

CORNERSTONE

Summer, 2026

20 Young Road
Kanata, Ontario
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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.

Summer Services (June 21 to September 6)

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

10:00 a.m. – Traditional and Praise Music Holy Communion. Activities for kids provided in the Sanctuary. Nursery available.

Sunday Services (resume September 13)

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.

Other Services

Wednesday 10 a.m. Bible Study Finishing for the summer on June 17, resuming via Zoom on Sept 16. See inside for details.

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

Inside this issue:

- **Message from Fr. Stephen**
 - **Sunday School Picnic**
 - **Men's Corner**
 - **Alongside Hope Update**
 - **A Tribute to Fathers**
- ...and more!**

September edition deadline:
Tuesday, September 8, 2026

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

Summertime, When the Livin' is Easy

George Gershwin has rightly won a prominent place in the history of great American songwriters. While he died in 1937, lovers of big band and of Broadway still remember songs like *Nice Work if You Can Get It*, *Someone*

to Watch Over Me, or *I Got Rhythm*, because they have a memorable, singable quality that expresses a lot in few words.

One song that always comes to mind in June is *Summertime*. It's a lullaby from Gershwin's opera *Porgy and Bess*, reflecting on the good life that a baby has in store for it. "It's summertime," the song tells us, "and the livin' is easy. Fish are jumpin' and the cotton is high." Later, the little one is told, "one of these mornin's, you're gonna rise up singin'. Then you'll spread your wings, and you'll take to the sky. But 'til that mornin', there's nothin' can harm you. With daddy and mammy standin' by."

What's interesting for me about the song is how well it captures the feeling many of us have when summer starts to show itself. After the first time a warm

breeze hits our faces when we leave our house in the morning, or the first time the crickets start to hum while we sit on the back porch one evening, we find it hard not to feel uplifted. Uplift is a natural part of early summer, and with it comes a sense of contentment and peace.

Yet, we also know that those feelings don't change the fact that our world is troubled. We may sit for a while on the porch, enjoying the breeze, but sometimes we may come to believe that our joyful thoughts are somehow unjustified. Is it OK to be happy, even while the world gives us many things to worry about?

I think summer provides us with good evidence that God wants us to enjoy these things. Like the song says, summer has a way of reminding us of the good things we have, and this includes the reminder that we are being watched over by someone who loves us.

This can be hard to believe. As we all know, hard times can visit good people. This life doesn't offer us a peace that is free of suffering. We only need to look at Jesus to see that even someone who lives in perfect faith can face terrible ordeals. That's because Jesus isn't a model of peaceful freedom from suffering. He is a model of peace in the midst of it.

Jesus knows that evil and suffering are real. Yet, he knows that these will never triumph over God's providence. In his sermon on the mount, Jesus tells us "do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?"

The birds of summer remind us that God is in control of this world. In the midst of sorrowful challenges, He still makes the birds to sing and still clothes the lilies with glorious apparel. He cares for these little details, even though we usually fail to no-

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tice them. These little details, so obvious in the summer, should not only remind us that there are good things in the world. They should remind us that there is a good God who takes delight in ensuring that good will endure. This enduring goodness doesn't depend on us. We have our part to play, but the ultimate responsibility lies with God. He makes goodness endure, and He can be trusted to take care of what we cannot.

This summer, don't let the weight of the world's troubles fall on you. Enjoy BBQs with friends, reading novels at the cottage, or trips with the kids, knowing that God is the one who carries the world's troubles. Let Him carry the burden of worrying about tomorrow, and take time simply to enjoy the good things He gives you. These simple summer pleasures are His gift to you, so don't refuse them. Just take the time to thank Him, and remind yourself that He has everything in hand.

Stephen+

Vestry Theme for this year



Sunday School Picnic June 21 at 11:15 a.m.

Everyone is invited to join us on **Sunday, June 21 at 11:15am** for our annual Sunday School picnic. We'll be gathering after the 10am service to enjoy games and lunch. The church is providing burgers and hot-dogs. Parishioners are invited to bring salads, desserts, and snacks to share.

Weather permitting, we will be eating outside and enjoying fun children's events. Please bring a lawn chair or picnic blanket, and don't forget your sun-screen!



Volunteers are needed to help with the setup, so please let Allison know if you would like to help: childrensministry@stpaulshk.org

Sunday School will break for the summer after the picnic and resume at the 9am and 11am services on September 13.



