

CORNERSTONE

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Kanata, Ontario
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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.

Summer Sunday Services

June 22 to August 31

8:00 a.m. — Said Service and Eucharist.

10:00 a.m. — Holy Communion. Nursery available. Sunday School end-of-year picnic after the 10am service on June 22.

September 7: 7:45am, 9am and 11am (no Sunday School).

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. Last study before summer break June 18 on Zoom, resuming Sept 17 on Zoom. See inside for details.

Memorial Prayers June 29 at 11:30am, September 7 at 12:30pm.

Inside this issue:

- **Message from Fr. Stephen**
 - **The Importance of a Will**
 - **Letter of Thanks**
 - **Altar Guild Volunteers**
 - **Summer Outreach Project**
 - **Kanata Food Cupboard**
- ...and more!**

September edition deadline:
Tuesday, September 2, 2025

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

What a Pleasure!

Back in the 1980s, a character named Enid Strict enjoyed a few seasons of fame on the sketch comedy show *Saturday Night Live*. Enid was played by the actor Dana Carvey, and was better known as the Church Lady. What made her famous

was playing on a common stereotype of Christian churchgoers: the up-tight sourpuss.

Enid appeared in comedy sketches where she interviewed popular figures and grilled them on their apparent sins. One of her catch phrases, usually delivered after someone describes doing something fun, was “I wonder who encouraged you to do that... Who could it be? Was it Satan?” The catch phrase was effective because it reminded people of Christians who found it hard to believe that pleasure could be something good. Instead, everything that hints of sensuality – even vacations, good food, or card-playing – must have something sinful about it.

Of course, the comedy routine portrayed an outrageous stereotype, but it worked with the audience because it came with a grain of truth to it. In the past, Christians have sometimes warned that sensuality would inevitably lead to lust, gluttony, or pride. Today, we seem less quick to judge pleasures as inherently sinful. In fact, we often have a hard time even mentioning sin. It’s strange then, that so many of us still feel guilty whenever we take time for ourselves. For me, this seems most obvious when I consider how hard it is for people to unplug from their

phones.

Unlike the days when I began my ministry, today every clergyperson I know carries a cell phone with them at all times. Whether it’s on a day off, or when out for supper with our spouse, or on a hike in the Gatineau hills, we now make ourselves constantly available for answering emails, texts, and calls. We’re not alone in this. Countless professions now expect 24-hour access to clients and employees as part of their job description. Even in our personal lives, the phone sits on the table while we chat with friends – indicating we’re ready to have our pleasant conversation interrupted if someone else wants to contact us.

This situation is now so engrained in modern life that we don’t recognize how strange it is. Why is it that we feel unable to carve out time to enjoy simple pleasures? Why are we so willing to sacrifice these things as soon as something else comes up? Perhaps the reason is that while we may no longer think pleasure is sinful, we no longer find it useful either.

A client email, a news update, or a text from a friend all give the appearance of importance and urgency. Someone needs us! Our opinion is required! These things make us feel useful and important. They make us feel that we really matter and that we have some control over our lives. Contrast this with the simple pleasure of curling up with a good book on a rainy day. It’s pleasant, but it doesn’t do much to puff up our sense of importance or control. However, Christians should value pleasure for that very reason: because enjoying a pleasure helps us stop thinking about ourselves at all.

We can tell that genuine pleasures are a gift from God because they have a special ability to pull us out of ourselves and to focus on greater things. When we read a good book just because it’s good, we find that we have forgotten ourselves while we read it. Time passes, but we don’t notice. The entire question of our usefulness and value isn’t even considered. Instead, we just enjoy something for its own sake.

That state of being is exactly why the psalmist (16:11)

(Continued on page 3)



(Continued from page 2)

says of God that, “in your presence there is fullness of joy; in your right hand are pleasures for evermore.” God’s presence is a pleasure which draws us to look at Him, instead of dwelling on ourselves. In this way, all true pleasures have a way of helping us understand what God is like – someone whose whole being leads us into joy.

Of course, it is true that pleasure can be corrupted by the devil. Pursuit of pleasure can lead people to over-eat, to use pornography, or to neglect one’s duties to others. These are things we must guard against. Yet at heart, the pleasure isn’t the problem. It’s that the devil directs it to the wrong place, or to the wrong degree, or to take precedence over our duties. The answer to this is not to avoid pleasures, but to be honest and careful in our pursuit of them.

