

CORNERSTONE

May, 2016

20 Young Road
Kanata, Ontario
K2L 1W1
613-836-1001
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. – 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
 - God Squad Pentecost party
 - Town Hall, May 17
 - Notes from Ecuador, Part 2
 - GIFT Campaign update
 - Annual Chicken BBQ
 - Nicaragua mission trip
 - St. Paul’s Got Talent!
 - Syrian refugee update
- ...and more!

Summer edition deadline:
Tuesday, June 7, 2016

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John God Squad — a place to grow in faith

Many of us remember our time in Church School as times of joy and caring. We are blessed at St. Paul's with a parish that loves and cares for children and embraces their involvement in the liturgy. We try to support their parents in creating an opportunity to ask faith questions and learn about the importance of the God in our lives. It is not always easy to get the work ready for Sunday morning, and to try and connect with the parents and children.

Recently, we made some changes to the God Squad program to make the role of teachers a little easier. Joyce Prentice has been hired to develop and resource the materials needed for each class. Amy McKechnie (nee Bridges) has been hired to connect with the parents and children and to make materials available when the children are absent from the lesson.

We now need some more helpers for the Sunday morning classes. Spending time with the children is a

rewarding and valuable ministry. We hope to get enough teachers at the 9:15 and 11:00 services so that you would be needed once every four weeks. Many of you will say that you don't feel comfortable teaching the faith. I promise you that we will support you and make the lesson easy for you to deliver.

I believe this is one of the most important ministries that we offer at St. Paul's, and we need your help! Please consider offering your time so that we can continue to bless the children in our parish. Talk to Bob or Tracy Albert and they can help you get a better understanding of the time commitment and requirements you will need to support this work. I thank you for your prayers and consideration of this ministry.

Peace,



From the desk of Father Craig Let us pray...

As we continue our Easter journey, heading toward Pentecost, we remember our call to be a "Resurrection People": a people who claim life over death. We make this claim by the lives we live. St. Paul's, along with Holy Redeemer and countless other churches have recently reiterated that claim by sponsoring another refugee family.

We have sponsored the Wakass family. The family includes Claude, a widowed mother, and her two boys, Mousa and Eskander. They are a Melkite Catholic family from Syria. Upon hearing that they had a sponsoring group (us!), they travelled to Lebanon. With the help of Catholic Immigration Services - God bless our ecumenical relationships - all the paperwork was accomplished very quickly. Claude was just awaiting a call from the em-

bassy when the Canadian government slowed the flow of refugees almost to a stop.

And so, Claude is left waiting in Lebanon. We have not been just "waiting" since then. Joint accommodations have been found in Kanata with one of Claude's sister's families. Furnishings have been received, with thanks, and monies have been raised, Amen! One of the leads from Holy Redeemer has been working tirelessly to let "the powers that be" know of Claude's situation.

And so, let us pray together for Claude, and all who face such a plight ...

"God of compassion, whose own son experienced life as a refugee, we remember those fleeing from danger, hungry and afraid, with nowhere to call home. God,

(Continued on page 3)

(Continued from page 2)

we ask for them warmth, security, food and peace.

God of hope, we thank you for those who are working to bring relief and comfort to those displaced, showing glimpses of grace in the darkness of despair. God, give them strength.

God of justice, guide the nations and the leaders of the world towards peace, stir hearts to be generous and compassionate. God, help us to play our part in bringing about the change that we want to see.

Through Jesus Christ our Lord. Amen.”

Diocese of Exeter

“The God of heaven, He will prosper us; therefore we His servants will arise and build.” Nehemiah 2:20

“Heavenly Father, you are the source of all goodness, generosity and love. We thank you for opening the hearts of many to those who are fleeing for their lives. Help us now to open our arms in welcome, and reach out our hands in support for Claude, Mousa and Eskander. Let us pray them to their new home in Canada. Let us pray that the desperation they have felt may find new hope, and their lives, however torn apart, may be restored. We ask this in the name of Jesus Christ Your Son, Our Lord, who fled persecution at His birth and at His last triumphed over death. Amen.”

