



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

Summer—2015

Stay Connected With Us Over The Summer



This painting, entitled "Summer Shadows" is by the Hamilton-based artist Julia Veenstra. See her work at juliaveenstra.com

Summer is here, and with it comes gardening, barbeques, camping, and all sorts of things that we hope to enjoy during our weekends and vacations.

Summer is typically a time of "low" Church attendance too. That's normal, people try to enjoy the short summer season before the cold winter blows again. Summer may mean a time off from many regular and routine activities, but it doesn't have to mean we take time "off" from faith and church family.

Sometimes people feel a little guilty for being away from worship during the months of June and July. It's true that the work and ministry and expenses of the congregation continue in summer months, but let us not let guilt overshadow the exciting activities of summer!

Doing things a little differently can actually refresh our spirits, give us new energy and help us to get new understanding. So I have three questions for you to think about as you enjoy your summer days.

First: what are you doing this summer? Camping? Holding a family reunion? Traveling East, South or West? Think about what your summer will bring.

Secondly: what could your family at St. Paul's do for you this summer? Could we pray for you, for your trip and for your family? Can we share your news and celebrate the things you are doing together? email us, "Facebook us"! We can be one in the spirit while we are in different places.

And thirdly: what can you do for your church this summer? Even if you're away you could pray for your family at St. Paul's, make a commitment to offerings, donate through our website to support the church mission and ministry... there are many ways to support and participate in St. Paul's life this summer.

So, let us be intentional about staying connected and keeping lines of communication open. Let us despite distances care for one another and for the mission and ministry of our congregation.

May God bless your Summer days!

Stay Connected.

Rev. Samer Kandalaft

ST. PAUL'S PRESBYTERIAN CHURCH, KEMPTVILLE

SNOWSUIT MISSION PROJECT

Now until the end of July 2015

We welcome your **Monetary Donations** of any amount
to St. Paul's Snowsuit Mission Project



KEEP KIDS WARM

Please donate to help local families in need

Mark your envelope: "Snowsuit Mission Project"



Do you know that the average snowsuit cost for children is \$70. Families in need in our community can't afford to buy a snowsuit for their children.

We believe that every child deserves to be warm and dry in winter.

The goal of our Mission Project is to support our local Salvation Army in providing snowsuits to families in need in our community.

Jesus Said: 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Thanks to all who help. We very much appreciate your gift of love and generosity.

St. Paul's Mission and Outreach Committee

St. Paul's Presbyterian
Congregation
Kemptville



Giving
Hope
Today

St. Paul's Welcomes New Members



On Sunday, June 7th, St. Paul's Presbyterian Church welcomed six new members. Congratulations to Sydney and Paige Claxton, Sydney Green, Joseph Scott, Lindsey Williams and Dana Konrad.

Unexpected Grace - A Lesson in Reconciliation

Experiencing God's grace can be unexpected. I was recently invited to be present at the Muslim "Festival of the Sacrifice" – Eid al-Adha. There were about fifty people in attendance, Muslims and guests. The story of the festival was explained and we feasted well! I was at a table reserved for guests. Two Muslims sat with us to serve as hosts and to answer any questions guests might have.

When we finished eating, various people were thanked for what they had contributed to the meal. More speeches followed. Afterwards, preparations were made for afternoon prayers. One of the men who had sat at our table went over to two other men seated at another table and specifically invited them to come to the prayers. They thanked him and good-naturedly declined. The man who had invited them said with a smile: "We'll convert you yet." One of the men replied jovially: "No, we'll convert you." I went over and asked one of the men invited to the Muslim prayers: "What religion are you?" He replied: "Jewish." While the Muslims engaged in their prayers, led by the Imam, the Jewish men also prayed in their own way. As a Christian, I spent the time reflecting on scripture passages.

After the Muslims had finished their prayers, the young man who had invited the Jewish men to prayers came back, shook hands with them, and sat down to chat. They were smiling and laughing. I

learned later that one of the Jewish men had been born in Israel, but had come to Canada at an early age because both his parents had been killed in conflict. Muslim radicals had killed them. I also discovered that the Muslim man who was chatting with them had been a Muslim radical earlier in his life. Here they were, able to move beyond their past history and experience reconciliation. What made this experience in reconciliation surprising for me is that it took place in prison. The event itself took place in the prison chapel with a number of Christians present.

This particular prison requires that ten prisoners attend in order to organize any event. There are fewer than ten Jewish men in this prison, potentially making it difficult for them to organize one of their festivals. The astonishing part of this story is that the Muslim group always sign up enough of its members for the Jewish events to proceed. In return, the Jewish prisoners are invited to the Muslim events. This experience was extraordinary and speaks to me of God's grace at work in the most amazing and unexpected way.

