



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

Winter—2014

Using Your Spiritual Gifts for the St. Paul's Family

Dear St. Paul's Family,

Statistics show that in most churches, 90% of the work is done by 30% of the people. This is not necessarily a bad thing. After all, the work gets done. But when the mission of the church is carried out by 30% of the congregation, several things happen. The 30% gets burned-out and begins to dislike the work that they do. The 70% miss out on participating in the life of the church, miss out on seeing God at work in His church, and miss out on developing friendships with their fellow brothers and sisters.

The most common image the Bible uses to describe the church is "family." God is our Father. We're His sons and daughters. We're sisters and brothers. At St. Paul's, one of our favourite hymns is: "I'm so glad I'm a part of the family of God..."

The church as family is a concept I really like. My spiritual family is always around me to celebrate my joys and accomplishments. The family gathers around me to comfort me and lift me up when I'm hurting. We're there for each other.

As a part of the family, I have duties and responsibilities towards my family. I believe that God wants to use each one of us to accomplish His plan!

Remember when you joined St. Paul's congregation. Maybe a couple of months ago. Maybe a couple of years ago. Maybe so far back you can't remember. It doesn't matter. At that time, you made a promise to the Lord as well as to your brothers and sisters in Christ to do several things: to attend worship regularly, to support and encourage the other members of the family, and to support the ministry of the church with your time, energy, talent, and treasure.

Today, if you are from the 70%, I would like to encourage you to pitch in and help us achieve what we

believe is God's plan for the St. Paul's family.

A couple of weeks ago, we had a Volunteer Appreciation Service at St. Paul's. During the service I distributed a survey entitled "What Are My Spiritual Gifts". The idea behind taking that survey is to discover our God-given gift(s) in order to match it with a ministry at St. Paul's.



A story is told about a man who was in the middle of the river, drowning. Suddenly, from the center of the span of the high bridge a man came to the rescue.

He hit the water with a strong splash and within moments had begun to tread

water and hold the drowning man's head out of water. Moments later a rescue boat picked both of them up and headed for shore. Immediately, the man was surrounded by the news media.

"Congratulations," a TV reporter cried out. "You're a hero for jumping from the bridge to save this man's life. Do you have anything you'd like to say?" "Yes," the man said, "I'd like to know who pushed me!"

For some people, it takes a survey. For others, it takes a gentle nudge (sometimes a shove!!!) to get them involved in the church work. Which kind of person are you? There is nothing you do in this life greater than serving our Lord and Saviour Jesus Christ.

I pray that in the coming days I would hear from you the result of your survey, and that you are willing to be more involved in St. Paul's family life.

By God's grace, 30% of us can keep the church going. Imagine what 50... 75... or 100% of us could do, working together as a family for the glory of God's Kingdom!

In His Service,
Rev. Samer Kandalaft



Running (or Skiing) the Race That is Set Before Us

The photos opposite are of Karen Messenger who competed last month in the 60 km classic Pustertaler Ski Marathon, in Dobbiaco, Italy. She finished the marathon in 4:06.35.3 and was happy with her time. Also in January, she competed in the Marcialonga, 70 km classic ski marathon, in Val di Fiemme, Italy. Her time in this race was 4:43.30.4. Well done Karen! She is looking forward to her

next Marathon later in February, which will be the Konig – Ludwig - Lauf, a 50 km classic race at Oberammergau, Germany.

Karen, the youngest daughter of Judy and Donald Messenger and sister of Nancy and Catherine, now lives and works in Canmore, Alberta. She says "Ciao" to her friends at St. Paul's.

Volunteer Appreciation Lunch at St. Paul's



On January 26th, a special volunteer lunch was held at St. Paul's to recognize the contribution of those who do so much to keep our church running and to make it such a welcoming place.

Volunteers are the lifeblood of St. Paul's—yet so much of their work goes on behind the scenes and is often unsung. Walkways are mysteriously shoveled; bulletins appear at the back of the church every Sunday like clockwork; and nobody ever leaves one of our special events hungry.

The Session of St. Paul's thought it was high time that we said thank you. The question was how and who would do the cooking?

Roger Stark agreed to take on the task of organizing the event and he enlisted a group of individuals who were, shall we say, not normally known for their culinary prowess.

The results were very tasty. The congregation was treated to ham and scalloped potatoes with a variety of vegetables and a whole range of salads. It was then topped off—of course—with cake!