Adapted from Church of England

Let us live the prayers we raise in the knowledge that one day all will be made whole and free and new in the life of the risen Lord, Jesus Christ!

Alleluia, Christ is risen!

Fr. Craig+

God Squad news

Volunteers needed!

The God Squad is updating its files so that we can better communicate with parents about upcoming events, and monitor any health or allergy concerns with our kids.

If you have not filled out a form this year, please fill out the form on the back of this page, ask one of the Sunday School teachers, or visit the St. Paul's website (<http://www.stpaulshk.org/resources/education>), to download the form.

The God Squad is also currently seeking Sunday School teachers. If you love kids, and would like to give some time to this important Ministry, please speak to Tracy Albert (613-470-5647), Joyce Prentice (613-592-4426), or Amy McKechnie.

No previous experience or lesson planning is required.

Pentecost Fire!

Who is the Church?
We are the Church!

May 15 at 9:15 & 11.

**If you are age 4 - 12,
Come join God Squad.**

**God Squad Room
Lower Level.**



God Squad

Permission Form

Signature of Parent/Guardian Required)

St. Paul's Anglican Church
God Squad Registration
 (For Children and Youth Aged 4 to 14)

Last Name: _____

First Name: _____

Address: _____

Child's Birth Date: _____ Age: _____

Baptized: YES _____ NO _____

Parental Contact: _____

Parent's Email: _____

Telephone: (H) _____ Cell _____

We attend the: 9:15 AM _____ 11:00 AM _____

Medical Notes: (Please include any food/life threatening allergies):

Epi Pen YES _____ NO _____

Signature of Parent/Guardian _____

Date: _____

At "The God Squad" we sometimes take pictures of children for use only at special presentations. Some of the pictures may be used for these presentation purposes.

I Give permission for _____

To have his/her picture taken during class times and at these special events.

Signature of Parent/Guardian _____

Date _____

VOLUNTEERING to Teach or Help in our Sunday School.

Our Diocese insists that all who work or volunteer with the vulnerable section of our community—in this case our Children—must have a Valid/Current Police Records Check. Please ensure yours is on file in the Church Office.



YES, I can help in the following areas:

Class Helper _____

Class Teacher _____

Special Events _____

QUESTIONS? sundayschool@stpaulshk.org or the office 613-836-1001

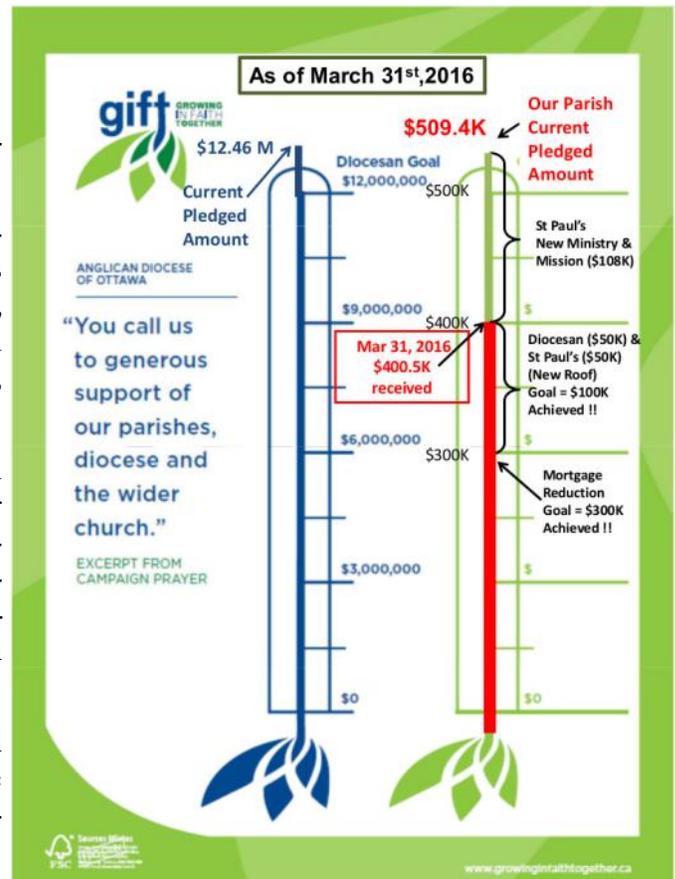
GIFT Campaign update

Thanks be to God for continuing excellent news concerning our GIFT Campaign!

