

March, 2024

CORNERSTONE

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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

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

9:15 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.

Seniors' Service The second Thursday of each month at 10 a.m.

Memorial Prayers The first Sunday of September, November, January, March and May, at 12:30 p.m.

Inside this issue:

- **Message from Fr. Stephen**
- **Holy Week Services**
- **Celebrating 150 Years at St. Paul's**
- **Stewardship Message**
- **Wednesday Bible Study**
- **...and more!**

April edition deadline:
Tuesday, April 2, 2024

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father Stephen

Bearing Fruit in Lent

I recently decided to improve my back yard. The previous owners had left it in poor shape, so the improvement project will take a few years to get up to speed. One of those improvements is a pair of fruit trees I planted last year.

Planting them was the easy part. The hard part is the pruning and the waiting.

Pear trees require a lot of sunlight, good airflow between branches, and a close distance to another pear tree in order to pollinate. So, even when I select a good location to plant, I have to pay attention to the tree's growth over time so that I can keep it from branching out in wrong directions. Without me imposing these restrictions on its growth, I can't expect good fruit.

This gardening example helps us understand what Lent is about.

Like fruit trees, we were created to bear good fruit, and just like trees, we only bear fruit when we take on restrictions that shape our growth in the right directions. The problem is, our culture doesn't encourage restrictions on our freedom. We are told constantly that we should follow our passions, and that restrictions should be avoided. Yet we also find ourselves wondering why we often feel unfulfilled, and why we struggle to become the more mature people we wish we could be.

Lent challenges these cultural assumptions by reminding us that true growth doesn't happen without direction. Passions are not bad things, but they need to be trained if we want them to help us flourish. Through the centuries, the church developed the Lenten tradition to provide a way for Christians to consider where their passions and habits may need redirection or limitation.

Fasting is a great example of how this works. Fasting is a common Lenten practice, which involves setting particular times when we go without food. We may be tempted to think that this is purely an act of will-power, or even a way of punishing ourselves for sin. Yet, the church doesn't see it that way. Hunger is a natural desire, and food is a good thing which God gave us to enjoy. We don't fast because we're bad or because food is bad. We fast because stepping away from food for a while helps us consider the proper place that it should have in our lives.



Are we eating because we're genuinely hungry, or for some other reason? Are we leaning on it because it's an addiction, or has become a way of avoiding anxiety, or because we're bored? These questions may not come up while we're proceeding normally in life, but they all come to the surface when we take a step back from food for a while. That's where God calls to us, and invites us to walk with Him as He leads into a better relationship with food.

This is true for fasting, but is just as true for other areas of life: entertainment, alcohol, internet, sports, and many others. Taking time away for a while can give us the freedom to consider the place they should have in our lives.

Lent's many restrictions are not an invitation to impress others with our fortitude, nor a call to beat ourselves up. Lent is a way of creating space for us to consider where God may want to redirect us in order to help us grow. As we enter the final weeks of Lent, take time to consider what restrictions might actually bring you growth. Let these point you to a better and more fruitful Christian life.

Stephen+

Holy Week Service Schedule

MARCH 24 - PALM SUNDAY

8:00, 9:15 and 11:00 a.m. (Online and In Person)

This eventful day commemorates Jesus' triumphant entry into Jerusalem, where he prepares for his ordeal on the cross. Services include the blessing of palms, a reading of the Passion story, and Eucharist.

MARCH 26 - TUESDAY IN HOLY WEEK

7:00 – 9 :00 p.m. Confession Available

Fr. Stephen will be available in the chapel to hear individual confession. This is not required for anyone, but is often offered in Holy Week. It's an opportunity for those who wish to share their burdens in a confidential setting, with the promise that God will hear their request and grant His pardon. Talk to Fr. Stephen for details.

MARCH 27 - WEDNESDAY IN HOLY WEEK

10:00 a.m. Bible Study & Eucharist (In Person only)

Our regularly scheduled bible study, with Holy Eucharist following. The study will replace the sermon. Readings will be readings for the Wednesday in Holy Week.

7:30 p.m. Choral Evensong (Online and In Person)

A traditional service of evensong from the Book of Common Prayer. The service will be led by Fr. Stephen and our church choir.

MARCH 28 - MAUNDY THURSDAY

6:00 p.m. Potluck Supper, Eucharist, and Foot-washing (In Person Only)

This service recalls the eventful evening when Jesus ate with his disciples, instituted the Eucharist, washed his disciples' feet, and then was betrayed and arrested. Our commemoration will incorporate a potluck supper, with elements of worship through the course of the meal.

