayers September 13, then the first Sunday of November, January, March and May, following the 11am service.

Inside this issue:

- **Message from Fr. Stephen**
- **Sunday School Update**
- **Christmas Bazaar Planning**
- **Men's Corner**
- **...and more!**

October edition deadline:
Tuesday, October 6, 2026
(NOTE: a week later than usual)

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

Making it Work

A fun song I often remember at the end of summer was recorded by Harry McIntock in 1928, called *Big Rock Candy Mountains*. It's a comedic song about a hobo telling stories to his friends around the campfire, telling them of

the magical land he hopes to find.

*In the Big Rock Candy Mountains
There's a land that's fair and bright
Where the handouts grow on bushes
And you sleep out every night
Where the boxcars all are empty
And the sun shines every day
On the birds and the bees and the cigarette trees
The lemonade springs where the bluebird sings
In the Big Rock Candy Mountains*

The verse that comes to me every fall however, is explicit about how he views work:

*There ain't no short-handled shovels
No axes, saws, or picks
I'm a-going to stay where you sleep all day
Where they hung the jerk that invented work
In the Big Rock Candy Mountains*

Those lines neatly sum up how we usually think of

work — something tiresome and best to be avoided. It's strange then that the fall is such a favourite season for people. Sure, we get pretty leaves, apple-picking, pumpkin pies and Halloween, but we also get a lot of work.

Fall means a return to work after vacation. It means going back to school, shopping for supplies, cleaning leaves out of the gutters, tuning up our snowblowers, digging out our winter boots, ferrying the kids to hockey practices, and putting our gardens to bed. The sensual pleasures of pretty leaves and tasty pies don't seem so significant when compared to the trouble the season brings. Yet, our love of the autumn persists.

I think this points us to something deeper than seasonal pleasures. It points us to the value of work itself. Autumn is packed with festivals celebrating not only the fruits of autumn, but the work that it took to bring them to us. Labour Day is the traditional start of the fall, and is marked as a day to celebrate the dignity of work. Oktoberfest and Thanksgiving both began to honour labourers, and to thank both them and God for the fruits that this labour brought. Even All Saints Day, held every year on November 1, celebrates the life and work of those saints who have gone before us. In each case, we not only celebrate the benefits, we celebrate the work it took to bring those benefits.



As hard as work can be, these autumn festivals recognize that there is something transcendent and beautiful about it. This is something that the church also proclaims. Think back to the first chapters of the Bible, when God creates the heavens and the earth, and when He places human beings in the garden He made for them. Genesis 1:28 tells how: "God blessed them, and God said to them, 'Be fruitful

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and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.”

Here, God doesn't curse them with work. He blesses them with work. They are to raise children, and work to extend the order and beauty of Eden into the rest of the earth. This all comes prior to the calamity of sin entering the world, and so shows us that work has always been part of God's plan for our lives. It didn't enter the world as a punishment, but as a way of helping us live out the fullness of human life. God works, brings life, and creates order. So we, who are made in His image, find fulfilment when we do the same.

This fall will bring many delights. Be bold in enjoying them, but don't forget that these delights point to something more than a passing pleasure. They point to the value and meaning of good labour. Let them inspire you to reflect on where God is present in your job, and in the tasks you do for your family. How is He using your efforts to bring life, beauty and order to our world? Ask Him to help you see and appreciate the value in your work, so that you don't just approach it as drudgery. And for those whose jobs seem unfulfilling, ask God to give you meaningful tasks in your personal life that help give a sense of accomplishment.

Much of our life is filled with work, so don't let yourself believe that it's unimportant or meaningless. Let autumn remind you that work can bring joy, accomplishment, and pleasure. This season, let God show you the hidden value of your work, and enjoy the benefits that come with it.

Stephen+

Sunday School Begins Sept 20 at 9am and 11am

We're pleased to announce that St. Paul's has hired Darlene Glason as our new children's ministry coordinator. Darlene has been our parish administrator for several years, and will continue in this as she takes on the children's ministry. She brings experience in administration and youth ministry, as well as an active faith and deep knowledge of our parish life.

Sunday Children's Ministry will start on **Sunday, September 20**. Each week, we will offer children's ministry at the 9am and 11am services. Our program is aimed at children of elementary school age.