Rev. Tom Brownlee is a retired Presbyterian chaplain at the Calgary Correctional and Remand Centres. Previously, he coordinated the M2 Prison Visitation program at Bowden Institution.

Reprinted from the Streams of Justice Newsletter at www.presbyterian.ca/justice

DID YOU KNOW THAT OUR WEBSITE AT ST. PAUL'S IS UPDATED 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:

**October 4, 2015
Nov. 29, 2015
March 20, 2016**

How to Pray in Your Own Way - New Resource for Youth & Adults

Are there youth or adults in your congregation or family who want to enrich their relationship with God through prayer?

“How to Pray in Your Own Way” is a new resource from the Presbyterian Church in Canada designed for youth or adult groups with lay leadership.

Along with the five-session Leader’s Guide, there is a Participant’s Workbook that extends learning between sessions with information summaries and additional ideas for practising the new forms of prayer.

Former Presbyterian Record youth columnist, Kathy Cawsey, wrote and used this resource at Knox Presbyterian Church in Waterloo, Ontario. Drawing on the work of the Anglican priest and author Bruce Duncan, Kathy uses an experiential learning approach to introduce four forms of prayer that connect with four different psychological functions - sensing, intuition, understanding and feeling - and with two different personality attitudes - introversion and extroversion.



Each session includes poetry, scripture, hymns and prayer exercises. In the fifth and final session, participants are given suggestions on how to incorporate their learning not only into their own prayer life, but also into the prayers of their church’s worship services.

Hard copies of the material can be ordered through the PCC Resource Centre by calling 1-800-619-7301 or emailing resources@presbyterian.ca. The cost of the leader’s guide is \$5 and the participant workbook is \$3. There are discounts for purchasing in bulk. Free copies can also be downloaded online at www.presbyterian.ca/2015/04/13/how-to-pray-in-your-own-way/

“Prayer is seeking God’s blessing and making our requests known to God in the confidence that God hears and will answer. It is seeking, asking and accepting from God whatever we need. In words or the absence of words, prayer is openness to the presence of God.”

—From A Catechism for Today, Question 127,
The Presbyterian Church in Canada, 2004

Lessons from Nature - Submitted by Sharon Côté



What can we learn from this magnificent tree? It was not planted but appeared by my shed unexpectedly one day covered with beautiful pink flowers. Year by year it has grown whiter but the blossoms have proliferated. May we also, when we have lost the colour and freshness of youth, increase in faith and good works while we, in the words of St. Paul, "press on toward the goal".

Good "Thyme" Had at the Plant and Bake Sale



Thank you to everyone who worked on or donated to our Spring luncheon, plant and bake sale on June 6th. We appreciate the time you spent making salads and desserts, donating food, making delicious baked goods and digging up your lovely plants from your flower beds!



Ashley Connell Shines at Championships

As a member of the Guelph Gryphons University Track and Field team, Ashley Connell shone bright at the Ontario Championships and the Canadian Interuniversity Championships this spring. To qualify for the Canadian Championships Ashley first competed at the Ontario Championships (OUA) held in Toronto at the end of February. She finished 3rd in weight throw with a throw of 17.07 metres, a new personal best winning her a bronze medal. The next day Ashley competed in shotput and earned another bronze medal with a throw of 14.22 metres.

On March 10th to 12th Ashley competed at the Canadian Interuniversity Championships (CIS) in Windsor, Ontario. She finished a respectable 7th place in weight throw but really excelled during the shotput competition by winning a silver medal, a new personal best of 14.62 metres, and breaking the University of Guelph shotput record.

Upon Ashley's arrival home for the summer, the Augusta Township recognized her at their May Council meeting for her silver medal victory topping off an involvement in track and field that started in Grade 9 at South Grenville District High School. They recognized Ashley's commitment to success and her dedication and determination to succeed in athletics and education.

They also acknowledged the importance of family including her parents, Debbie & Scott Connell and grandparents Ray & Josie Porter and Bill & Doris Connell.

Congratulations Ashley!

St. Paul's Youth Hold Spaghetti Fundraiser

Our Youth Group and Church School combined forces to hold a very successful spaghetti dinner in April.

The Hall was decked out like an Italian Bistro with an army of waiters in white shirts ready to take people's orders.

Once seated, guests received a plate piled high with noodles and sauce. They also could visit a salad bar with all the fixings. For those with room, there was a spectacular dessert plate.