The summer provides us with a great opportunity to use pleasure in ways that bring us closer to God, and to pull us out of self-centredness. One obvious way is to use our vacation time to enjoy the beauty of His creation. Whether it’s by sitting by the lakeshore, or taking a walk through the forest with our children, why not use that time to put away everything that makes you feel useful? Turn off your phone, stop thinking about what emails you need to write when you’re back at work, and let yourself enjoy the things you had no hand in creating. Enjoy the lake God made, the children God gave you, and the fresh air He made to blow through the trees. Let these things remind you that everything you are able to do, you do because God has blessed you with abilities and tasks.

He loves you! He wants you to enjoy what He made, and for you to enjoy being you – without having to ask yourself if you have worth and value. After all, His death on the cross for you has answered that once and for all. You matter enough to have Him sacrifice His own life for you, so you don’t need to pursue usefulness to prove that worth to yourself. Instead, take the time you get this summer to let Him remind you of His goodness and of the goodness of the world He has made for us to live in. I think that if you do, you will return this fall with an even deeper sense that you matter, and an even better sense of worth.

Stephen+

Sunday School Picnic

June 22 at 11:30 a.m.

Everyone is invited to participate in our Sunday School Picnic on June 22, following the 10am service. Weather permitting, we’ll gather in the park behind the church for children’s games and a BBQ hotdog lunch. Please bring a side dish or dessert to share and a lawn chair or blanket to sit on.

Sunday School will break for the summer and resume at the 9am and 11am services on September 14.



Choral Compline

June 7 at 8pm

Join us on Saturday, June 7 at 8:00 p.m. for a beautiful liturgy of Compline on Pentecost Eve. The ancient office of Compline derives its name from a Latin word meaning “completion” (completorium). It is, above all, a service of quietness and reflection before rest at the end of the day.



Just for Fun

The Sunday school lesson for the day was about Noah's Ark, so the preschool teacher decided to get her small pupils involved by playing a game in which they identified animals.

“I’m going to describe something to you. Let’s see if you can guess what it is. First, I’m furry with a bushy tail and I like to climb trees.”

The children looked at her blankly.

“I also like to eat nuts, especially acorns.”

No response. This wasn't going well at all!

“I’m usually brown or grey, but sometimes I can be black or red.”

Desperate, the teacher turned to a perky four-year-old who was usually good about coming up with the answers.

“Michelle, what do you think?”

Michelle looked hesitantly at her classmates and replied, “Well, I know the answer has to be Jesus – but it sure sounds like a squirrel to me!”

The Importance of a Will

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

The Importance of a Will

A will is a written, legal document that communicates your wishes after death. It outlines how your assets and property should be distributed and may include personal instructions such as funeral preferences, guardianship of children, and charitable giving. Despite its importance, nearly half of Canadians do not have a will.

Making a will is a vital act of planning. It protects your loved ones from unnecessary legal complications and emotional strain and ensures that your intentions are clearly understood and carried out. Without a will, those left behind are often forced to make difficult decisions during a time of grief.

Your Will as a Stewardship Tool

As we've learned through our stewardship education, biblical stewardship involves managing all that God has entrusted to us: our time, talents, and treasures. This calling doesn't end with our final breath. In fact, one of the most impactful acts of stewardship is preparing for what happens to our resources when we are no longer here.

A will is not only a legal document, it is a deeply spiritual tool. It allows us to ensure our material blessings are used in ways that reflect our values and faith. The Apostle Paul wrote, *"It is required of stewards that they be found faithful"* (1 Corinthians 4:2). That faithfulness includes preparing for how we leave behind what God has given us.

By creating a will, we take intentional steps to manage

our estate in a way that aligns with our Christian commitment. This is one more way to be faithful stewards — not just in life, but also in legacy.

Guardianship for Your Children

If you are a parent of minor children, your will is the best way to name guardians who would care for them in your absence. This ensures they are raised in a loving, stable, and faith-filled environment. Without this provision, the courts may decide who will raise your children, possibly in ways that don't reflect your values.

Establishing guardianship is one of the most important and caring decisions a parent can make. It offers reassurance to you and protection for your children should the unthinkable happen.

A will should be reviewed every three to five years, or after significant life events such as marriage, the birth of a child, the purchase of property, or the loss of a loved one. It is a living document that should change as your life does.

