



St. Paul's is a family, commissioned by Christ, gathered together in faith to glorify God and nurture spiritual growth through worship and service.



**Our Sunday Service begins at 10:45 AM.**

**We are located at 319 Prescott Street at the corner of Mary Street in Kemptville, Ontario.**

**The Sunday Service at our sister church Knox begins at 9:15AM.**

**They are located at 2227 Simms St. in Mountain.**

# St. Paul's Matters

[www.stpaulskemptville.ca](http://www.stpaulskemptville.ca)

Summer - 2016

## Encourage One Another and Build Each Other Up



***Therefore encourage one another and build each other up, just as in fact you are doing.***  
*1 Thessalonians 5:11*

Dear St. Paul's Family,

It's hard to believe that five months of this year have passed already. Can you remember back to January? I know that will be difficult for some of us, but try hard.

It was the month when we made New Year Resolutions. Many of us promised to renew our commitment to the Lord and our dedication to His service.

How are those resolutions going five months later?

I know that the busyness of life can make us forget, but always remind yourself that you are called to live as a citizen of God's kingdom and as a member in Christ's body.

Many times we are good at making resolutions, but poor at completing them.

The apostle Paul knew that. So, he told the church members in Thessalonica to "encourage one another."

Can I encourage you in a few things?

Can I encourage you to be faithful to the Lord's house for Sunday worship?

Can I encourage you to be faithful in the giving of your time, talents and treasures to the Lord?

Can I encourage you in your commitment to support our mission projects?

Can I encourage you to invite people to come to church with you?

Can I encourage you to pray for God's presence and power in our services?

Can I encourage you to be faithful to share Christ with others.

Remember, the Lord is always working and wants to work through us. Let's keep our hands on the plow and look forward - encouraging one another, building each other up and fulfilling Christ's call in the life of His Church.

See you in church,

**Reverend Samer**

## Another Exciting Shot Put Season for Ashley Connell

Ashley Connell is the granddaughter of Ray and Josie Porter and the daughter of Debbie and Scott Connell from Maitland, Ontario.

She is a third-year University of Guelph student, completing a BA in Food, Agricultural Resource Economics. Besides school, she has a passion for sports - especially shot put.

This year was no different than last with her finishing her season with a silver medal at the Canadian Interuniversity Championship (CIS) in Toronto.

Ashley is a talented shot putter who can throw a 4 kg (9 lbs) cast iron ball across a field to a distance of 15.60 metres. This makes her one of the top elite throwers in Canada.

Ashley spends hours and hours training, lifting, spinning and throwing. All that hard work paid off because she was able to achieve a personal best in terms of distance.

There was only one competitor at the CIS who was able to beat Ashley's throw. That woman, Brittany Crew, will be competing for Canada at the Olympic Games this August in Rio de Janeiro.

Ashley achieved her personal best with her parents and sister in the stands. Her mammoth throw ended up going 98 centimetres further than she had thrown before.

This summer, Ashley continues throwing with the Ottawa Lions Track and Field team. She will also be competing at the Nationals in Edmonton, Alberta.

It takes time, commitment and confidence to compete at this level. With Ashley's attitude and her ability to improve, we can only hope she reaches her dreams this summer!



## Why Go to Church

A church-goer wrote a letter to the editor of a newspaper and complained it made no sense to go to church every Sunday.

"I've gone for 30 years now," he wrote. "And in that time, I have heard something like 3,000 sermons but for the life of me, I can't remember a single one of them."

"So, I think I'm wasting my time," he added. "And the preachers are wasting their time by giving sermons at all."

This started a real controversy in the "Letters to the Editor" section of the newspaper.

Much to the delight of the editor, it went on for weeks until someone wrote this clincher:

"I've been married 30 years now. In that time, my wife has cooked some 32,000 meals. But for the life of me, I can't recall the entire menu for a single one of those meals."

"But, I do know this," he stated. "They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today!"

"Likewise," he concluded. "If I had not gone to church for nourishment, I would be spiritually dead today."

When you are down to nothing, God is up to something.

Faith sees the invisible, believes the incredible and receives the impossible.

Thank God for our physical and our spiritual nourishment.

If you cannot see God in all, then you cannot see God at all.

BIBLE simply means - Basic Instruction Before Leaving Earth.

