

CORNERSTONE

May, 2015



20 Young Road
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www.stpaulshk.org



“A growing community called to know Jesus Christ and make him known in the world by our presence.”

Sunday Services

8:00 a.m. – Holy Communion Said service

9:15 a.m. – Traditional/Choral Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

11:00 a.m. – Praise Music Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

Other Services

10:00 a.m. Wednesday – Bible Study and Eucharist

2:00 p.m. Thursday – “Seniors’ Afternoon Out” Service and Social

Inside this issue:

- **Messages from Father John and Father Craig**
 - **E100 Mid-Year Celebration**
 - **Family Night, May 8**
 - **Spiritual Gifts SRM, May 9**
 - **Spirituality at the End of Life, May 12**
 - **Pentecost Party May 24**
- ...and more!**

Summer edition deadline:
Tuesday, June 9, 2015

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

Surprised by joy, empowered to hope

As I write this letter, we have just celebrated Confirmation with Bishop John and had a wonderful time together as a parish family. Thank you to everyone who made Sunday a real celebration. This period of time after Easter is filled with readings and messages of Joy and expectation. We the Church are reminded that we have a need to celebrate the mystery of God and his relationship with us. God has not and will not abandon us in our journey.

There may be times when we do not feel His presence, or when we question His plan, but history shows us that God is always faithful. We celebrate the Easter season with fifty days of time to be renewed and refreshed in the Easter Gospel. At the end of this period, we celebrated the gift of the Holy Spirit at Pentecost. The Spirit of God was and is given to the Church to empower and sustain us in our response to the Joy of Easter.



From the desk of Father Craig

Finding the Good News

Last month, we proclaimed the amazing love of God in the death and resurrection of our God in the person of Jesus! It should be a constant reminder and call for us Christians.

I was reminded of this even before this Easter, or Paschal, season. As you may remember I was asked to pray with the Coptic Community after the tragedy of those martyred in Libya. This past week, more than 25 Ethiopian Christians were martyred in Libya. It may be as many as 28.

I was asked by the Coptic Community to proclaim hope in the midst of such violence. It is a challenge that all human beings are called to respond to in one way or another. In fact, as Christians, we are called on to answer the question, "Where can Good News be found in the midst of such violence and death?"

We need this time to tell and retell the story of the resurrection and its implications. The journey of Lent is, by its nature, reflective and introspective. The season of Easter is more about sharing and proclaiming the Good News. From the moment that the women went to the Tomb on Easter morning they were encouraged to return and tell all that they had seen and heard. The Good News of Easter is more communal than individual. It is a story that effects and empowers us together.

I hope and pray that each of you will find such joy in the Easter message that you find yourself sharing that joy in new and different ways. Let us become more and more a blessing to those who don't know or who have not heard the Good News of Easter.

May God Bless you and your family this spring time.

It comes in two parts:

First Part: For the first time in my memory, the Church, the whole Church, is beginning to be God's light in its witness and its unity!

"Even as we weep," the Coptic Bishop Angaelos of the UK says, "we do not despair, as Christians we don't despair. We've been facing persecution for two thousand years, and by God's grace, we've lived through it... We continue to witness by God's presence in our lives and by our presence as His light in the world."

Patriarch Bartholomew said, "We no longer have the luxury of isolated action. The modern persecutors of Christians do not ask which Church their victims belong to. The unity that concerns us, as the Church, is (regrettably) already occurring through the blood of martyrdom."

(Continued on page 3)

(Continued from page 2)

Pope Francis said, "I read about the execution of those twenty-one or twenty-two Coptic Christians. Their only words were: 'Jesus, help me!' They were killed simply for the fact that they were Christians. The blood of our Christian brothers and sisters is a testimony which cries out to be heard. It makes no difference whether they be Catholics, Orthodox, Copts or Protestants: they are Christians! Their blood is one and the same. Their blood confesses Christ. Go forward with this ecumenism, which is giving us strength, the ecumenism of blood. The martyrs belong to all Christians."

We are One, as God's light, in witness and unity!

And **second**, there is wonderful news for the martyrs themselves, Jesus says, "Whoever finds his life will lose it, and whoever loses his life for my sake will find it" (Matthew 10:39)

The saying is sure: If we have died with him, we will also live with him; ¹²if we hold firm, we will also reign with him; (2 Timothy 2:11-12)

⁶As for me, I am already being poured out as a libation, and the time of my departure has come. ⁷I have fought the good fight, I have finished the race, I have

kept the faith. ⁸From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on that day, and not only to me but also to all who have longed for his appearing. (2 Timothy 4)

All those who hold fast to Christ Jesus are crowned, have a place in Christ's kingdom, and now reign with Jesus. This is only true because Jesus has truly conquered death "Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?"