We have now reached the next stage of our GIFT journey. As of the end of March 2016, just over \$400,000 has been received. We have paid \$300,000 on our mortgage, discharged our obligations to the Diocese (\$50,000) and paid for our new Clerestory Roof (\$50,000). Well done, faithful servants!

All GIFT donations from this point forward are dedicated to St Paul's. With a current pledged amount of just over \$509,000, approximately \$109,000 will be available to further our mission. Parish Council is hard at work determining the best allocation for these funds. You are encouraged to participate in the upcoming Town Hall on May 17, to discuss the recommendations.

If you would like more information about GIFT, or would like to participate in St. Paul's GIFT Campaign, please contact Alison Stortz (613-599-7176) or Francis Christensen (613-519-4848), or the church office.



Focus Group results are in!

Recommendations to be discussed at the Town Hall, May 17

The Priorities and Development Group (PDG) identified current parish activities and examined them for themes and commonalities. They were then grouped into the following areas: 1. Personal Growth, Fellowship and Sustenance, 2. Outreach, 3. Our Building, 4. Our Money and; 5. Our People. Parishioners were asked to identify new ideas, search for themes and discuss their importance. Four focus group evenings were held to discuss each of the 5 areas described above. Each focus group had the same rough agenda including a review of the existing activities (what's working and what's not), brainstorming new ideas, prioritizing ideas and looking at the filters by which the PDG would recommend activities to Parish Council.

The results

The sessions were successfully held and, on average, 15-25 people attended each session. From the 4 sessions, 50 existing activities were evaluated and 131 new activities were proposed. Participants were asked to prayerfully vote at the end of each session and list only 3 new activities they felt the parish was being called to develop and 3 existing activities they thought the parish should rethink or re-evaluate.

The analysis

The ideas were grouped into 11 categories and ranked in order based on the number of votes they each received. The categories were: 1. Adult education, 2. Welcoming, integration and hospitality internally 3. Welcoming and hospitality externally, 4. Youth and families, 5. Seniors, 6. Pastoral care/prayer 7. Outreach, 8. Finances, 9. Communications, 10. Building and 11. Volunteers. The new activities were then further grouped based on similarities and a number of interesting themes emerged. These themes became potential programs that the Parish could implement and were prioritized based on the number of original votes they received.

The recommendations

The programs proposed were as follows: Hiring a youth and families activity coordinator (69 votes), initiating a parish small group program (52 votes), initiating a volunteers program (27 votes), initiating a refugee program (66 votes) and initiating a seniors pro-

gram (27 votes). Finally, the PDG drafted potential implementation of the programs based on the filters and priorities determined at each focus group session.

The rationale

A focus on youth and families was determined as the most significant endeavor to be undertaken by the parish. Given that the organization of multiple youth and families based programs requires extensive coordination, it was felt by the PDG that this would be best accomplished with a full-time paid staff. Since the coordination of volunteer programs would also need to begin early on, the PDG proposed that the same staff person responsible for youth and families could also take on volunteer coordination. Developing small group ministry would ensure that new and existing parishioners are integrated and supported by close friends in the parish. Adult education, both in small groups and as a whole, would further our growth into the full stature of Christ. Ideally, the adult education in small groups and as a whole would complement and build upon each other. In addition to our internally-based activities focused on strengthening ourselves as a united body of Christ, we would reflect Christ externally by developing a coordinated program to integrate refugees from around the world into our community of Kanata and welcome them to our parish home.