Choosing the Right Executor

Equally important in your will is naming an executor. This person is responsible for carrying out your instructions, settling debts, and distributing your estate according to your wishes. Selecting the right executor ensures your legacy is honored and your affairs are handled responsibly.

Choose someone who is trustworthy, organized, and ideally familiar with your values and priorities. This might be a spouse, adult child, close friend, or professional advisor. For more complex estates, a lawyer or trust company may be a better choice. Be sure to ask for their consent before naming them and consider appointing an alternate executor in case your first

(Continued on page 5)



(Continued from page 4)

choice is unavailable. Your executor is a final steward on your behalf — someone who ensures your voice is heard even after you are gone.

Dying Without a Will

If you die without a will — referred to as dying “intestate” — the government decides how your estate is distributed based on provincial laws. This process can be time-consuming, expensive, and impersonal. Often, it results in outcomes that don’t align with your wishes — particularly when it comes to charitable giving or support for extended family members.

When no will exists, disputes are more likely to arise among loved ones, and legal proceedings can become a source of added grief. A well-written will brings peace and clarity, allowing your loved ones to grieve without being burdened by uncertainty and conflict.

Legacy Giving through Your Will

Your will is also a powerful tool for legacy giving. Many Christians designate a portion of their estate to support the ongoing work of the church, ministries, or charitable organizations that reflect their values. These gifts extend your stewardship beyond your lifetime, allowing you to continue participating in God’s mission even after you’ve gone home to Him.

As shared in the [May](#) and [June 2024](#) editions of the Cornerstone newsletter, there are many ways to include your church and other causes in your estate plan. Whether large or small, these gifts make a lasting impact and offer a meaningful expression of gratitude to God.

Do It Yourself or Use a Lawyer

In Canada, it is legal to write your own will — particularly if it is handwritten, signed, and dated. While this is an option, using a lawyer is strongly recommended. Lawyers ensure your will is legally valid, clearly written, and customized to your needs, especially if your estate is complex or involves charitable giving.

Poorly-written or vague wills often lead to confusion, legal challenges, and unintended consequences. A lawyer can help prevent these issues and offer guid-

ance on topics you may not have considered — like setting up trusts for children, or managing life insurance and real estate.

Once your will is complete, keep it in a safe place (such as a fireproof box or safety deposit box) and ensure your executor knows where it is stored. Most lawyers retain a signed original and can provide certified copies for your records.

Final Thoughts

A will offers peace of mind for both you and your family. It is a way to care for those you love, protect your children, and affirm your values. As Christians, it also reflects our desire to be faithful stewards of everything God has given us — even after our earthly life ends.

By preparing a will, you provide clarity, prevent conflict, and secure your legacy. You demonstrate love, responsibility, and commitment to God’s purposes in a lasting way. It is never too early — or too late — to begin this important part of your faith journey.

St. Paul’s Stewardship Team

Vestry Theme for this year

“Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.”
(1 Corinthians 15:58)

iBelieve.com

A Letter of Thanks

Dear Fr. Steve and St. Paul's Leadership Team,

I understand that many churches today are evaluating the effectiveness of their outreach beyond their physical buildings.

I am writing to share my personal experience as someone who has greatly benefited from St. Paul's outreach, particularly during a very challenging period.

While I am not a member of St. Paul's, I belong to an Anglican church in the Diocese that does not offer online services, my connection to St. Paul's includes my daughter's Confirmation there and my involvement with Ray Brule and the Alpha program many years ago.

I wanted to provide some important context regarding the impact of your online ministry on my family.

From the onset of the COVID-19 pandemic, my family faced significant isolation. My wife has Lupus, and we were explicitly instructed by medical professionals that we needed to remain in strict isolation to protect her health. Adding to these difficulties, I lost my job during the pandemic. As the sole income earner, our family's financial resources dwindled over several years of unemployment. Tragically, we also experienced the loss of a parent during this time.

Throughout this prolonged period of isolation, financial hardship, and grief, I leaned heavily on the online services provided by St. Paul's. I regularly watched your Sunday services and occasionally the Wednesday Bible Study.

It is through this consistent and accessible outreach that I was able to remain spiritually fulfilled and maintain a sense of hope despite the numerous setbacks my family and I faced. Your online ministry became a vital lifeline for me during a time when physical connection and traditional church attendance were impossible.

Thank you for your commitment to outreach and for making such a profound difference in my life during a very difficult chapter. Your efforts extended far beyond the walls of your church and provided much-needed spiritual sustenance.

God Bless you all.