Christmas Bazaar Planning Meeting Sept 27, 2:30

There will be a planning meeting for our Annual Christmas Bazaar on **Saturday, September 27, at 2:30pm at the church.** 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 Spring Cleaning, 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,
Moira Green
613-592-3376, mmgreen@live.com

Women's Retreat Bethesda, September 19, 2026

We had such a great day at the retreat in May that we are planning another one in the fall!

Mark your calendar for **Saturday, Sept 19, 9am - 7 pm** and plan to spend a glorious day together at Bethesda Renewal Centre (253 Lowe Rd, Ashton), for fellowship, prayer, nature walk, meditation and more!

Due to the size of the venue, the group will be limited to 15 people. \$50 each covers the cost of the rental and food. Any left-over funds are donated to Bethesda.



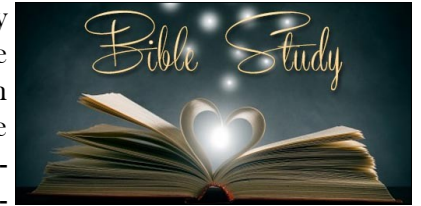
Please contact me for more information.

Miriam Kilby
miriamkilby1@gmail.com

Wednesday Bible Study 10am, In-person or Zoom

The Bible Study will break for the summer on June 17 and 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
Moira Green
613-592-3376
70 Hines Road
Kanata



Men's Corner

Devotion and Upcoming Events

Spring is here and it's time to get closer to God. Here is a devotion - **You've Got Access to a Genius, Use It** - copied with permission. I pray you read, meditate, PRAY, and encounter God.

Ray Brule

Unmitigated Genius

... he will teach you all things

—John 14:26

What's the Holy Spirit like? Well, we know he's a genius, but not the kind we're used to. His genius is "not a wisdom of this age or of the rulers of this age" (1 Corinthians 2:6). His genius is beyond human discovery. He "searches everything, even the depths of God" (1 Corinthians 2:10). He's an unmitigated genius. A perfect genius.

We also know, he's here for us. He was sent by God the Father, at the request of our King, Jesus Christ, to bring truth "out into the open" and "make everything plain" — all to "bring out his best in us" (1 Corinthians 2:6-10; John 14:25-27 MSG). He was sent to take you and me "by the hand" and guide us "into all the truth there is" (John 16:12-15 MSG). Think about that . . . "all the truth there is" . . . suffused into our lives. Well, that's his mission.

So, the only question is, what do we do? The answer is, not that much, actually. We just give him a chance, by doing the simple things Jesus taught: meditate, pray, study, fast, serve, confess, repent, worship, celebrate. He does everything else. Of course, the more we do, the better — though, even one of those, even imperfectly done, allows the Spirit to introduce some of his genius into our lives. When we fail to do even a little, though, it doesn't: "The unspiritual self, just as it is by nature, can't receive the gifts of God's Spirit" (1 Corinthians 2:14-16 MSG).

Okay, so what do we do?

Do something, brother, right now. Even something small. Let's all do something — and allow the Spirit to inject a bit of his genius into our lives, this day.



He's waiting. He's right there, right inside your very being, right now . . . excited . . . waiting.

Your brother in Christ,

Justin

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Upcoming Events

Band of Brothers Boot Camp 2027

May 21 to 23, 2027

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/>



Alongside Hope Update

submitted by Philippa Wilson

My name is Philippa Wilson and I have been a long-time supporter of what used to be known as The Primate's World Relief and Development Fund (PWRDF or the Primate's Fund), now known as Alongside Hope. Alongside Hope is the Anglican Church of Canada's agency for sustainable development and relief. Since 1958, we have worked hand-in-hand with trusted partners in Canada and around the world on a journey of positive change. With partners such as the ACT Alliance, over 143 churches and church-related organizations from the World Council of Churches, and the Anglican Alliance linking Anglican dioceses around the world, we are able to respond quickly when disaster strikes. Around the world, Alongside Hope is improving health, food security and livelihoods where needs are greatest.

Our news is full of economic uncertainty and military violence, and we also have heard that USAID and UKAID have cut back on their funding -- but more and more people are in need. We might wonder what we can do. You can help: Pray, Act and Give.

I would like to tell you about just 2 of Alongside Hope's many projects. In Cuba, Alongside Hope is supporting Cuban people suffering from the effects of energy shortages. From Africa, there is a good news story from our partner Village Health Networks in Burundi who, with money raised by Alongside Hope donors, managed to create their own sustainable product when USAID stopped delivering peanut porridge for malnourished children.