Existing Programs

Existing activities were also examined and votes were cast based on the need to "reevaluate the effectiveness of an activity" or "consider stopping an activity". These results will require further deliberation and discussion in order to determine the best way to move forward. Nevertheless, the data gathered from the community indicated that the following activities should be reevaluated: 1. building and site maintenance, 2. gift campaign spending, 3. rentals, 4. volunteer soliciting techniques, 5. bulletin boards and communications and 6. volunteer open house. The need for building and site maintenance is a clear priority as parishioners seek to keep the worship space beautiful and functional. The gift campaign funds could be directed towards some of the new programs discussed above. Rentals are a great source of reve-

(Continued on page 6)

TOWN HALL

Tuesday, May 17, 2016
7:30 p.m.



The Focus Group results are in! Everyone is invited to participate in this discussion of the recommendations made by the Priorities and Development Group (PDG).

The full report is available on the church website or in the Narthex.

At the meeting, we will:

1. Review the recommendations.
2. Prioritize the recommendations.
3. Outline a plan for implementation.

Your input is important to us!
We look forward to seeing you on May 17.

St. Paul's Parish Council

St. Paul's Anglican Church, 20 Young Road, Kanata, 613-836-1001

(Continued from page 5)

nue, but could our facilities be either used more by parish programs or to raise our profile in the community? How we solicit, train and retain volunteers as well as a reevaluation of the volunteer open house is discussed as part of the coordinated volunteer program. Finally, communication strategies will need to be identified and implemented to help support the programs and mission of the church.

Moving forward

This report discusses each of the recommendations in greater detail. The data from the session is presented in appendices for people to study and evaluate as a tool moving forward. The PDG was tasked

with running this activity and identifying these programs. It will be up to the Parish and Parish Council to decide which of the activities are implemented and when. Finally, it is our hope and prayer that these recommendations will bring about positive change at St. Paul's. The future of St. Paul's ministry holds much promise and excitement. Please consider how God may be calling you to participate and respond with "speak Lord for your servant is listening."

*Chris Harder, Don Brown, and Francis Christensen
Priorities and Development Group*

St. Paul's Got Talent!

Saturday, May 28, 7:00 p.m.

FIRST OFFICIAL FUNDRAISER FOR OUR ORGAN FUND

The community of St. Paul's is blessed with many, many talented people. We recognize that Sunday morning services do not always provide opportunities for many to share their gifts.

In order to showcase the aptitudes of these parishioners, we are going to host a Talent Event on Saturday, May 28, 2016 at 7:00 p.m. We are looking for a lot of people to participate in what will be our first official fundraiser for our new organ. There will be no admission charge, but a *Free Will Offering* will be taken.

The program for the evening will be divided into two sections. We will be celebrating our everyday lives in the first half (secular) and celebrating our worshipping community (sacred) in the second half.

We are looking for both the "performing" arts as well as the "visual" arts to take part in our evening. So in addition to singers, dancers or instrumentalists, we are looking for dramatic monologues, readings or short comedic sketches. We would also like artists, quilters to display their crafts and even photographers to put together digital montages on a single subject or theme to be shared that evening.

If you have a flair or skill, we are interested in giving you an opportunity to share that talent. Please talk with Ann Faurbo, Maureen Anderson or Michael Turnbull or email afaurbo@rogers.com.



The chickens are coming!

Annual Chicken BBQ, June 10

This year's Chicken BBQ will be held on Friday, June 10. As in recent years, the price for the tickets will be \$15 for a half chicken and \$7.50 for a quarter chicken. Each ticket includes bun and butter, St. Paul's special home-made coleslaw, and a slice of pie.

Win two tickets for the Chicken BBQ!

Send your funny caption for the photo below to Mathias Joost (jooste328@rogers.com) by Thursday, June 2, and two free tickets could be yours!



Tickets will go on sale and volunteer sign-up sheets will be put out in the Narthex in May. Volunteer, bake a pie, and enjoy a great meal.

See you at the BBQ!