Altar Guild

Volunteers Needed!

For anyone who knows me well, Altar Guild would be the last ministry they would expect me to be involved in. My house is often in various states of chaos, I don't appreciate a well-set table, and it is entirely possible that before joining the Altar Guild I hadn't ironed more than a handful of times in my life, choosing instead every possible gimmick to remove wrinkles, or asking my husband Jeremy to do any of our family's ironing.

Despite this apparent poor fit, I joined looking for a way my family could serve together, and it has been a great opportunity to expose my children to more of the life of the church. But beyond the benefit it has for my family, I have grown by stepping out of my comfort zone. I have come to love the silence of the empty church. Far removed from the unending to-do list at home, the stillness of the church brings me closer to God. As I see the dirt in the vacuum or dust coming off a surface that didn't appear to need dusting (to my very mess-tolerant eye), I am reminded of the work that God continues in my life even when things look mostly OK. As I carefully set the altar, I am growing to appreciate how participating in this beauty can increase my reverence and can help create a more meaningful experience for worshipping parishioners.



Initially, I was worried that I wouldn't have the skills or the time to serve as part of this important ministry, but I have found that the time commitment is quite small and is flexible to fit within my schedule. And while my ironing likely doesn't match that of more experienced members of the guild, I believe that God recognizes my diligence and effort, and I am confident that the liturgy will be effective, even if some small wrinkles remain.

If you have any questions about the Altar Guild, don't hesitate to reach out to me, or contact Nancy Moxley (nanmoxley@sympatico.ca), our Altar Guild president.

Elizabeth Kennedy

Church Happenings



On May 4 we enjoyed an Ecumenical Potluck with members of St. Paul's, Catch the Fire Ottawa, and St. Mina, Pope Cyril and St. Karas Coptic Church. Thanks to Danielle Mackenzie for organizing the event, and to all those who brought food and helped out in various ways. Photos by Alison Stortz.

Outreach: "Summer Water Project"

This summer, please help us help those who need fresh water. Each summer, temperatures soar in Ottawa. This can make life hard for those living on the streets. Without easy access to fresh water, many struggle to stay hydrated and comfortable when the weather gets hot. To help, St. Paul's is continuing its annual tradition of providing water bottles to downtown shelters and care agencies for the homeless.

Please consider making a donation to St. Paul's for the "Summer Water Project." **We ask that you donate funds rather than physical bottles, as it makes it easier for us to give directly to the shelters that need it.** Please use regular donation methods to help out. The project continues until September.

Thank you for your generosity!

Kanata Food Cupboard

St. Paul's provides volunteers at the KFC for 4 days every 6 weeks. If you would like to get involved in this ministry, please contact Dave Dobson (dabdobson@gmail.com) or Cheryl Teeter (cheryl.teeter@gmail.com).

Our KFC Schedule for the next few months:

June 16-19

July 28-31

September 8-11



Christmas Bazaar

Please start setting items aside!

Please mark your calendars for **Friday November 28** and **Saturday November 29**. A planning meeting will be scheduled in September. New ideas are welcome, and especially new people!

As you do your Spring Cleaning, please set aside items for the Silent Auction and gently used household items, books/CDs, jewelry, toys, Christmas items, 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 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,

Moir

613-592-3376, mmgreen@live.com

Lest We Forget



Wednesday Bible Study

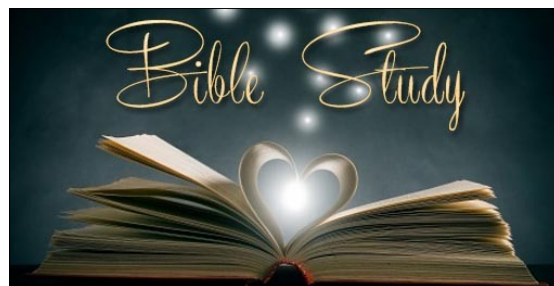
Last study June 18 on Zoom

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. To join our Zoom study:

Meeting ID: 817 1131 0046, Passcode: 281739

Link: <https://us06web.zoom.us/j/81711310046?pwd=0oCjJoYQnXquvVz5CSg3Ht81ffay1l.1>

Bible Study will resume on Wednesday, September 17 on Zoom.