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## News from Our Women's Missionary Society



St. Paul's WMS group meets ten times a year in the library of Bayfield Manor, usually on the last Monday of the month at 1:30PM.

The meetings include a time of worship, a study on a current topic and a time of fellowship in the Manor Dining Room.

There is always room for another chair or two at the table, so please consider joining us.

Our local group also hosted the May Rally of the Brockville Presbyterial at St. Paul's on Thursday, May 12th.

Shahrzad Kandalaft was the guest speaker and her topic was "Seize the Hope Through Prayer." The meeting was well attended and we had a very thoughtful discussion afterwards.

Another recent presentation was from Ruth Pollock who spoke to the entire congregation on Mission Awareness Sunday about the work that the Presbyterian Church is doing in Guatemala.

St. Paul's is very much a mission-driven church and the WMS plays an important role in the life of our congregation.

Women's Missionary  
Society



**DID YOU KNOW  
THAT OUR WEB-  
SITE AT ST.  
PAUL'S IS UP-  
DATED EVERY  
WEEK? IT IS A  
GREAT PLACE  
TO LOOK FOR  
PHOTOS AND  
INFORMATION.  
YOU CAN FIND  
IT AT:**

[stpaulskemptville.ca](http://stpaulskemptville.ca)

**IF YOU KNOW  
OF FRIENDS OR  
NEIGHBOURS  
WHO WOULD  
LIKE TO RECEIVE  
OUR  
NEWSLETTER BY  
EMAIL,  
CONTACT  
JIM ARMOUR AT  
[j.armour@cogeco.ca](mailto:j.armour@cogeco.ca)**

**HOLY  
COMMUNION  
WILL BE HELD  
ON:**

**October 2, 2016  
Nov. 27, 2016  
April 9, 2017**



## Pre-Authorized Remittance (PAR) - Offering Made Easy

If you have automatic withdrawals from your bank account to pay for your insurance, taxes, home-heating fuel or mortgage, then you will understand the PAR principle.

When you sign onto the plan, your offering to St. Paul's will be automatically withdrawn from your account every month.

The advantage of PAR for St. Paul's is that it would ensure a regular, dependable flow of contributions through-out the year – especially during the summer months. It also means a reduction in paperwork for our treasurer and envelope secretary.

There are advantages for individual contributors as well. By joining PAR, you can reduce the number of transactions through your bank account and you'll never again have to worry about forgetting your cheque book. PAR also lets you avoid those nasty "catch-up" periods after summer or winter vacations.

The Presbyterian Church in Canada has put together a list of frequently asked questions about the pre-authorized remittance program that covers some very useful information.

### **If I join PAR, can I still direct part of my offering to Presbyterians Sharing or PWS&D?**

Yes – the plan allows for specific contributions, as with the existing offering envelope program.

### **Can I change or stop my deduction when on the program?**

Yes – changes can be made by notifying the administrator of the program early in the month in which the change is to be effective.

### **If I participate, will I have anything to put in the offering plate on Sunday?**

Yes – PAR offering cards will be available. Each Sunday, individuals on PAR can place a card on the offering plate, signifying their gift to God.

### **Can I still make offerings for special mission appeals or on special occasions such as Anniversary Sunday or Christmas?**

Yes – you may still use offering envelopes or a plain envelope indicating your name and/or envelope number.

### **Are there any costs to using the PAR Plan?**

There is an administrative cost to the congregation of 50 cents per donor per month (\$6.00 a year). Congregations report that the benefits of dependable, and often increased, giving far outweigh this minimal fee. Individuals can also be encouraged to cover this cost with their "initial offering" – as they are now with envelopes.

### **Will I still receive an income tax receipt?**

Yes – income tax receipts will be issued in the normal manner.

### **Can anybody participate in the program?**

To participate in PAR, all you need is a bank account and to ensure that there are sufficient funds in the account to cover the monthly deduction.

### **Who administers the program at St. Paul's?**

To ensure the same strict confidentiality that St. Paul's currently has with envelope offerings, the program is administered by the envelope secretary.

### **Who administers the PAR Program nationally?**

The service is provided by the United Church of Canada, who has been operating the program for many years. It is an efficient, well-run operation that not only takes care of its own congregations, but those of other denominations as well.