Mathias Joost

Women's Retreat

Thursday, May 5, 9am to 4pm

There is still room on our day-away retreat at Bethesda Renewal Centre. This **silent** retreat can be self-directed or you may use the guided materials prepared. Our goal is to **Be Still and Know He is God!** Don't forget your Bible, a journal, and outdoor clothing. Coffee/tea/lunch are provided as part of the \$15 fee (due Tuesday, May 3).

Register through Lorna in the office. For more information, please speak to Maureen Anderson 613-862-6916, or call the office 613-836-1001.

A

SPRING

Fling

Womanless Fashion Show

Presented by

HANDS FOR HOPE

May 7th, 2016

Doors Open at 5:30 p.m. & Dinner at 6:30 p.m

St. Isidore Parish Hall - 1135 March Road, Kanata



Join us for a fabulous evening



enjoy dinner, music, silent & live auction, cash bar

EMCEE: Steve Madely

Tickets \$30.00

Available at:

All proceeds raised in support of
HOPE LIVING, KANATA



**Shepherds of Good Hope
Les Bergers de l'Espoir**

Dedicated to Compassion - Devoués à la compassion

- ✳ St. Isidore Church Office 613-592-1961
- ✳ The Glen Scottish Restaurant & Pub 613-836-5622
- ✳ My Sister's Closet 613-599-2700
- ✳ Ruth Cameron 613-838-5223
- ✳ Pat McKinnon 613-839-5875

haste ye back! **The Glen** scottish RESTAURANT & PUB

Title Sponsor

Nicaragua: the adventure

by Cathleen Reid

Our trip is approaching quickly and the excitement is building.

I have wanted to go on a Mission trip for years, but there was always some reason why it didn't happen: finances, getting time off work, being a single mom and leaving my kids to go out of the country. It was never the right time. All valid excuses, but excuses nonetheless.

It was worry and fear that held me back. I completely shocked myself when I answered YES immediately when I was asked to go on this mission trip. God's Plan was courage and FAITH not worry and fear. It was time to step out of my comfort zone. It was time to stop waiting for the "Right Time." It was time to do the right thing. I am so thankful I finally listened to God's voice and said yes.

Here I am Lord, Send me.

We are so grateful for the generosity of our church family. St. Paul's raised \$2500.00 For SchoolBOX during Lent. The financial and prayer support from this community is amazing and very much appreciated.

I hope you have had an opportunity to visit the SchoolBOX Display in the Narthex. There are before and after pictures of the wonderful work SchoolBOX has done building these classrooms. You will also see some suggestions of supplies we hope to collect for the kids.

The location of the build has changed. We will now be at the Gilberto Siles School, close to the Laguna de Apoyo, near Masaya. Turn the page for more info!

Your on-going prayer support is essential and appreciated.

Thank you and God Bless!



Support the Nicaragua Trip July 2016

In July 2016, five members of St. Paul's (Cathleen Reid, Janet Tonks, Marsha Fisher, Ray & Lorna Brule) will be travelling with SchoolBOX on a Mission Trip to Masaya, Nicaragua, with 4 members of St. Thomas' Stittsville, who have made 3 previous trips.

As volunteers, we will be doing some physical labour, ie: assisting in the build. But, even more importantly, we will be there to encourage their children to attend and stay in school.

How can you help?

Special envelopes are available in the Narthex for your donations. Or, please put a cheque (payable to St. Paul's, please) with SchoolBOX indicated in the memo line on the collection plate.

We are all very excited about this Mission Trip and look forward to coming home with lots of stories to share. As with all trips, your on-going prayer support is essential and appreciated.

Please know how very thankful we are for the support of our Community.

Lorna Brule and the Nicaragua Mission Trip Team

Letters to Nicaragua

To help the kids in St. Paul's God Squad interact with the children in Nicaragua, we will be taking some mail with us on our mission trip. God Squad staff will be handing out notes to the children to complete and "mail" (via us!) to a child in Nicaragua. These notes will be translated to each child while we share stories about our St. Paul's family.

There will be a mailbox and spare envelopes in the Narthex from next Sunday, May 8, until the end of May. "Mail" your letters in the box and we will take them along on the mission trip.