Many thanks to Alan Gilhooly, Bob and Susan Wood, Donald and Judy Messenger, Norm Sinclair, John Green, Allan Jorgensen, Roger and Janet Stark, Ron Kelso, Bill Hyndman, Jim Armour, Debra-Ann and Ed McBride, and Tim Bond.

The good news, for those that missed it, is the luncheon was such a success that it may end up being an annual occurrence.

"I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve."

**Albert Schweitzer
(1875-1965)**

**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**

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

**HOLY
COMMUNION
WILL BE HELD
ON:**

**April 13, 2014
June 1, 2014
October 5, 2014**

The Jorgensen's Trip to New Zealand was Full of Bull



A few years ago, we were blessed with the opportunity to spend 5 months in New Zealand, when Allan was asked to be the interim minister at a Methodist church on North Island.

During that time, we had a car at our disposal and were told to use it freely to travel in our time off, as the car was going to be "disposed of" after we were done with it.

One of our explorations took us to the west coast of North Island, where we encountered many fascinating places and scenes along the way in this beautiful country.

One of the towns we visited is called Bulls, which is located about 160 kilometres north of Wellington in the Rangitikei District. It was named after its founding father, James Bull who owned the first general store there.

The town was originally called Bull Town, but this later changed to Clifton. Residents, however, decided to change it back to Bulls in the late nineteenth century at the urging of New Zealand's second premier Sir William Fox.

While it only has a population of 1755, Bulls is a thriving agricultural area that also services the nearby Air Force base at Ohakea.

As you can see from some of the photos that I took from

around town, the people of Bulls have embraced their name. Locals told me that the town was twinned with the city of Cowes in England, but they may have just been pulling my leg.

Submitted by Dianne Jorgensen



Card of Thanks From the Family of Annie Van der Vaart



The family of Annie Van der Vaart would like to express our thanks to our family, friends and neighbours for their great support, prayers, food, cards, and donations at the time of Annie's passing.

It meant so much to us to have so many people come to the visitations and funeral despite the inclement weather.

Special thanks to the Reverend Samer Kandalajt and those who took part in the beautiful memorial service.

Annie had been a long time resident at Bayfield Manor and we thank the staff for their kind and compassionate care. Her love, kindness and sense of humour will be forever with us. She will be missed by many.

Mieke Turner, Annie Blaine, Barbara MacLean, Gerda Lang, Margaret Hughes and families.

The Population of Canada is now 33,476,688—Plus the Kandalajt Family!

The Kandalajt family's journey to becoming Canadian citizens started in the year 2006 after the war between Lebanon and Israel. The fighting displaced a lot of people, including most of the Christians in the city where we were serving.

As a result, Samer and I started thinking about immigrating to Canada to serve God and to seek a better future for our son Mark. After a year of praying and studying our options, we moved to Canada in July 2007.

As we started our ministry in Kemptville two months later, we had to deal with a couple of challenges: first, adjusting to the Canadian winter; and second, the long process to

earn our landed immigrant status. It took three years and during that time, we filled out lots of forms and sent the federal government many supporting documents.

In August 2012, we became eligible to apply for Canadian citizenship but it took over a year for us to receive a letter from Citizenship and Immigration Canada asking us to take the Citizenship exam. The letter arrived on November 1st and the exam date was set for Nov. 12, 2013.

There were questions about Canada's geography, history, ethnic groups, languages, levels of government and the way Canadians govern themselves. As well, we were tested on our knowledge of the rights and responsibilities of Canadian citizens. We passed with 100%.

The last step in our journey was to take the Citizenship Oath in Ottawa on Feb. 5th of this year.

By the time you read this newsletter, all the members of our family are now officially Canadian citizens. We feel very

proud to live in a country where people strongly believe in the values of peace, respect, democracy and freedom of religion.

We thank God that our children have the opportunity to grow up in peace and have better futures in Canada.

It has been almost 7 years since we arrived to Canada. They have been great years for our family and our ministry.

During this time, we got to know many people

in Kemptville—at church and in the community. We have had the opportunity to love and serve them, as well as the privilege to be loved by them in return. Today we feel that Canada is our home and that God has blessed us here in so many ways.

Thank you to our Presbyterian family in Canada and especially to our wonderful people in Kemptville and Mountain who supported us and who are still supporting us. You have walked beside us every day on our journey.