8:00 p.m. – 7:00 a.m. Prayer Vigil

Parishioners are invited to sign up for one hour to pray during the night, in solidarity with Jesus' prayer vigil on the night of his betrayal. Prayer takes place individually in the privacy of each parishioner's home.

MARCH 29 - GOOD FRIDAY

10:00 a.m. Celebration of the Lord's Passion (Online and In Person)

This service recalls Jesus' trial, crucifixion, and death. It involves a reading of the passion narrative, a homily reflecting on its meaning, and solemn intercessions for the peace, reconciliation, and forgiveness of our church and nation.

MARCH 30 - EASTER VIGIL (SATURDAY)

8:00 p.m. Eucharist and Service of Light (Online and In Person)

This deeply meaningful service involves lighting the new fire of Easter, symbolizing the resurrection of Christ from the dead. Readings from the Old and New Testaments follow by candlelight, which point to God's work in history as His plan for redemption unfolded. The service ends with a renewal of baptismal vows and the Eucharist. A wine and cheese reception follows.

MARCH 31 - EASTER SUNDAY

8:00, 9:15 and 11:00 a.m. (Online and In Person)

This joyful service takes place during regularly scheduled Sunday worship times.



Celebrating St. Paul's 150 Anniversary

Sunday, February 25, 2024

The first church service in our parish was held on February 22, 1874. On Sunday, February 25, 2024, we kicked off a year of celebrating 150 years of worship and fellowship at St. Paul's. Bishop Shane Parker was with us to celebrate the Confirmation of Tabea Silverthorne and the Reaffirmation of Baptismal Vows of Marsha Fisher and Lynn Williams. We also blessed and dedicated the parish Nursery in honour of Canon Rick and Judy Marples, and the Chapel in honour of Canon John and Gayle Bridges. The church was beautifully decorated and our sidespeople decked out in period costumes. Photos and other memorabilia were on display. The service was followed by a delicious potluck lunch. Thank you to everyone who helped make this service such a joyous celebration of our parish life. Photos by Colin Mackenzie, Kim David and Alison Stortz. More events to mark this important anniversary are planned — stay tuned!



Stewardship of the Future

A message from the Stewardship Team

The future belongs to those who are creative, innovative, and original, yet who at the same time have the ability to allow their creations to evolve beyond anything they could have imagined. Stewardship, in its highest form, is tapping into the greatest potential waiting to unfold, and letting that potential show us the way forward. Stewards of the future live in service of that ever-evolving potential.

It all starts with a dream, a spark, an idea.

The community of St. Paul's formed 150 years ago as a result of faithful stewards of God's gifts following through on an idea. The idea was to establish a place where the faith of the small farming community of Hazeldean could flourish. James and Alice Mulligan donated land for this purpose in 1873, setting aside the place which became a church called St. Paul's. The Mulligans did the same in 1958, allowing the expansion of parking to accommodate the growing congregation. Their act of stewardship is why we are able today to have a place of worship and a community in which to thrive.

Stewardship is a response to the mission of God. When we invite people into discipleship and baptism, we also invite them into the practices of faithful stewardship. Those practices are properly framed in terms of whether or not they contribute to what God desires in and for the life of His world.

In the rich tapestry of Christian traditions, Anglicanism stands out as a beacon of inclusivity, intellectual rigor, and reverence for tradition. Rooted in the Church of England's history, Anglicanism has evolved into a diverse global communion that grap-

ples with contemporary issues while staying true to its foundational principles. Central to our theology is the concept of stewardship – the responsible management of and care for God's creation and the gifts He gives us. This is a principle that extends not only to the present, but also to future generations.

As we enter our 150th year as a parish, we naturally look back to the ways in which our forebears were good stewards. Stewardship of the future continues this good work, ensuring that future generations enjoy the fruits of our labours, just as we enjoy the fruits of generations past. Like theirs, our stewardship is multifaceted, encompassing environmental concerns, social justice, ethical decision-making, and spiritual formation. At its core lies a profound sense of interconnectedness between humanity, the Earth, and the divine. This interconnectedness forms the basis for Anglicans' commitment to preserving and nurturing the world for generations to come.