Please visit our website: www.alongsidehope.org

As Cuba struggles with energy shortages, humanitarian demands increase

By Jacqueline Tingle. March 13, 2026

The Episcopal Church in Cuba and Alongside Hope continue to help rural families by providing training and materials that strengthen their skills in food production and artisanal work, including organic vegetable growing, small-animal raising, and clothing making.

Marked by power outages of up to 20 hours a day, and critical shortages of fuel, medicine and food, Cubans are experiencing one of the most severe economic and humanitarian crises in decades. As of early 2026, the cessation of oil imports to Cuba from Venezuela, along with the impact of Hurricane Melissa in 2025, has increased the vulnerability of millions



of people. This includes 5 million Cubans living with chronic illness, more than 30,000 pregnant women, and thousands of cancer patients who need immediate care. According to the United Nations, approximately 10% of the Cuban population gets its clean drinking water from tanker trucks, while 84% relies on pumping equipment that depends on electricity.

"The news from Cuba is deeply troubling," says Jackie Koster, Director of Programs and Partnerships at Alongside Hope. "It's heartbreaking to see how geopolitical tensions are affecting daily life for Cubans, especially the impact of fuel shortages on access to medical care."

Alongside Hope is continuing its longtime support for the development work of the Episcopal Church in Cuba, collaborating on a multi-year program to improve access to clean drinkable water. Access to water is a growing challenge when the pumps need electricity to work properly. Over the last year, efforts have shifted toward expanding water points that are powered solely by solar generators. Solar power water pumps are essential for communities because they provide reliable and low-maintenance access to water. By eliminating the dependence on electricity to provide clean water, Cubans would have access to clean water even when the national electric

(Continued on page 7)

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grid fails.

Our work with ECC also includes efforts to strengthen community resilience. This often focuses on reducing disaster risks while helping communities prepare for emergencies. ECC also supports farmers learning about climate-smart agriculture. This approach boosts food production by using organic compost and fertilizer to improve the soil, and conserving water through efficient irrigation.

“Maintaining optimism in the current climate is a challenge,” says José “Pepe” Bringas, General Coordinator of the ECC’s Integral-Missionary Development Program. “We often feel our best efforts to help fall short of the increasing needs of those most affected. In these moments. We truly value Canada’s commitment to support the Cuban people and us.”

In addition to the ECC, Alongside Hope is coordinating closely with ACT Alliance partners and with colleagues in the United Church of Canada and Presbyterian World Services and Development. Staff are meeting regularly to explore shared advocacy efforts while supporting one another’s work on the ground. These meetings are increasing in frequency as we discuss various advocacy approaches through our respective networks.

“Work in Cuba remains complex,” Koster explains. “Moving funds into the country, understanding what supplies are actually available, and adjusting plans as conditions change all require constant communication and flexibility with our partners — and we are determined to remain alongside our partners in this challenging time.”

Peanut power brings resilience to Burundi

By Janice Biehn, February 11, 2026

There’s a hopeful buzz around Kigutu, Burundi, and it’s not just the bees. Tucked between the rolling hills — known as *collines* — of the tiny East African country, Alongside Hope partner Village Health Works (VHW) delivers quality health care to the rural community.

Last year, when USAID stopped delivering peanut



A local government official joined VHW staff and farmers to plant the first peanut seeds last November. Now the plants are ready to be harvested.

porridge to treat malnourished children, VHW was faced with a supply chain dilemma. The solution was innovative: to produce the life-changing product from homegrown peanuts (known as groundnuts) as well as other locally sourced ingredients. The project was named Magara Meza, which means living well.

Our generous donors raised more than \$600,000 for the Resilience Fund, launched to support partners blindsided by the USAID cuts. Alongside Hope’s financial support of Magara Meza ensured the project would have a future.

The future is almost here. As of last month, more than 1,000 kg of ground nut seeds were planted by 280 farmers, and the land has been transformed with knee-high bushy green plants in bloom. The production facility is also underway, complete with business plans and peanut processing machinery on order. The first harvests for Magara Meza domestic production are being harvested.

Not only will malnourished children benefit, but local farmers have also been able to improve their economic outlook. Gerard Simbogoye, 54, has lived through years of hardship in his community of Buzimba. “Before the Magara Meza project, I did not know about improved peanut seeds or its mod-

(Continued on page 8)

(Continued from page 7)

ern farming techniques,” he says through an interpreter. “Peanuts were a secondary crop, unpredictable and low-yielding. ...VHW introduced certified seeds adapted to our climate and provided in-depth training. I learned about crop rotation, natural fertilizers, and early pest detection.”