If you have any questions about the Children's Ministry program, please contact Darlene at childrensministry@stpaulshk.org.

Parish Council September 17, 7pm

The next Parish Council meeting will be held on Thursday, September 17, at 7pm.

All members of St. Paul's are welcome to attend.



Seniors' Walk & Talk Thursdays at 10am

Seniors' Walk & Talk is an informal gathering held at St. Paul's every Thursday 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!

Christmas Bazaar

Planning Meeting Sept 26, 1:30

There will be a planning meeting for our Annual Christmas Bazaar on **Saturday, September 26, at 1:30pm in Rutter Hall**. If you are new to our church, or have not been involved before, we would love to see you there!

To all the faithful who have been involved in past Bazaars — if I do not hear from you I will assume that you will continue with the job you did last year. However, please remember that if you have had enough and it's time to step down or do less, that's OK too!



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

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

Vestry Theme for this year



Wednesday Bible Study

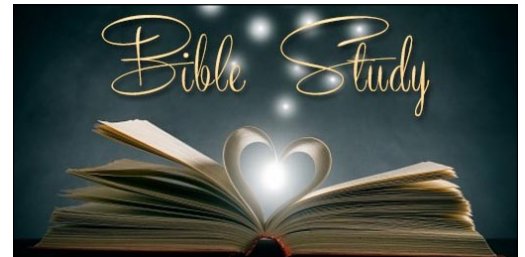
10am, In-person or Zoom

The Bible Study will resume on **Wednesday, September 16 via 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/>



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
Moir Green
613-592-3376
70 Hines Road
Kanata



Men's Corner

Devotion and Upcoming Events

Fall is here and it's time to get closer to God. Here is a devotion – **Stop watching other men live** – copied with permission. I pray you read, meditate, PRAY, and encounter God.

Ray Brule

Working or Watching?

We must work . . . while it is day; night is coming
—John 9:4

Ever feel like you're spending way too much of life watching? I mean, what's your personal watching-to-working ratio? And, by "working," I don't mean work-work. I mean working on those specific things for which you were created — for example, those things mandated by the two great commandments (Matthew 22:37-39).

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them" (Ephesians 2:10).

Are you engaging in your good works? Or do you find that you're watching too many sermons about the Gospel, rather than living out the Gospel? Or watching too many movies and reading too many books about other people's adventures, rather than living out the adventures God has for you? Or watching sports too much . . . watching others face their fears, face great odds, and push themselves beyond their supposed limits, rather than doing those things yourself? Don't get me wrong, sermons, movies, books, and sports are good things. There's nothing wrong with inspiration . . . but it's got to be inspiration for something.

"Long before he laid down earth's foundations, he had us in mind . . ." (Ephesians 1:4 MSG). When God dreamt about you so long ago, did he dream of you watching others live out their great stories, but not you? Of course not. Of course he dreamt of a great story for you too. Of course he has a story he cannot wait to share with you, right now.

Okay, so what do we do?



Search your heart, brother. What's going on in there? Is it rising? Falling? Is it light? Heavy? Stop, now, and pray to God that he lead you into your story . . . your ancient story. That's a good prayer. That's one, I think, to which he'll likely respond. So, you might buckle up.

Your brother in Christ,

Justin

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Upcoming Events

Band of Brothers Boot Camp 2027

May 2027 (dates TBD)

Mark your calendars and plan to attend. More details will be provided closer to the date. If you would like to talk to men who have attended a Boot Camp, please contact any one of us:

David Stortz (davidstortz97@gmail.com)

Matthew Stortz (matthewstortz@gmail.com)

Ray Brule (raybrule@gmail.com)

Band of Brothers website:

<https://bandofbrothersottawa.ca/>



Volunteer Fair

September 20, 10:15-11am

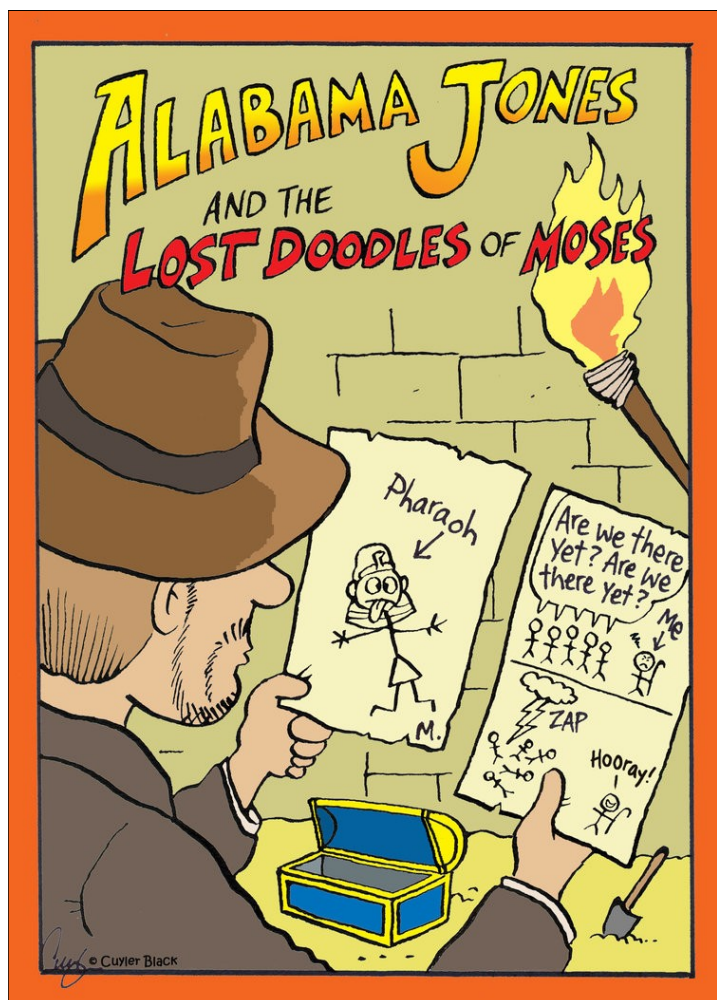
Interested in helping out at church? Your parish's life depends on volunteers willing to give their time and energy to enrich the church's life.

Many tasks require only a small commitment, while others require a longer-term effort.

Come and join us at our annual Volunteer Fair, taking place in Rutter Hall during coffee hour between the 9am and 11am services on September 20. Starting at 10:15am and lasting until 11am, volunteer coordinators will be available to explain some of the ministries our church supports and what volunteering for them will require. We hope to see you there!



Just for Fun



Oktoberfest

October 9, 6pm

Dust off your dirndls and lederhosen! Our annual Oktoberfest celebration is set for Friday, October 9 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.

Ticket details will be coming soon — watch the weekly bulletin for news. In the meantime, **we need volunteers!** The kitchen, set-up, and decorations teams are all in need of help. Please contact Rob Craig, our People's Warden, to offer help or with any questions at: pwarden@stpaulshk.org



Calling all Knitters!

For the Kanata Food Cupboard

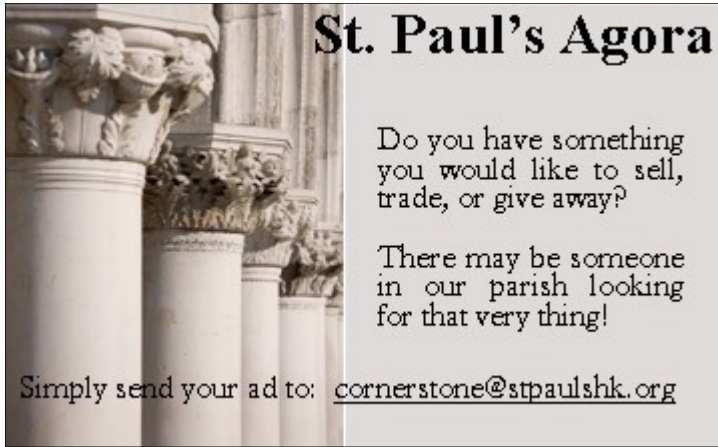
We are looking for people to knit or crochet hats and mittens to be distributed by the Kanata Food Cupboard. Yarn will be provided.

If you are able to help, please contact Ann Piche at pkatolson@hotmail.com.





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



BHM

Bradley Hiscock McCracken
Lawyers

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Wills and Estates
Real Estate

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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

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

Just for fun...