To sign up for PAR at St. Paul's, fill out the application form that is available on the church website – [www.stpaulskemptville.ca](http://www.stpaulskemptville.ca) and give it to Bea McHale, along with a void cheque.

More detailed information about the PAR program can be found by going to the website for the Presbyterian Church in Canada – [www.presbyterian.ca/stewardship/par](http://www.presbyterian.ca/stewardship/par)

## Please Support the Beth Donovan Hospice

Our spring/summer mission project this year at St. Paul's is to support the Beth Donovan Hospice. They recently purchased a permanent location and now need to equip it for visitors.

Beth Donovan Hospice provides compassionate support and professional care to individuals and their families as they journey through the challenges of life-limiting illnesses and end-of-life transitions.

Founded through the vision of generous volunteers, Beth Donovan Hospice has been providing services to the North Grenville/Merrickville area for over 20 years. It most recently expanded its services to other communities south of Ottawa.

Whether in a home or hospital setting, the experienced staff and trained volunteers of Beth Donovan Hospice give of themselves to ensure that the families receive the assistance, support and guidance they need.

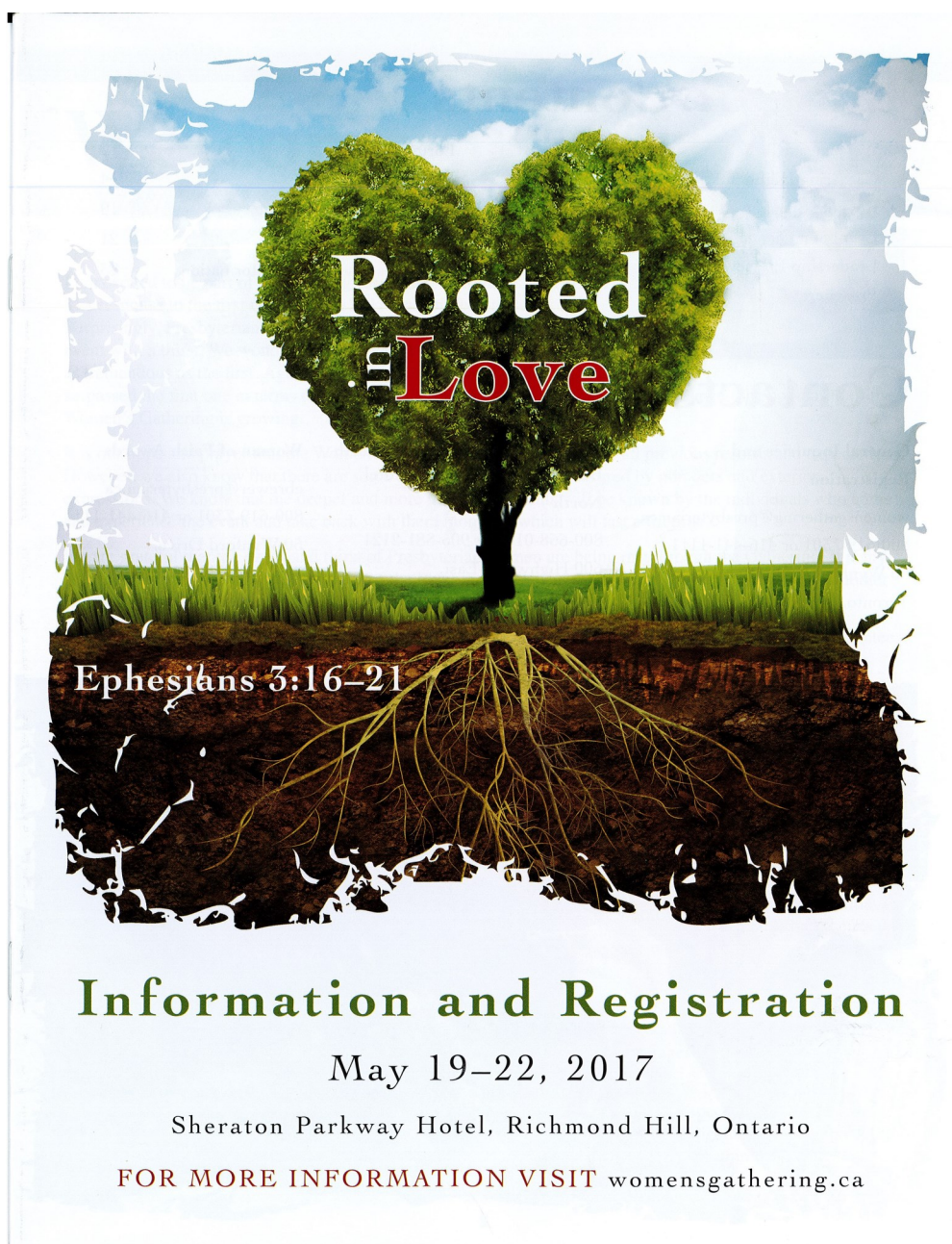
The word "hospice" comes from a Latin word meaning "a resting place during a difficult journey." The journey, in this case, is from life to death.