The harvest will transform their future, says Simbo-goye. With support from donors, VHW will buy their crops at fair market prices, ensuring income for farmers. “With these earnings, I will repair my house, pay school fees, buy tools, care for the sick, and even begin saving.” Protein-rich peanuts will also help children fight anemia and malnutrition, giving them the chance to grow strong and healthy.

“Your belief in us has changed everything,” Simbo-goye says to Alongside Hope donors. “Soon, malnutrition will fade, and dignity will return to our families.”

For years, protein-rich peanuts felt out of reach to farmers like Jeanne Ndayisaba, president of the local farming cooperative. “Our harvests were poor, seeds were weak, and the market was inaccessible.” With the launch of Magara Meza, the cooperative received high-quality peanut seeds and farmers learned how to plow correctly, space plants, conserve moisture, and monitor for disease. “For the first time, I learned to farm not just by habit, but with science and hope, surrounded by neighbours united in purpose.” She looks forward to selling part of the crop to buy maize, vegetables, school notebooks, and clothes.

Magara Meza also means improved health to Ndayisaba’s family. The 35-year-old mother of three knows the daily struggle of feeding a family. “Like many parents in our village we have faced the heartbreak of malnutrition. Our youngest son, just four years old, has battled weakness and fatigue, unable to keep up with other children.”

But that will change soon. Ndayisaba anticipates the day when her children will enjoy peanuts in all their tasty ways: roasted, in sauce, in peanut butter, and even in a nutritious paste. “Their health will improve, and their laughter will return.”

Ways to Give to Alongside Hope (formerly known as PWRDF)

When you donate to Alongside Hope, you can be sure that your money is being stewarded wisely. Our development partners monitor their spending and are accountable to our Programs & Partnership and Finance teams, so that we can be accountable to you.

Alongside Hope tax receipts are issued by the end of February for the previous year.

In cases where donations exceed what is needed or where local conditions prevent program implementation, Alongside Hope will redirect funds to similar activities to help people in need.

You can support the life-changing work of our partners by donating:

- Online at www.alongsidehope.org.
- By phone: Call 416-822-9083 or leave a voice-mail toll-free at 1-866-308-7973 and we will return your call.
- By mail: Send your cheque to Alongside Hope, 80 Hayden, 3rd floor, Toronto, Ontario, M4Y 3G2 and mark in the memo line a particular Humanitarian Response, or if you wish to donate to the general fund.
- At church: Envelopes for Alongside Hope (some still labelled PWRDF) are available in the Narthex. Make your cheque out to St. Paul's Anglican Church with a note on the memo line “Alongside Hope.” Your tax receipt for donations on the collection plate will come from St Paul's and will be part of a collective donation to Alongside Hope from St Paul's.



Alongside Hope

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



Auprès de l'espoir

Anglicans et partenaires œuvrant pour le changement
au Canada et à travers le monde

So God Made a Father (For Your Dad on Father's Day)

by May Patterson, submitted by Alison Stortz

And God looked down on all He had made and said, "Now, I need a caretaker."

So, God made a father.

God said, "I need someone to take children fishing and play catch in the backyard. It must be someone who is tough enough to run a chainsaw and wield a machete and yet, gentle enough to join his little girl and her dolls for tea."

"I need someone to bring the car around when it's raining, so everyone else can stay dry. Someone who will keep jumper cables in his truck, just in case he needs to help a stranger. I need someone to notice practical things, like how the tread on the tires is wearing and if the weather stripping around the front door needs replacing, for no one else will."



"Yes, he will struggle to find his socks and keys. But I'll help him find time for the important things, like tumbling with the kids in the den floor, or saying 'I'm proud of you, son,' or giving Mama a hug."

So God made a father.

God thought, "I need someone to provide for the family. Someone who will get up early and stay up late and never complain. I need someone who's willing to make unpopular decisions and stand by them. Someone to provide authority and discipline, as well as love."

"I need someone who listens more than he talks. Who will stand by his family through laughter and tears, tornadoes and snowstorms, good times and bad. **Someone who will love his kids and love their mother even more.**"

"I need someone who is willing to carve the Thanksgiving turkey, for no one else seems to want the job."