Where is Good News to be found? It is Good News that the Church is being called to once again live out Jesus' call that we truly be one – one as God's light, in witness and unity. And there is Wonderful news to those who have held fast, have died in the faith: there is a crown of righteousness placed upon them and they have received a place in the kingdom of God.

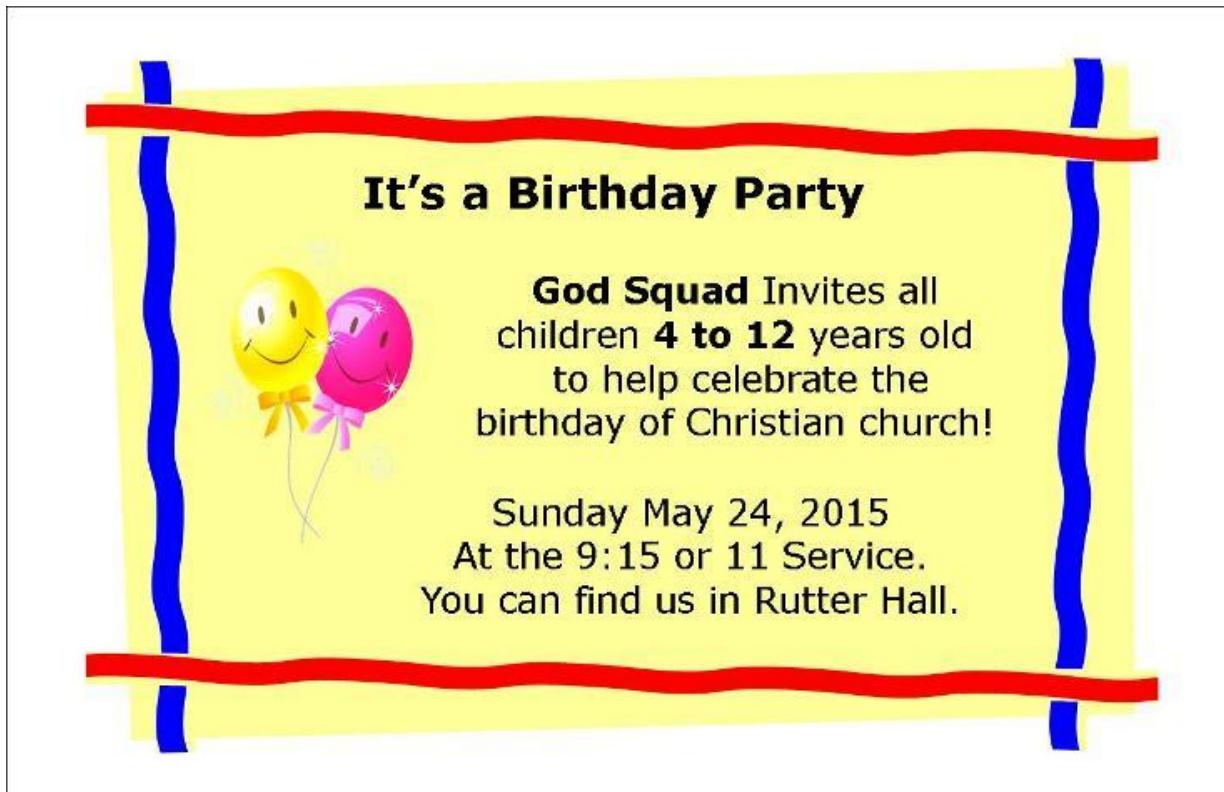
For just as Jesus rose from the dead, each martyr is a "witness" to Jesus' victory over death!

Christ is Risen!

Fr. Craig⁺

God Squad news

Pentecost Party, May 24, 2015



E100 Mid-Year Celebration

As we celebrate the mid point in our year of E100 readings, we will be blessed on Sunday, May 17th with having guest speaker **Bishop Peter Coffin** at all three services.

Our Easter Season Education Evenings continue:

7:00 dessert and coffee/tea
7:30 education

Tuesday, May 5 -

our guest speaker will be **Jane Jones**, Prayer Coordinator for Anglican Renewal Ministries

Tuesday, May 12 -

our guest speaker will be **Bishop Peter Coffin**, retired Bishop of Ottawa, Bishop Ordinary to the Armed Forces

Please join us for these wonderful events!