May God bless you all.

Submitted by Shahrzad Kandalajt



St. Paul's Goforth WMS



MATERNAL and CHILD HEALTH

Over the past year or so, St. Paul's WMS members have studied several topics suggested by the National WMS. A five session series on the Cariboo Ministries in British Columbia and a six part series on Child Poverty has been completed.

The group is now focusing on a four part series on Maternal and Child Health which includes sessions on women and children in Afghanistan, Malawi and among Canada's Aboriginal peoples. Each session includes an introduction, Biblical reflections, stories related by women in each country, health facts for each country, comparing them to Canadian facts, and a section relating what our church is doing to help in each area.

These Mission Studies are very informative and thought provoking and give a good look at what part our National Church is playing in each area.

Our Goforth WMS Auxiliary financially supported this year's three National "Together We Can!" WMS projects. As reported in the Glad Tidings Mission Magazine, "The WMS cares about maternal health. We have two "Together We Can!" projects that deal directly with maternal health issues. We contribute to programs that improve maternal health of women in both Malawi and Afghanistan. The third Project supports work with our Aboriginal Peoples by supporting the work of the Cariboo Ministries and Saskatoon Native Circle Ministry. These ministries also have the ability to support young mothers and their infants."

If these topics, and other Mission related topics interest you, please consider joining our WMS group at 1:45 p.m., on the last Monday of the month, in the Library at Bayfield Manor. We enjoy an hour or two together for worship, study and fellowship.

At St. Paul's Youth Group - It IS all Fun and Games

Calling all young people at St. Paul's who are in Grade Five right to the end of High School. Time to break out your lucky rabbit's foot and brush up on your drawing skills.

St. Paul's Youth Group will be holding a Games Night on **Friday, February 21st** in the Church Hall.

Things will get underway at 6PM with a dinner. The organizers aren't sure and this point whether it will be chili or pizza, but it will be delicious guaranteed. After dinner, out come the board games!

Please circle the date in your calendar, bring along your favourite game and, most importantly, bring a friend!



Shahrzad Kandalaft Wins Scholarship

In 1981, Dorothy Cunningham and Agnes Lor started a breakfast club to give women a chance to network. This small group quickly grew and became the Brockville Women's Network.

The Cunningham/Lor Scholarship was established in 1996 and is awarded twice a year. It is given to women pursuing post-secondary education and who best exemplify the Network's model of "women supporting women."

Shahrzad Kandalaft received one of this year's scholarships to go towards her Winter 2014 semester at Presbyterian College.



Notes from the Library - Submitted by Sharon Côté



In 2013, a variety of books were donated from the libraries of Deborah McBride and Cathy Verhey's sister.

They have been added to our library to replace some of our less used books. If you'd like to know what kind of reading we have, you can check out our website to find our current list of titles.

There's good entertainment in the fiction section and books to increase our understanding of our faith and our church.

What better way to spend these frigid winter days!

With every passing week, it seems like more of our church material and information is available on the St. Paul's website.

Want to browse through the books and videos that are in our library catalogue from the comfort of your living room? Head to our website.

Did you ever wish that you could re-listen to one of Samer's sermons or catch up on one that you missed? Visit the church website.

Do you have a favourite hymn that you can't wait until Sunday to hear? Chances are it's at:

www.stpaulskemptville.ca

**Missed this weekend's message?
Listen to past sermons online.**



**Key Contacts at
St. Paul's
Presbyterian
Church**

**Reverend Samer
Kandalafi**
613-258-6654
samshahr@hotmail.com

**Heather Stewart
Clerk of Session**
613-258-5132
hr.stewart@cogeco.ca

**Joanne Pappas
Chair, Board of
Managers**
613-258-3201
jpappas11@gmail.com

**Steven Verhey
Organist and Choir
Director**
613-258-7620
csverhey1@gmail.com

**Nancy Messenger
Superintendent of
Church School**
613-258-5538
summerraspberry@
hotmail.com

**Margaret Armour
Corina Blondin
Youth Group**
613-258-7577
m.armour@cogeco.ca
and 613-258-9625
cblondin@cogeco.ca

**Judy Messenger
Women's Missionary
Society**
613-258-5538
dmessenger@magma.ca

**Jim Armour
Newsletter Editor**
613-258-7577
j.armour@cogeco.ca



Poet's Corner – Submitted by Gerald Anderson

O MY LUVE'S LIKE A RED RED ROSE

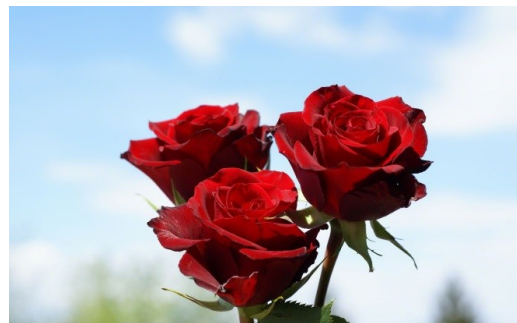
O my Luve's like a red, red rose
That's newly sprung in June;
O my Luve's like the melody
That's sweetly played in tune.

As fair art thou, my bonnie lass,
So deep in luve am I:
And I will luve thee still, my dear,
Till a' the seas gang dry:

Till a' the seas gang dry, my dear,
And the rocks melt wi' the sun:
I will luve thee still, my dear,
While the sands o' life shall run.

And fare thee weel, my only Luve!
And fare thee weel, awhile!
And I will come again, my Luve,
Tho' it were ten thousand mile.

Robert Burns 1794



**"God gave us memory so that we can
have roses in December."**

—Thomas Merton

**"Beautiful memories are like roses in
December"**

— Anonymous

A Few Dates to Remember

Feb 14 2014 Valentine's Day

St Valentine was a 3rd Century Roman Saint who died on February 14. Romantic notions of love were added centuries later by poets... perhaps romantic poet, 18th Century Englishman Geoffrey Chaucer. Heart-shaped "Valentine's" cards have been given out between lovers ever since.

Feb 17 2014 Family Day

Family Day is only observed in Alberta, Manitoba, Ontario, Saskatchewan and in British Columbia. Family Day was originally created to give people time to spend with their families but it also provides a day off between New Year's Day and Good Friday as they are approximately three months apart. Get outside and enjoy the day with your children!

March 4 2014 Pancake Tuesday

Also called Shrove Tuesday and Mardi Gras, Pancake Tuesday is the last day of eating fatty rich foods before the ritual fasting of the season of Lent, which begins on the following day, Ash Wednesday.

March 5 2014 Ash Wednesday

The First Day of Lent is 46 days before Easter and is a time of fasting and sacrifice to reflect on Jesus' 40 days of temptation in the desert. (The six Sundays are not counted and are feast days instead.) Ash Wednesday is observed by a special service in which ashes are drawn on the forehead in the shape of a cross, and Christians confess their sins. The ashes used may be gathered from the burning of the palms from the previous year's Palm Sunday

March 8 2014 Daylight Savings Time

Change the clocks ahead one hour when you go to bed on Saturday night. Don't be late for church the next day!

March 17 2014 St. Patrick's Day

St Patrick was the first Christian missionary in Ireland, preaching and building churches. The shamrock was often used to symbolize the trinity: Father Son and Holy Spirit.

April 1 2014 April Fool's Day

Also called All Fools Day, April Fool's is a day of practical jokes and hoaxes. Some may go to great lengths to trick others, but must complete their jokes before noon, or they in turn become the fool. The earliest recorded association between April 1 and foolishness is an ambiguous reference in Chaucer's *Canterbury Tales* written in 1392.

April 13 2014 Palm Sunday

Palm Sunday is the day that Jesus processed into Jerusalem riding on a donkey. The excited crowds placed palm branches and coats on the road for the donkey to walk upon. This was a welcome for a great celebrity. Palm Sunday is the Sunday before Easter.

April 18 2014 Good Friday

This is the day when the church remembers Jesus' death on the cross. Many of those that cheered His arrival to Jerusalem now jeered and taunted him. It is the saddest day of the Christian calendar year. Why is it then called "Good" Friday? It is because Christ, by His death, "showed His great love for mankind, and purchased for him every blessing." *Good*, in this sense, means "Holy."

April 20 2014 Easter Sunday

Hallelujah! This day is the happiest day in the Christian calendar year! Christ is raised from the dead! He appeared to the disciples, stayed with them for 40 days and gave them their great commission to "go and tell the good news". After that Jesus ascended into heaven and sits at the right-hand of the Father until He comes again.