Hospice neither hastens or postpones death, but regards death as a normal process. Hospice affirms life.

In February of this year, a 3,100 square foot building on 5 acres of land was purchased at French Settlement Road. There's lots to be done to get everything ready for business in August.

On the Hospice's wish list are: building materials, driveway paving, landscaping, interior painting and a commercial dishwasher.

The congregation of St. Paul's has been very generous in the past when it comes to supporting local charities, so please give by marking "Hospice" on your envelopes. Donations will be accepted until the end of July.



*Rooted in Love* is a national gathering of Presbyterian women from all over the country that will be held in Richmond Hill, Ontario from May 19th to the 22nd next year.

This will be the third time that the Presbyterian Church in Canada has held such a meeting. Its goal is to bring together a diverse group of women who share the desire to pray, learn, play, and celebrate together.

Some of the highlights will be: keynote remarks from Cindy Blackstock, Executive Director of the First Nations Child and Family Caring Society; Dr. Mary Jo Leddy, who works with refugees at Romero House in Toronto; and Dr. Jean Chamberlain Froese, who spends eight months a year in Uganda trying to make childbirth safer there.

There will also be daily worship, a spirituality centre, sunrise yoga, worships and Bible studies.

To find out more information about the event itself, the keynote speakers, forum facilitators and conference logistics, please visit their website - [www.womensgathering.ca](http://www.womensgathering.ca).

The registration fee is \$475 (deadline - 31 March 2017) with an early bird rate of \$375 (deadline - 30 November 2016). The fee includes three breakfasts and dinners. Delegates are, however, responsible for lunches as well as their hotel and travel costs.

Some financial assistance is available. Please speak to the Minister if this is something that interests you.

## Better Late Than Never



Jim poses for a photo with his good friend and thesis supervisor, Professor Sean Cadigan, after getting his MA in History from Memorial University of Newfoundland

It's not every day that the vice president of a nationally-renowned communications firm collects an MA. For Summa Strategies' Jim Armour, it's been a long time coming.

The St. John's native originally began his graduate work at Memorial in 1989 after completing a BA in history and political science at McGill. In 1991, with his coursework and much of his research finished, he headed back to the mainland to start writing his thesis. Two and a half decades later, in a strange twist of fate, his thesis was finally delivered to Dr. Sean Cadigan.

"My original supervisor was J.K. Hiller, but Sean agreed to take me on for round two. He and I were graduate students together. He pestered me constantly at the time to stop reading and start writing. Little did he know that he'd still be repeating that refrain 25 years later," said Mr. Armour.

Dr. Cadigan enjoyed his role as Mr. Armour's supervisor. "It was a lot of fun to work with somebody who was really dedicated to the project he had carved out for himself," he said. "I knew Jim always wanted to see this through and I was happy to be able to help him do it."

According to Mr. Armour, his delay in delivering the thesis was due to "life taking over" rather than a case of writer's block.

"Due to work, family and other commitments, the thesis kept getting pushed further and further onto the back burner. The goal was always to complete it though. Our cat was actually named Moses after my thesis topic as a living reminder to finish the thing," said Mr. Armour, who is based in Kemptville, Ontario.

"The poor animal held up his end of the bargain for 20 years or so until he breathed his last, so I figured it was about time that I held up mine."

He contacted Memorial University's history department who gave him a retroactive leave of absence back to when he left the program.

Mr. Armour's thesis - *Castles in the Air: The Life, Times and Influence of the Reverend Moses Harvey* delves into one of Newfoundland's most prominent men of letters.

A Presbyterian minister-turned journalist who wrote extensively about Newfoundland in the late 19th century, Harvey is best remembered today for his first-hand accounts of the Great Fire of 1892 and for writing about the Giant Squid.