Reflection on our Lenten Season Education Evenings:

As we responded to the invitation to observe a holy Lent, the E100 readings led us deeper into God's Word. As we finished the story of Joseph and his brothers, and journeyed through the plagues, the Ten Commandments, and the crossing of the Red Sea, we were able to gain new insights into how these ancient stories still speak to us today and how they are tied to the stories of the crucifixion and resurrection that we studied simultaneously.

Many people came out to the education evenings and we were so blessed by the reflections of Fr. Craig, Fr. Charlie, Fr. Bill, Ven. Sally, and Fr. John! Their time and energy, as well as the fellowship and perspectives of all present, helped us gain a deeper understanding of these challenging readings. Studying God's Word together is such a blessing and I encourage you to come out to the Easter Education Events.



Nicaragua trip information May 31, 12:30 p.m.

The planned Mission Trip with SchoolBOX is scheduled for May 19-28, 2016. If you would like more information, please contact Lorna in the office.

An information meeting is planned for Sunday May 31, from 12:30 - 1 pm in the Boardroom. Please also visit the SchoolBOX website: <http://schoolbox.ca/>

Lorna Brule



Kanata Lions Recycle Day May 23, 8 a.m. to 1:30 p.m.

Kanata Lions Recycle Day on Saturday May 23. Bring your used, old and unwanted electronics clothing/linens, and old eyeglasses to help raise funds for the Hospice Care Ottawa.

Drop by anytime between 8:00 a.m. - 1:30 p.m. at Kanata Lions Hall, 170 Castlefrank Rd. For further details, visit www.khlions.com or call 613-836-2657.

Chicken BBQ June 5, 2015

Mark your calendars! St. Paul's annual chicken BBQ will be held on Friday, June 5.

Enjoy the start of the summer with a juicy half chicken, cooked to perfection by St. Paul's master chefs, with delicious home-made coleslaw, made from St. Paul's secret recipe.

For our dedicated volunteers, sign-up sheets will be in the Narthex in May. If you haven't yet participated in the BBQ, why not give it a try? It's a fun time for socializing and to help the church.

Ticket sales will start in May.
See you all on June 5!

Mathias Joost





TIME FOR Reconciliation

5 THINGS YOU CAN DO ANYWHERE IN CANADA

For Truth and Reconciliation from May 29 to June 3, 2015

Many people will be gathering in Ottawa from May 29 to June 3 to mark the ceremonial close of the Truth and Reconciliation Commission (TRC). But you don't need to be in Ottawa to mark this historic moment. There are many things that can be done in other parts of the country to demonstrate a nationwide commitment to reconciliation.

1. HOLD A RECONCILIATION WALK ON MAY 31

On May 31 a Walk for Reconciliation will be held through the streets of Gatineau and Ottawa.

Consider holding a walk in your community. This link on the TRC site describes the values and purpose of the Ottawa walk and will soon have a place to register walks in other parts of the country:

<http://www.trc.ca/websites/trcinstitution/index.php?p=864>.

2. PLANT A HEART GARDEN

On June 3, Ottawa children will plant a heart garden at Rideau Hall to honour the children who attended Indian Residential Schools. Consider planting a heart garden in your community in the lead up to this date. You can have one of the hearts from your garden planted at Rideau Hall if you mail it in time to arrive at the KAIROS Ottawa office by May 22nd. Get more information here:

<http://www.kairoscanada.org/events/time4reconciliation/heart-gardens/>.

3. GATHER TO WATCH LIVE STREAMING

The TRC is committed to live streaming aspects of this final event, including the presentation of the final report on the morning of June 2nd and the ceremonial close on the morning of June 3rd. Check out the TRC website for details on which sessions will be streamed and gather with others to watch these historic moments.

4. RING BELLS AT 12:00 NOON ON MAY 31

Bells can have multiple meanings, ringing out celebration, grief, or warning, but they always call us to pay attention. The Truth and Reconciliation Commission asks churches across the country to ring their bells at 12:00 noon EDT on May 31 as a call to pay attention—to honour residential school survivors, to recognize the formal close of the TRC, and to commit to working towards a reconciled future for all of Canada. If you don't have bells consider cymbals, hand bells or gongs. We welcome community groups making a noisy witness to reconciliation as well!

5. PLAN A RECONCILIATION WORSHIP SERVICE

If you are part of a worshipping community please consider bringing truth and reconciliation into your May 31 service. Or consider hosting a special worship service on this theme between May 31 and June 3rd. Worship resources can be found at <http://www.kairoscanada.org/events/time4reconciliation/worship-materials/>.