God's Blessings!
Bendiciones de Dios!

Janet Tonks





School Build Project Gilberto Siles School Masaya, Nicaragua



The children at the school are learning in overcrowded conditions

Together we can *Make Education Possible.*



Children in preschool and Grades 4-6 learn in two cramped and dark makeshift shacks



/schoolboxhelps



@schoolboxhelps



www.schoolbox.ca

Gliberto Siles School

Project Cost:
\$18,000 USD

Project Breakdown

1 Classrooms: \$17,000
Classroom Tools: \$1000
(Desks, chairs, Whiteboard)

School Statistics:

41 Students
3 Teachers
Kindergarten to Grade 6

Community Statistics:

320 Families
Avg 3 Children per Family
Avg Family Salary: \$ 85US/mth



The Gilberto Siles School is located close to the Laguna de Apoyo near Masaya, Nicaragua. The school has been in operation for over 30 years. Over the past few years, the school has become overcrowded, so the parents built two makeshift shelters out of wood and metal for the children to learn in.

Preschool children are forced to learn in a dark and dusty room with no air flow, while children in the higher grades learn under a tin roof with no walls to block out the sun, dust or rain. The children are motivated to learn, but they need a clean, safe and learning enabling environment to flourish.



Most members of the community work informally selling products in the street or cleaning houses. Along with the community leaders, parents have pledged their support to volunteer with the construction process to support their children's education.

Let's help this wonderful community break the cycle of poverty by supporting the construction of a new classroom!



SchoolBOX

MAKING EDUCATION POSSIBLE

For more info: schoolbox.ca/gilbertosiles
or contact Michelle: michelle@schoolbox.ca

Donate: online at schoolbox.ca/gilbertosiles
or by mail to SchoolBOX
PO BOX 201, Mill St. Almonte, ON, K0A 1A0

Notes from Ecuador, Part 2

by Melissa Hornby

Editor's Note: Part 1 of this story can be found in the January 2016 issue of *Cornerstone*.

It is now the end of April and I have completed an eight-month cultural exchange in Ecuador. As noted in my previous entry, August to December was spent in Quito (Ecuador's capital city) completing academic courses, living with a host family, exploring the country and learning a second language. During second semester, I participated in a field placement/internship with the organization REDESOL, which is located in Cuenca, the third largest city in Ecuador. The past three months have been spent working with REDESOL, which stands for La Red de Producción de Bienes, Servicios y Saberes de Economía Solidaria, with the direct English translation as follows, The Network of Production of Goods, Services and Knowledge of Economic Solidarity. In summary, REDESOL is a non-governmental economic organization. It brings together producers of agricultural, artisanal and medicinal products from three provinces. Together these producers sell their yields at different markets, executing the main vision of the organization: promoting and participating in a solidarity economy. The main motive of a solidarity economy is not to make money but rather to focus on the wellness of the consumer. This explains why REDESOL promotes partnerships, prioritizes the individual over the capital, and promotes equality, efficiency and community development.

Throughout the duration of this field placement I worked closely with a practitioner of Andean medicine who was part of REDESOL as she produced natural remedies to be sold in the various markets. This woman has a clinic out of her home where she provides physical, psychological and spiritual healing through Andean medicinal techniques and the use of natural medicine. I lived with this Andean medicinal practitioner for almost three months, as she was my host mom. At this point in my exchange I was able to fully immerse myself in a culture that was initially so foreign to me. I was secluded from my comfort zone and everything else familiar. Now that I have completed this field placement, I can truly say that I feel comfortable in this culture that I was immersed in. The past three months have taught me more than I

ever thought I could learn.

When friends and family inquire about my experience I am often asked what my favourite part of this experience was. After completing eight-months in a country that I claim to be the most beautiful that I have ever seen, I respond the "people". Although I did not have the opportunity to meet every Ecuadorian citizen, every person I met was so pleasant to be around. Being a foreigner from the Global North makes it difficult to become immersed in a community, big or small. Although I was there for educational purposes, I was not just observing. Everyone who I met welcomed me into their lives with warmth, allowing me to actively participate in their families, work lives and social lives. I became a part of their communities, which was the most rewarding part of my experience. My goal was to integrate myself into these various communities and cultures by speaking the language, participating in the practices and traditions, working alongside my coworkers in REDESOL etc. I was not an observer. I was a member. This is what made my eight-month cultural exchange in Ecuador so impactful for me.