Here at St. Paul's, we understand that this is not just a calling for world leaders: it is a calling for us as a local community. Being God's stewards means that we are called to issues of social justice and equity in our own neighbourhoods. Inspired by Jesus' teachings on love, compassion, and justice, we are called to actively engage in addressing systemic injustices such as poverty, racism, and inequality. Through initiatives such as community outreach programs, affordable housing projects, and advocacy for fair labour practices, our parish is striving to build a more just and equitable society for future generations.

The ethos of "inherit and invest" encapsulates the dual responsibilities of stewardship: to receive and faithfully transmit the inheritance of faith, wisdom, and tradition passed down through generations, and to actively invest in shaping a future characterized by justice, compassion, and sustainability. By embracing these principles, we demonstrate our commitment to honouring the past, serving the present, and stewarding the future for the glory of God and the

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flourishing of all creation.

Investment underscores the proactive and intentional actions taken by individuals and communities to secure a better future for generations to come. Investing in the future involves allocating resources, time, and energy toward initiatives that promote the common good, foster human flourishing, and safeguard the integrity of creation. This investment encompasses a wide range of endeavours, including education, environmental conservation, social justice advocacy, and spiritual formation.

One of these investments is St. Paul's commitment to the education of children and youth, recognizing them as inheritors of the faith and agents of change in society. We invest in environmental sustainability, supporting initiatives that protect ecosystems, mitigate climate change, and promote sustainable living practices. We are also to invest in social justice, advocating for the rights and dignity of marginalized communities, and working to dismantle systems of oppression and inequality. More importantly, we are called to invest in spiritual formation, nurturing the faith and discipleship of individuals of all ages, equipping them to carry forward the mission of the church in the world. By passing on the rich theological heritage of our faith to successive generations, we ensure that future leaders are equipped to navigate the complexities of the modern world, while remaining grounded in their faith.

Grounded in the belief that all of creation belongs to God, we are to responsibly care for the Earth, promote social justice, make ethical decisions, and nurture the spiritual life of present and future generations. By embracing this holistic vision of stewardship, we embody our commitment to leaving a positive legacy for the future, guided by the principles of love, justice, and compassion. In so doing, we honour the sacrifice and legacy from our St. Paul's faithful stewards of yesteryear by paying it forward and leaving our legacy of faith to those who will follow us.

Your Stewardship Team: Mark Stalter, Tracy Albert, Francis Christensen, and Kristen VanderHoek

Lenten Series

Wednesday Movie Nights

During Lent, we'll be offering a selection of films which help us reflect on Christian life and faith. **On Wednesdays through Lent (except March.13), we meet in Rutter Hall starting at 5:30 p.m. for soup and a bun. The movie starts at 6:30 p.m.**

Entrance is free, but we collect a free will donation to help cover costs.



Our series began with *The Secret Garden*, followed by *A River Runs Through It*. There are two movie nights still to come:

- March 6 – *O Brother Where Art Thou*
- March 20 – *The Mission*

Hope to see you at Move Night!

Pints and Parables

March 13, 7:30, at the Royal Oak

Pints and Parables is our monthly evening of conversation and fellowship. It's a casual gathering, with light conversation and a new topic each time. This month's topic is, "What is the opposite of faith?"

We will meet on Wednesday, March 13, at 7:30 p.m. at the Royal Oak, 329 March Road, Kanata.

To help with planning, please let us know you're coming by contacting Cheryl Teeter at cheryl.teeter@gmail.com. See you at the Royal Oak!



Easter Egg Painting

March 9, 3pm, Rutter Hall

The traditional art of Ukrainian Egg Painting is very old, and an important part of Easter celebrations in many Slavic countries. We're offering a workshop on egg decoration again this year, taking place here at St. Paul's on **Saturday, March 9**. Our instructor will bring the necessary supplies, and will walk us through the basic techniques involved. The event is appropriate for adults and older children. However, it can be a bit messy, so be sure to wear appropriate clothes.

While this event is geared to adults and older kids, we will have an egg decorating station set up for younger kids as well. This is free, and will involve food colouring and other safe dying methods.



The event filled up quickly last year, so be sure to reserve your spot early. **The cost is \$15 per participant, and should be paid in advance.** Please contact our people's warden, Danielle Mackenzie, to reserve your spot. She can be reached by phone (613-796-2050) or by email at warden@stpaulshk.org.

Our Vestry Theme for this year

LET US THEN WITH CONFIDENCE
DRAW NEAR TO THE THRONE OF
GRACE, THAT WE MAY RECEIVE
MERCY AND FIND GRACE TO
HELP IN TIME OF NEED.

HEBREWS 4:16

Calling all Knitters!