We want to know what you are planning so we can show cross-country support for the work of reconciliation.

If you are planning an action **on May 31**, please use this link <http://bit.ly/1A7vKTB> to tell us about it so we can put it on a cross country map.

If you are planning an event **before or after May 31** please send the details to events@kairoscanada.org.

More Information:

Truth and Reconciliation Commission www.trc.ca

KAIROS: Canadian Ecumenical Justice Initiatives

www.kairoscanada.org/time4reconciliation

If you are interested in participating in the TRC events, contact Philippa at:
philippa_wilson@sympatico.ca or talk to me after the church service.

The influence of Bible translations

by Johan de Jong

The main goal of the E100 program is to rediscover the Bible as a source of spiritual guidance and to learn to use the Book as a trusted daily companion throughout life. While we are in that process, it is good to be reminded that the Book had a significant influence on languages and many aspects of society outside the spiritual scope.

History has shown that the Reformation did not occur in a vacuum but proceeded in the company of profound intellectual, social, economic and political revolutions in Western Europe. A few years ago an article¹ reported on a study done by Hanna Haustein, which showed that Bible translations had a significant influence on the formation of three languages in Western Europe. The Romanic languages were not affected, but new Bible translations published in the wake of the Reformation standardized the evolving national languages in Germany with the Luther Bible (1534), in England with the King James Bible (1611), and in the Dutch Republic with the States Bible (1637).

Luther translated the Bible from original documents when he was under the protection of the Elector of Saxony during the period 1520-1534. At that time there was no German nation, but after printed copies of the document had been distributed widely his 'Saxon Bible' was first adopted by several Lutheran principalities and eventually became the language used in all German speaking regions. In contrast the King James Bible, written by a team of English scholars, was commissioned by a King for use in the Church of England and the States Bible, written by a team of Calvinist scholars, was commissioned by the Estates General of the Dutch Republic for use in the Reformed Church. English became the language of a nation, a commonwealth and then the world, the German language went in a long search for a geographically defined nation, while the States Bible helped to create a new nation in the Low Countries during the 80-year (1568-1648) struggle for independence of the seven northern provinces against Spain.

Calvinism, which had been the dominant religion in Holland and Zeeland, became the official religion of

the Republic and the States Bible quickly became the basis of the evolving language, culture and history of the new nation. During the 17th century the self proclaimed Republic² "reached the highest level of literacy in Europe with nearly half the population able to read."³ The States Bible became a model for history, with the Old Testament providing the framework for seeing the Dutch struggle as the equivalent of Israel's struggles in the Holy Land, a metaphor that deeply influenced the literature and culture of that era. More than two hundred years later the States Bible was used to create another 'chosen nation' within a nation by people who forgot to read the Old Testament through the eyes of Jesus. They were neither the first nor will they be the last to use the Book for a personal ideology. Lest we forget, remember Christ when reading the Book!

Notes:

1. *Windmill Herald of 7 April 2010*
2. *Initially the Dutch sought a royal person to lead the emerging nation, but after Henry III of France and Elisabeth of England declined, the Estates General assumed sovereignty to rule their own lands.*
3. *Quotation from the Windmill Herald article.*



Simplicity

Five things little kids can teach you

by Joyce Meyer, submitted by Diane Brown

How many days a week do you feel like life is just too complicated? Even if it isn't, it doesn't take us long to make things complicated. Human beings just have this innate ability to ramp up everything to the next level.

I once tried to plan a simple barbecue party...I was going to invite two couples from church, grill hot dogs and hamburgers, and just sit around and fellowship. Sounds good, right?

Well, in one week I managed to turn two couples into 20, buy expensive steaks I couldn't afford and drive my family crazy with a list of chores I was convinced we just had to do before company came over.

Frankly, I just wanted to impress people. And because of it, I had a miserable week—and I made my family miserable too.

What's the simple solution to all of this?

I believe the answer is in Luke 18:17: Whoever does not accept and receive and welcome the kingdom of God like a little child [does] shall not in any way enter it [at all].

Did you notice it says little? As children get older, even they begin to have the ability to complicate things. But when they're really little, there's just none of that.



Little children aren't complicated. They don't live their life trying to impress anyone. And they can teach us a lot about how to enjoy life.

Lesson 1: Let Things Go

One thing about children is they are extremely forgiving. One minute they can be fighting over a toy and the next minute they're hugging.