Financial "Fun Fact"

Did you know....? The diversity of our parish and surrounding community highlights the importance of remaining flexible and open to a variety of donation methods. We accept financial gifts in many forms, both physical and electronic. Examples include cash, cheques, pre-authorized deposits, e-transfers, Canada Helps, PayPal and United Way. These methods allow people to give in whichever way is most comfortable and convenient for them. While the latter three methods account for 6-8% of income, it is worthwhile noting that between 2023 and 2024, donations via PayPal and Canada Helps increased by 48%! We are trending for another 22% increase from 2024 to 2025. The church is blessed by the gifts we give in any form. Thank you for your ongoing generosity.



Julie Landgraff

KFC 40th Anniversary Community BBQ, Thurs June 5



Everyone is invited to enjoy a free Community BBQ on Thursday, June 5, from 4:00 to 7:00 p.m. in the KRP Community Hub (behind 400 March Rd).

Displays and memorabilia from the last 40 years will be available for viewing at Hub350 (350 Leggett Drive).

Hope to see you there!



For Father's Day

Those Winter Sundays

By Robert Hayden

Sundays too my father got up early
and put his clothes on in the blueblack cold,
then with cracked hands that ached
from labor in the weekday weather made
banked fires blaze. No one ever thanked him.

I'd wake and hear the cold splintering, breaking.
When the rooms were warm, he'd call,
and slowly I would rise and dress,
fearing the chronic angers of that house,

Speaking indifferently to him,
who had driven out the cold
and polished my good shoes as well.
What did I know, what did I know
of love's austere and lonely offices?



Alongside Hope Update

Subscribe to their newsletter

To find out about Alongside Hope's projects, please go to the Alongside Hope website and sign up to receive their newsletter (<https://alongsidehope.org/subscribe/>). This month, you can read about:

- From problem comes opportunity: Burundi partner to make life-saving food locally instead of importing it
- Donors support new daycare centre for young adults with disabilities in Lviv
- From gardener to entrepreneur: a journey to success
- Our name, their story - Roseline from TSURO Trust

Plus resources and upcoming events

- Praying with Alongside Hope and guest reflector Esther Wesley
- Join our "Becoming Kin" Book Study
- Get your June Under the Sun
- Order our new Annual Resources
- Watch our Resilience Fund webinar with Village Health Works



Alongside Hope

"Taste and See..."

Summer 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, including one by our own Fr. Stephen!

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



Mowers Wanted!

We're looking for more members to join our grass mowing team. Members serve on a regular rotation, with flexible hours. Students can use this for volunteer hours at school. Mowers use the church's mower and equipment. If you're interested, please contact the church office for details.



Thy Kingdom Come

Prayer Initiative

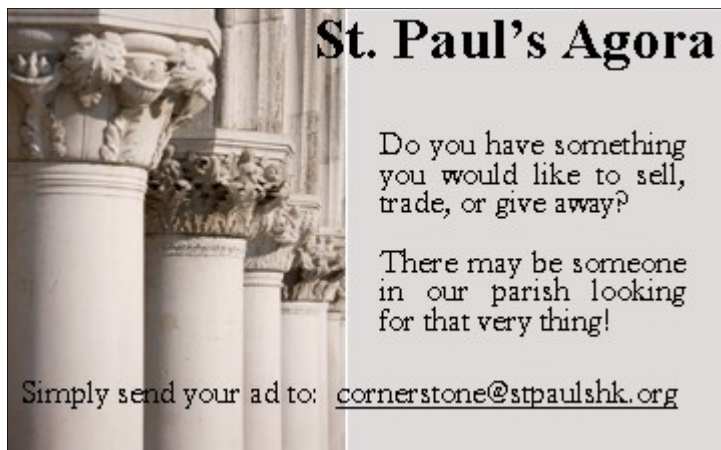
Thy Kingdom Come is a prayer initiative pioneered by the Archbishop of Canterbury. It centres on a commitment to pray for others. Over the season of Ascension, we're encouraging everyone to pray for 5 friends or neighbours for the ten days between Ascension (May 29) and Pentecost (June 8). We only pray that they come to know Jesus better. Prayers are kept private, and told to no one. We simply trust in God to bless our friends in whatever way is best for them. So please choose 5 people to pray for, and participate in this global movement of God's Kingdom.

THE PRAYER:

Lord, thank you for [name] and for all that is good in their life. Help them to know Jesus better, and help me love them as Jesus does. Amen.







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

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Lawyers

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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 Joan Ferrier at 613-270-1104.






Christmas was God *with* us.



Easter was God *for* us.



Pentecost is God *in* us.