"I'll make someone who's not afraid to go into Grandma's dark cellar, or to check on what goes bump in the night, or to remove the dead mouse from the mousetrap. Someone who will yank a child back from the path of a speeding car and who will keep a wary eye on strangers."

"I'll give him broad shoulders, broad enough to carry a little child around town and broad enough to pull more than his fair share."

So God made a father.

God said, "I need someone who's strong enough to open a tightly sealed jelly jar and someone who's tall enough to place the angel on top of the Christmas tree. And yet, I need someone who is gracious enough to let his son fish the best fishing hole or to let his daughter win at least one hand of gin rummy."

"Yes, I need someone who is willing to work the second-shift, or take second-best, or play second fiddle, so that his family can have it better than he did."

(Continued on page 10)

“I need someone who’s *willing* . . . willing to man up and provide the love, support and strength his family will so desperately need.”

So, God made a father.

He is the first hero a little child will ever know.

His influence lasts much longer than his life.

The Lord created fathers to be a living, breathing display of who He is: a protector, a provider and a leader. And while some earthly fathers fail, many strive to live out God’s plan for fatherhood, even though it’s a pretty tall order.

Consider what God asks fathers to do:

- Provide for their families (1 Tim. 5:8)
- Love sacrificially (Eph. 5:25-33)
- Teach their children about the Lord (Eph. 6:4)
- Encourage their children (Col. 3:21)
- Talk about God’s word, often (Deut. 6:6-9)
- Appreciate their children (Ps. 127:3-5)
- Guide their families in serving the Lord (Josh. 24:15)
- Set a good example (Prov. 20:7)
- Love their children enough to discipline them (Prov. 13:24; 19:18)
- Lead their families as Christ leads the church (Eph. 5:23)

Fathers are often unappreciated, but God highly values them.

Some consider fathers to be weak, but God designed it for the strong.

Fathers are often the butt of jokes, but God takes them seriously.

And so should we.

Soon, our nation will pause to honor our fathers. While our fathers aren’t perfect, they do deserve recognition for the good that they do and the love they give.

Many father children, but few are truly fathers.

So this Father’s Day, give a father who is close to you a hug and a heartfelt compliment. Make a call. Share a family meal. Send a card saying that you love him. Overlook your differences. Don’t let this

opportunity go by without letting the fathers in your life know how much you appreciate them.

<https://www.maypatterson.com/2019/06/so-god-made-a-father-for-your-dad-this-fathers-day/>

Who can resist a Dad joke on Father’s Day?

People always ask me how I know so many dad jokes. It’s because I keep them in a dad-a-base.

Even though my dad invented the side view mirror, we are not as close as we appear.

My dad told me, “Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn’t make a decision.”

Did you hear about the new car that you can only drive when you are not talking? It goes without saying.

My dad was a garbage man. He had no training, he just picked things up as they went along.

I have been told that I have a dad bod. I like to think I am a father figure.

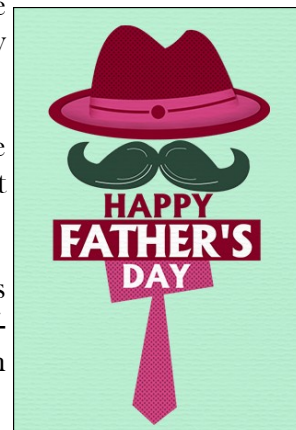
What does the invisible man’s dad have in the center of his face? Nobody nose.

When does a joke become a dad joke? When it becomes apparent.

What’s the difference between a man’s wallet before and after kids? There are pictures where the money used to be.

I asked my dad to buy me some camouflage pants, but he couldn’t find any.

My dad always took two pairs of pants when he went golfing, in case he got a hole in one.





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



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Lawyers

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'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.



For Sale

Vintage Black Cat teapot, creamer and sugar bowl. Stamford, circa 1951. \$50. Please contact Cheryl at cheryl.teeter@gmail.com.



For Sale

Solid Oak Wall Mount Rack. Approx. 30 inches high and 10.5 inches wide. \$90. Please contact Cheryl at cheryl.teeter@gmail.com



For Sale

Wood 3-drawer cabinet with woven basket design. Height is 27.5 inches (approx.). Width is 15.5 inches (approx.). Top measures 18 inches by 15.5 inches (approx.). Top has some scratches. \$80. Please contact Cheryl at cheryl.teeter@gmail.com



Anthony Bucciarelli
613-796-9858



airugohvac@gmail.com

[in](#) [t](#) [g](#) [f](#) [s](#)

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

Just for fun...