I can tell you that hating people is complicated and it's hard work. You can carry a grudge and be bitter, resentful, mad and offended. And every time you see "that person" you can cringe inside and you can talk about them behind their back — or you can spare yourself the trouble.

Listen, don't waste the rest of your life sulking about some unfair thing that happened to you. Get yourself off your mind...and simplify.

Lesson 2: Be a Dreamer

Another thing children do that makes their lives simple is that they so easily believe. They believe in magic and fairytales. They have no problem coming up with imaginary playmates or imagining life to be amazing and fantastic.

There's a book by John Ortberg called God Is Closer Than You Think. And in it, he writes about a little girl who said she knew Jesus was living in her heart because when she put her hand to her chest, she could feel Him walking around.

Now, we adults know she was just feeling her heartbeat. But that little childlike spirit felt God inside her! And when you think about it, she was right because a beating heart is a sign that life is in you.

As adults, we need to move into the supernatural realm and start dreaming again. We need to create joy in our own lives. It's a right and privilege we have as children of God, but it's a decision we must choose

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to make.

Lesson 3: Pick Up Your Toys

Some of us can simplify our lives very easily, even without using our imaginations.

For one thing, we can go home and clean up our rooms. Keep the stuff you use and keep the stuff you love. But give away what you're holding on to for someday because odds are when you need it, you won't remember where you put it.

Lesson 4: Focus Your Attention

Another way you can simplify your life is to practice doing one thing at a time. Multitasking may be popular, but the Bible tells us to give our mind to what we are doing (see Ecclesiastes 5:1).

Lesson 5: Ask Your Father

Finally, you can simplify your life just by trusting that God loves you and hears your prayers. Philippians 4:6 says, Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God (NIV).

If you want something, ask Him for it. If it's right, He'll give it to you. If it's not, just know He has something better for you in mind.

It really is that simple! I encourage you to stop questioning God with your mind, and start trusting Him with your heart.

Be a little more childlike in your approach to life. Who knows...you may just feel Jesus walking around in your heart.

Joyce Meyer

This article is taken from Joyce's four-part audio series Happy To Be Me.

For Mothers — thank you

A variation on Matthew 25

submitted by Michele Beckett

I was a stranger and you welcomed me. In spite of the enormous upset I caused to your life you were delighted to share your home with me. Thank you.

I was born completely naked and you wrapped me in little clothes. You washed and ironed and folded those clothes hundreds and hundreds of times. You have never stopped clothing me, although sometimes you've had to do without things you'd have liked yourself. - Thank you.

I was hungry and thirsty, first you gave me warm milk and then again and again you fed me, and every time you gave me food you were giving it to me, to Christ. I appreciate the boredom of constantly cleaning up the mess I made, and washing and drying an endless pile of dirty dishes. - Thank you.

I was sick. With teething and wind, with bouts of flu and temperatures and measles and chicken pox and constant colds. And you comforted me, and you lost sleep, and you were anxious and worried. I experienced you at your loving best, tender and caring. And I knew then how unconditional your love was when I was at my most helpless. Thank you.

I was in the prison of my own immaturity, resisting limits, acting up, throwing tantrums. And you didn't just visit me - you came and stayed with me, imprisoning and tying yourself up - for years - for my sake, so you could lead me out into freedom and maturity and an enjoyment of the wonders of life. That freedom was perhaps the greatest gift of all you gave me. How can I say Thank You for it?

You have done so much for me. Over and over and over again, even when you were bored or exhausted, irritated or hurt, when you were ill or wanted to count the cost, you forgave me, and you didn't count the cost. I'm telling you now so you'll be more aware of the good you're doing - and so you'll know you're doing all this to me, to Christ. And, I'm telling you so you'll know how much I appreciate and love you. Thank you.

Family Night — Everyone Welcome!

St. Paul's Church, 20 Young Rd, Kanata

"Living in the Joy of the Holy Spirit in the Home"

Friday, May 8, 5:30 p.m. to 8:00 p.m.

Potluck Dinner, Worship, Adult and Kids Programs.

An opportunity for grandparents, parents, children and grandchildren
to share the love of Jesus as a family.