Along with the spaghetti supper, there was a silent auction. All told, over \$1,500 was raised from the event!



One Glass of Milk - Submitted by Dianne Jorgensen

One day a young hiker was so wrapped up in the beauty of nature that he wandered much farther than he'd thought. Terribly thirsty, he decided he would ask for something to drink at the next house. However, he almost lost his nerve when a lovely young woman opened the door. The young woman brought him a large glass of milk. He drank it very slowly and then asked, "How much do I owe you?" "You don't owe me anything," she replied. "Mother has taught us never to accept pay for kindness." He said, "Then I thank you from my heart."

Many years later that same young woman became critically ill. Her doctors went her to the big city, where they called in specialists to help her. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room.

Dressed in his doctor's gown, he went to see her. He recognized her at

once. He went back to his office determined to do his best to save her life. After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it and wrote something on the edge, and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and at the side of the bill she read these words - "Paid in full with one glass of milk ... Signed Dr. Howard Kelly." Tears of joy flooded her eyes as her happy heart prayed: "Thank you God, that Your love has spread abroad through human hearts and hands."

There's a saying which goes like this - Bread cast on the water comes back to you. The good deed you do today may benefit you or someone you love at the least expected time. If you never see the deed again, at least you have made the world a better place. Isn't that what life should be all about?

- Author Unknown -

Congratulations Sensei William



At the end of May, William Armour completed the grading and testing necessary to receive his third degree black belt or "sandan".

It took a full year of training and special classes to achieve this Karate milestone, so well done William for showing such determination and commitment.

William has been a member of Douvris Martial Arts here in Kemptville since he was six years-old, so this was a long time in the making.

William hopes to continue with Karate in the fall when he heads to Halifax to attend Dalhousie University. He plans to study science with a concentration in microbiology and immunology.



Gracefield Camp - Bring Three and You're Free

There is still room for campers at Gracefield Christian Camp and Retreat Centre. Bring three and you camp free!

Bring three campers who have not been to Gracefield for the past two summers and you are free.

We also offer a 20% discount when two or more children from the same family register.

Choose from 17 different camps this summer! Camper ages range from as young as five in our Discovery Camp to "young-at-heart" in our Grand Camp and Fall Seniors Camp.

Come experience a wide range of camping experiences such as canoeing, archery, swimming, rope challenges, out-

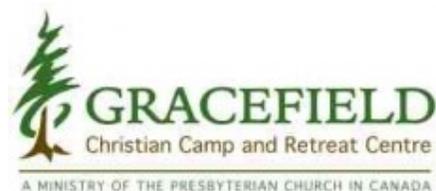
door living skills and crafts as well as campfires and night games.

Or join our specialty camps such as Adventure Camp (which includes out-tripping), leadership development camps (The Way and Leaders in Training), and our Music, Art and Drama Camps.

For more information about our camps and to see a list of retreats planned for this fall, visit www.gracefieldcamp.ca

See you this summer at Gracefield!

Brian and Janet Ham
Executive Directors



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Poet's Corner – Submitted by Gerald Anderson

IN SUMMER

Oh, summer has clothed the earth
In a cloak from the loom of the sun!
And a mantle, too, of the skies' soft blue,
And a belt where the rivers run.

And now for the kiss of the wind,
And the touch of the air's soft hands,
With the rest from strife and the heat of life,
With the freedom of lakes and lands.

I envy the farmer's boy
Who sings as he follows the plow;
While the shining green of the young blades lean
To the breezes that cool his brow.

He sings to the dewy morn,
No thought of another's ear;
But the song he sings is a chant for kings
And the whole wide world to hear.

He sings of the joys of life,
Of the pleasures of work and rest,
From an o'erfull heart, without aim or art;
'Tis a song of the merriest.



GOD'S LOVE

"We do not see the wind
We only hear it sigh;
It makes the grasses bend
Whenever it goes by.

We do not see God's love,
But in our hearts we know
He watches over us
Wherever we may go.

We do not have to see
To know the wind is near,
We do not have to see
To know God's love is here."

Elizabeth Cushing Taylor

O ye who toil in the town,
And ye who moil in the mart,
Hear the artless song, and your faith made strong
Shall renew your joy of heart.

Oh, poor were the worth of the world
If never a song were heard —
If the sting of grief had no relief,
And never a heart were stirred.

So, long as the streams run down,
And as long as the robins trill,
Let us taunt old Care with a merry air,
And sing in the face of ill.

Paul Laurence Dunbar, 1872 - 1906



BED IN SUMMER

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

Robert Louis Stevenson, 1850 - 1894