Before I end this entry, I would like to take time to pray for the masses that have been affected by the multiple earthquakes that have occurred over the past week in Ecuador. Many families have been separated, people have been seriously injured and lives have been lost. The country is undergoing great efforts to restore the coastal region, getting both the national and international community involved. We are all neighbours, let us pray.

Please feel free to email me if you are interested in finding out how to make a contribution to the earthquake relief efforts. My email is melissae-hornby@gmail.com

Syrian refugee sponsorship update

At Vestry (February 2016), St. Paul's decided to sponsor a Christian family from Syria. The Wakass family (Claude, Mousa and Eskander) have moved from Syria to Lebanon, have completed the application process, and are waiting for a call from the Embassy. Unfortunately, the Canadian government has all but stopped processing applications at this time, so we are not sure when Claude and the boys will arrive. They have an apartment, but the boys are not able to attend school, and things are generally getting more expensive.

As we await their arrival, let us all continue to pray for them:

Heavenly Father, you are the source of all goodness, generosity and love. We thank you for opening the hearts of many to those who are fleeing for their lives. Help us now to open our arms in welcome, and reach out our hands in support for Claude, Mousa and Eskander. Let us pray them to their new home in Canada. That the desperation they have felt may find new hope, and their lives however torn apart may be restored. We ask this in the name of Jesus Christ Your Son, Our Lord, who fled persecution at His birth and at His last triumphed over death. Amen. *(Adapted from Church of England)*

We give thanks to God for this parish, who within 3 weeks raised the \$23,500 specified by the government as necessary for a year of financial support for this family. We have also been blessed by offers of material goods and services. We are not in need of any specific things at this time, but will let you know the needs as they arise, especially once the family is here in Kanata.

If you have furniture or other items that you would like to donate to support refugees in our area, please consider contacting Matthew House (<http://matthewhouseottawa.org/>) or St. Vincent de Paul (<http://www.ssvp.on.ca/rc/stores.php>).

Fr. Craig, Gayle Bridges, Danielle Mackenzie, Alison Stortz



TEMBO fundraising event

Ascent of Women, with Sally Armstrong, Tuesday, May 3

TEMBO is an Ottawa-based charity that supports educational opportunities for women and girls in Tanzania. TEMBO is holding a fundraising evening on May 3, 2016, with special guest Sally Armstrong, an amazing woman and inspirational speaker.

Every dollar raised will go towards educational opportunities for girls in Tanzania. By providing these opportunities, TEMBO reduces the likelihood that they are married at 12 and pregnant at 14. Over 35% of women die in childbirth in Tanzania.

TEMBO has no staff in Canada (only in Africa) and as such has almost no overhead. Every dollar makes a difference.

For more information or to purchase tickets, please contact tembotickets@gmail.com, visit the Project TEMBO website (<http://projecttembo.org/>), or contact Melissa Clark.



Save the Date!



Ascent of Women: An Evening with Sally Armstrong



SALLY ARMSTRONG is a three-time Amnesty International Canada award winner, a member of the Order of Canada, the holder of 7 honorary degrees, a teacher, journalist and human rights activist. In her book, *Ascent of Women, A New Age is Dawning for very Mother's Daughter*, Sally shows us why empowering women and girls is the way forward.

TUESDAY MAY 3, 2016

Ben Franklin Place
101 Centrepointe Drive, Ottawa

[Tickets are on sale now!](#)

TICKETS

General Ticket - \$75 with \$40 tax receipt
includes Sally Armstrong presentation and post-event cocktail reception

Gold Circle Ticket - \$125 with \$50 tax receipt
includes special reception with Sally Armstrong prior to the presentation, the presentation and post-event cocktail reception.