RSVP: Alison Stortz, arm@armcanada.org, 613-592-4291



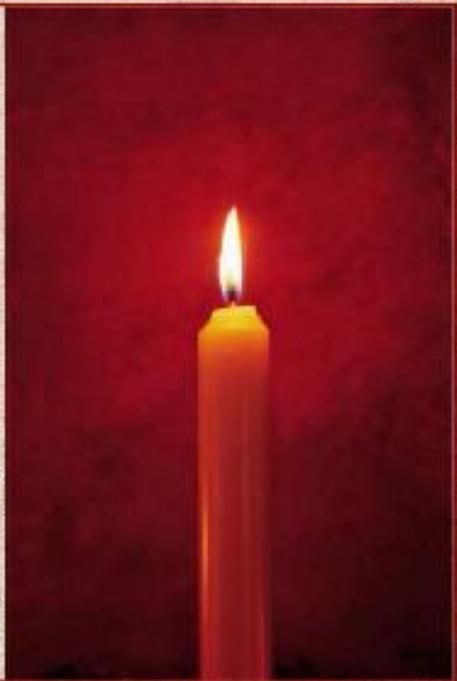
Anglican Renewal Ministries

Our Mission: To offer times of refreshing so God's people may be empowered by the Holy Spirit through teaching, equipping and fellowship in the love of Jesus. (ACTS 3:19-21)

Discovering Your Gifts

Saturday, May 9, 2015
9:00 am to 3:30 pm

St. Paul's Anglican Church,
20 Young Road, Kanata



Have you used your Spiritual Gifts today?
Do you know what your Gifts are?



Come and find out how you can use
your Gifts for His purposes!



Guest Speaker: Jane Jones is the National Prayer Co-ordinator for Anglican Renewal Ministries. She has led prayer and spiritual gift conferences across Canada and around the world. She is known as a prophet in the nation and is a member of the Canadian Prophetic Council. She lives in Okotoks, AB.



Guest Speaker: Rev. Eddie Quann is a vocational deacon in the diocese of Fredericton and a member of the board of Anglican Renewal Ministries. Eddie delights in introducing people to Jesus and is gifted with healing. He lives in Miramichi, NB.

Saturday, May 9 – Discovering your Gifts

9:00 a.m. to 3:30 p.m. All are welcome to enjoy this event with Prayer Ministry, Praise, Teaching, and Christian Fellowship. Lunch will be provided.

How can I be filled with the Holy Spirit? — Alison Stortz

What are the Motivational Gifts? — Jane Jones

What are the Ministry Gifts? — Rev. Eddie Quann

What are the Manifestation Gifts? — Jane Jones

Activating and Practising our Gifts — Jane Jones and Rev. Eddie Quann

This event is free of charge. A good-will offering to cover travel expenses and support the work of ARM will be gratefully received.

To register, please contact Alison Stortz at 613-592-4291 or arm@armcanada.org

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EVENING PUBLIC LECTURE

Spirituality at the End of Life: A time for listening and caring

Date: Tuesday, May 12, 2015
Time: 7:30 pm – 9:00 pm
Location: Bells Corners United Church
3955 Old Richmond Road, Nepean

Cost: Registration \$25. (cash or cheque (preferred))
Make cheques payable to: Champlain HPC Program
Mail to: 69 Primrose Avenue,
Annex C, Saint-Vincent Hospital,
Ottawa ON K1R 1M6
(on site registration accepted)

About the Speaker – Dr. Christina Puchalski

Christina Puchalski, MD, MS, is a pioneer and international leader in the movement to integrate spirituality into healthcare in both the clinical setting and in medical education. As founder and director of the George Washington Institute for Spirituality and Health (GWish) at The George Washington University in Washington, DC, she continues to break new ground in the understanding and integration of spiritual care in a broad spectrum of healthcare environments.

Dr. Puchalski is a professor of Medicine and Health Sciences at The George Washington University School of Medicine. She is an active board-certified clinician in Internal Medicine and Palliative Care. She has received numerous awards including the George Washington University Distinguished Alumni Award in recognition of her scholarship and leadership. She is a fellow of the American College of Physicians and a member of Alpha Omega Alpha Honor Medical Society.

Dr. Puchalski has authored numerous book chapters and published a book with Oxford University Press entitled Time for Listening and Caring: Spirituality and the Care of the Seriously Ill and Dying.

Dr. Puchalski is first and foremost a clinician. Puchalski's work in the field of spirituality and medicine encompasses the clinical, the academic, and the pastoral application of her research and insights. <http://smhs.gwu.edu/gwish/about/dr-puchalski>

=====

Registration:

Name: _____

Address: _____

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For information, contact Cheryl Teeter at cteeter@champlainpalliative.ca or 613-683-3779

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St. Paul's Agora

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Cartoon by Cuyler Black



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