For the Kanata Food Cupboard

We are looking for people to knit or crochet hats or scarves 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.



Wednesday Bible Study

10 a.m. In-person or via Zoom

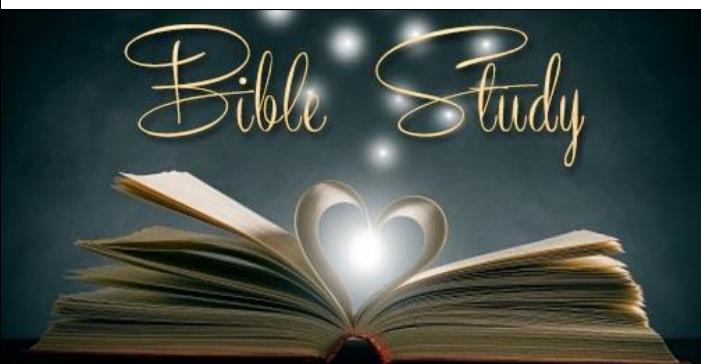
Each week we discuss the Bible passages for the coming Sunday and consider how they apply to our lives. The study is led by one of our clergy. Participation is encouraged, but listeners are always welcome!

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=REF1dEVQRWJFUVp3VS9yRXBsWENZdz09>

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>



St. Patrick's Day Supper

March 15, 6pm, Rutter Hall

Join us for our annual St. Patrick's Day supper and music night on **March 15, starting at 6:00 p.m.** at the church. Come and enjoy an Irish Beef Stew Dinner and music (and dancing) from local legend Johnny Vegas.

Tickets are \$35 per person, and will be on sale between services on March 3 and 10. This is an all-ages event, and guaranteed to be a good time. We're also in need of volunteers, so please consider donating some of your time.



Contact Danielle Mackenzie at pwarden@stpaulshk.org.

Family Night

March 23, 4pm, Rutter Hall

Our next parish Family Night will be held on **Saturday, March 23 from 4:00–6:00 p.m.** here at the church.

The theme: Holy Week and Easter.

We'll be making crafts related to these important events, including a traditional Lenten snack: fresh pretzels. After the crafts, we'll enjoy a spaghetti supper together.

The evening is open to children and their families, so please plan on joining us. Please contact Fr. Stephen to let us know you are coming: fr.stephen@stpaulshk.org



Just for fun

Maria came home from Sunday School on Palm Sunday and told her mother that she had learned a new song about a cross-eyed bear named Gladly.

Eventually, her mother realized that the hymn Maria had been singing was: "Gladly The Cross I'd Bear."

and a few more...

What do you get when you cross a rabbit with shellfish?

An oyster bunny!

What do you get if you cross a frog with a rabbit?

A bunny ribbit.

Why did the Easter egg hide?

It was a little chicken!

What do rabbits say before they eat?

"Lettuce pray."

Why shouldn't you tell an Easter Egg a joke?

It might crack up!

"Taste and See..."

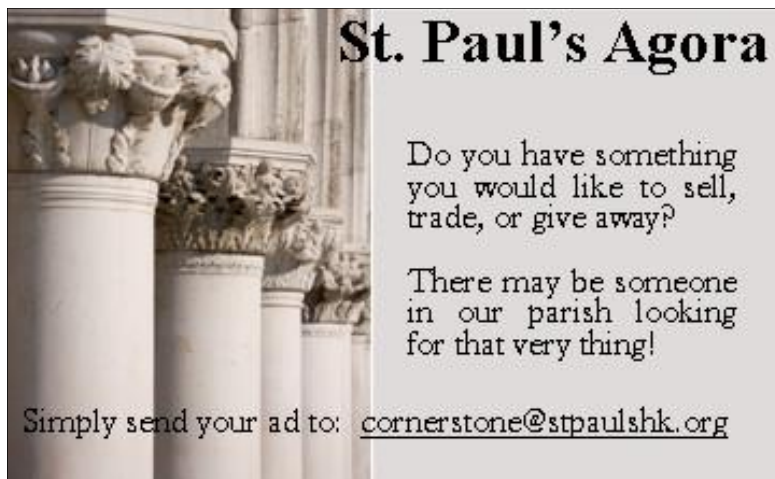
Spring 2024 issue available

The latest issue of "Taste and See...", the quarterly publication of Anglican Renewal Ministries, is here. In this issue you'll find articles to enrich your Lenten journey and 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/>.







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 \$20.00 up to \$55.00. 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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