Corporate Tickets - \$1000 for 10 general tickets with preferential seating.

For more information or to sponsor the event, please contact [Melissa Clark](#).



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

FREE (if you move them)

All in working order:

- White Frigidaire side by side refrigerator (67 inches tall, 33 inches wide)
- White Frigidaire stove
- White GE White dishwasher

For more information, call Cheryl at 613-254-7248.



FOR SALE

\$150.00 or best offer. Must arrange for own pickup. Contact Greta Sault at 613-836-5810.



BHM
Bradley Hiscock McCracken
Lawyers

Paul K. Bradley
B.F.A., M.F.A., J.D.

Business Law
Wills and Estates
Real Estate

Phone: 613 825 4585
Fax: 613 825 5101
1581 Greenbank Road
Ottawa, Ontario K2J 4Y6

pbradley@bhmlaw.ca
www.bhmlaw.ca

BHM
Bradley Hiscock McCracken
Lawyers

Richard K. Bradley
B.A., LL.B.

Business Law
Wills and Estates
Real Estate

Phone: 613 825 4585, ext. 111
Fax: 613 825 5101
1581 Greenbank Road
Ottawa, Ontario K2J 4Y6

rbradley@bhmlaw.ca
www.bhmlaw.ca

BRIDLEWOOD TRAILS
RETIREMENT COMMUNITY
by **RIVERSTONE**



A COMPLETE CONTINUUM OF CARE

The PEACE OF MIND You're Looking For

OFFERING INDEPENDENT LIVING,
RESIDENTIAL CARE AND ASSISTED LIVING

480 Brigitta Street
bridlewoodretirement.com

613.595.1116

Sarah Baldwin
Sales Consultant



tel. 613-663-2969
fax. 613-271-7332
sbaldwin@chartwell.com

70 Stonehaven Drive
Kanata, ON K2M 3B4

CHARTWELL.COM

CHARTWELL
STONEHAVEN
retirement residence

If you are paying more than
\$25.00/month for a home telephone
You are probably paying too much!

William Colls & Associates
WilliamCollsAssoc.ca
613 509 1304

Requires high speed internet connection – not included



2848 Carp Rd., Carp, ON, K0A 1L0

Eric Anderson
Marc Charbonneau

Tel: 613-836-9091
Fax: 613-836-9625

Loaner Cars & Shuttle
Service Available

Independently Owned & Operated

EcoSys Holistic Wellness Center



David Gilbert Director
Helping Bodies & Minds Heal

Office: 613.747.5458
Toll Free: 800.361.1370
wellness@david-gilbert.com
www.EcoSysHolisticWellnessCenter.com

59 Westcliffe Rd. Ottawa, ON K2H8A4



Dan Cowley
Owner

290 Rideau St. (at King Edward)
Ottawa, Ontario, K1N 5Y3
(613) 241-6382
doncherrys290@rogers.com

320 Eagleson Rd. (The Annex Mall)
Kanata, Ontario, K2M 1C9
(613) 599-6300
doncherrys320@rogers.com



RBC Wealth Management
Dominion Securities

Professional wealth management since 1901

Melissa Clark, B.Comm, CFP
Wealth Advisor

RBC Dominion Securities Inc.
333 Preston Street
Suite 1100
Ottawa, ON K1S 5N4

Tel: 613-564-4221
Fax: 613-564-4801
1 800 267-7680

melissa.clark@rbc.com
melissaclarkandassociates.ca

PHASE IN
FAMILY SUPPORT SERVICES



Faye Lavergne
FAMILY, CHILD & YOUTH COUNSELLOR

email: phaseinfs@yahoo.ca

613-253-7476



Ottawa

City of Ottawa
110 Laurier Avenue West
Ottawa, ON K1P 1J1
tel.: (613) 680-2752
Allan.Hubley@ottawa.ca
www.CouncillorAllanHubley.ca

@allanhubley_23 | allan.hubley.5

ALLAN HUBLEY COUNCILLOR, KANATA SOUTH WARD