He wrote countless articles and books about the island, the importance of a railway, landward economic development and the need to modernize the fishery. He also corresponded with dozens of newspapers in Canada, the U.S. and Great Britain. In St. John's, Harvey edited the *Evening Mercury* and served as the official spokesperson for two prime ministers - Sir William Whiteway and Sir Robert Thorburn.

"The late 19th century was a time of great change in Newfoundland and Moses Harvey was at the centre of most of it," said Mr. Armour. "He's been largely overshadowed, however, by Judge D.W. Prowse so I thought he deserved some of the spotlight."

For the professional communicator and writer, returning to academia took some adjustments. Among these were issues around retaining information and the inability to pull traditional all-nighters. "Now, I consider it anything past 10PM," he said.

Overall, Mr. Armour did identify some unique benefits as a result of delaying his masters.

"My professional future didn't hinge on the outcome, which was very liberating. I also came at my subject with a little more perspective and perhaps sympathy than I had originally. In many ways, it's a much stronger thesis," he said, quickly adding that he doesn't recommend procrastination as a valid academic research tool.

"The biggest adjustment I had to make was learning how to put up with the stares of disbelief when I pulled out some paper and a pencil at the library. You'd have thought I was chiselling my notes into a stone tablet," said Mr. Armour who acknowledges technology's role in accessing key digital records in Belfast and the north of England.

He is eagerly anticipating making his graduate degree official at the convocation ceremonies on May 31st.

"What I'm most looking forward to is raising a glass with friends and family. The trouble with waiting so long to finish your thesis though, is the people that I'd like to thank the most are no longer here. But you can be sure that I'll be toasting them as well."

*This article was originally published in the Memorial University Gazette on May 30, 2016. Reproduced with permission.*



## St. Paul's Youth Hold Another Successful Spaghetti Dinner



## Great Day and Turnout for our Bake and Plant Sale



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**Poet's Corner – Submitted by Gerald Anderson**



**SUMMER SUN**

Great is the sun, and wide he goes  
Through empty heaven with repose;  
And in the blue and glowing days  
More thick than rain he showers his rays.

Though closer still the blinds we pull  
To keep the shady parlour cool,  
Yet he will find a chink or two  
To slip his golden fingers through.

The dusty attic spider clad  
He, through the keyhole, maketh glad;  
And through the broken edge of tiles  
Into the laddered hay-loft smiles.

Meantime his golden face around  
He bares to all the garden ground,  
And sheds a warm and glittering look  
Among the ivy's inmost nook.

Above the hills, along the blue,  
Round the bright air with footing true,  
To please the child, to paint the rose,  
The gardener of the World, he goes.

**Robert Louis Stevenson**

**LOVE ONE ANOTHER**

Have we ever shed the tears of another -  
Really gotten under the load?  
Suffered pain and agony of a brother  
Who walks a dark and lonely road?  
Do we love our brother?

Do we readily give to those folks who ask,  
And joyfully help when we can?  
Are we ready and willing for any task,  
Though it may interrupt our plan?  
Do we love one another?

Friend, are we willing to go that second mile,  
Helping any way that we can?  
When faced with a frown, do we lift with a smile,  
And encourage our fellowman?  
Do we really, truly love?

Or are we too preoccupied with our own  
To stop by the side of the road,  
And offer a helping hand to one unknown  
Who struggles with a heavy load?  
Do we love only our own?

Our Lord teaches us to love one another,  
And always go the extra mile,  
Giving and forgiving, for He gave His life ...  
For every man, woman and child.  
Let us Love One Another.

**Connie Campbell Bratcher**



**THE FLOWERS**

All the names I know from nurse:  
Gardener's garters, Shepherd's purse,  
Bachelor's buttons, Lady's smock,  
And the Lady Hollyhock.

Fairy places, fairy things,  
Fairy woods where the wild bees wings,  
Tiny trees for tiny dames -  
These must all be fairy names!

Tiny woods below whose boughs  
Shady fairies weave a house;  
Tiny tree-tops, rose or thyme,  
Where the braver fairies climb!

Fair are grown-up people's trees,  
But the fairest woods are these;  
Where, if I were not so tall,  
I should live for good and all.

**Robert Louis Stevenson**

