



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)

Winter - 2016

## The Keys to Forgiveness and Healing



Has this ever happened to you? You're working hard at your computer trying to finish writing that long e-mail or, in my case, adding the last touches to my Sunday sermon, and then suddenly without warning - the computer freezes. Even worse, all the desk top icons disappear and the screen turns blue. At this point you know that something went terribly wrong with your computer and there's a good chance that you have lost all your work.

The first thing comes to mind is to hit the "CTRL-ALT-DELETE" keys so that the computer will start again and you recover your lost work.

Life does the same thing to us. When we think our life is going well suddenly things happen. The pressure gets to us and we burn out. Life gets out of control and our life system crashes. What if life had "CTRL-ALT-DELETE" keys to recover again?

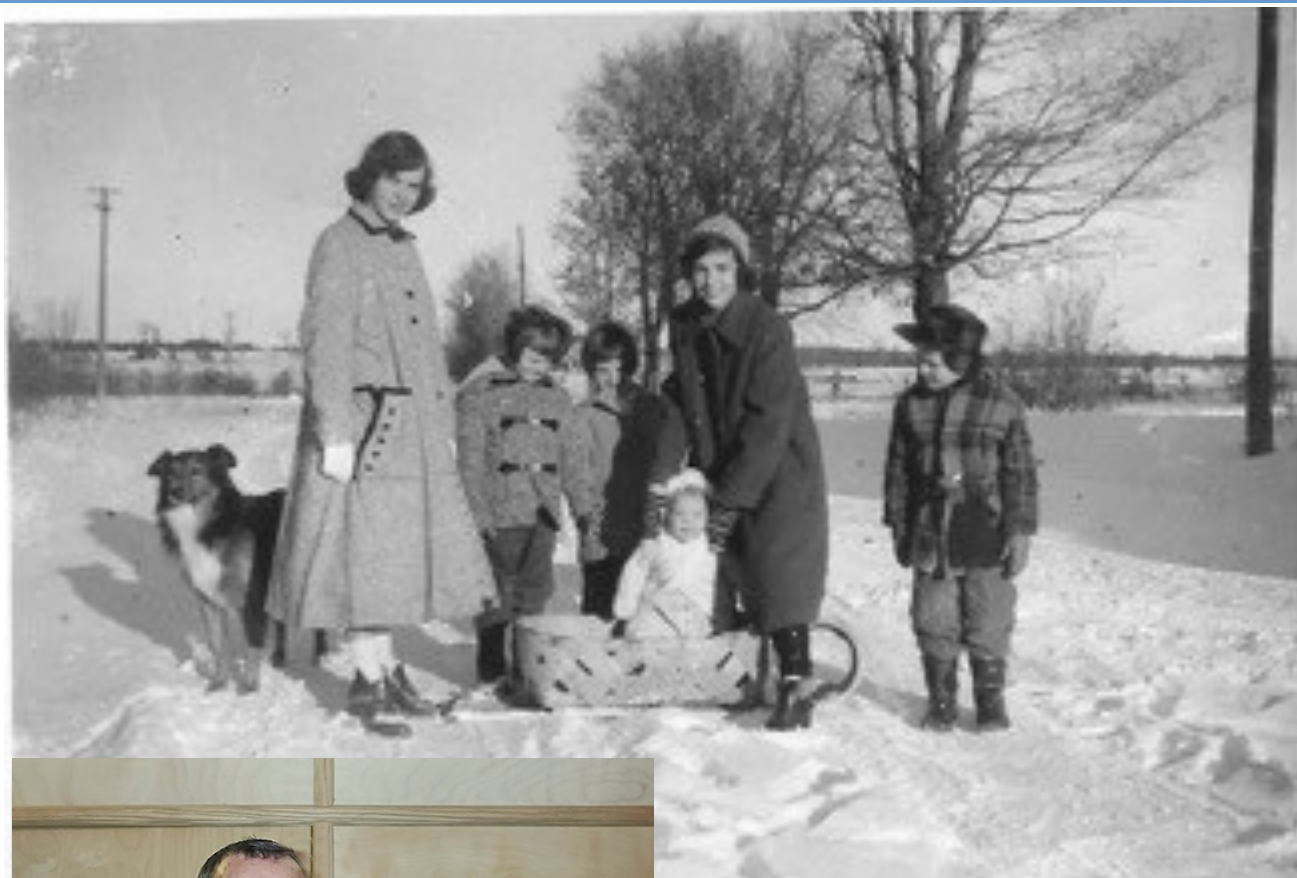
What if there were solutions, forgiveness and healing for all the wrongs that we have done?

Thankfully, God has prepared a way to save us. It's not as simple as hitting a few computer keys. God sent His Son Jesus to die for us so that life can be recovered through His forgiveness and His gift of new life. Jesus is the only real hope that we have when hopelessness and despair take hold of us.

This Lent season join us in St. Paul's sanctuary on Wednesday nights at 7:00 pm for a time of Prayer and devotions. Come into the presence of God and experience His love, forgiveness, healing and peace during this Lent Season. Also, you are encouraged to get the booklet, "*15 Minutes Daily Family Devotions for Lent*"; use it daily and engage the whole family in worship and discussion. May God bless our Lenten journey as we walk together with Christ to the cross and resurrection.

**Have a blessed Lent and Easter Season, Rev. Samer Kandalafi**

## Annie and David - A Walk Down Memory Lane ... And the Aisle



The picture above was taken in December of 1958 at the Van der Vaart Farm on Beach Road. It's of the five Van der Vaart girls who are (from left to right) - Mieke, Annie, Gerda, Barbara and baby Margaret in the basket.

But who is the young lad standing to the right? Why that would be David, one of the five Carmichael boys who lived next door.

Who would have guessed that 50+ years later, David and Annie would become husband and wife.

David & Annie (Blaine) Carmichael are very happy to announce that they were married on January 15, 2016.

Sincere thanks to Rev. Samer Kandalaft who performed such a beautiful and personal ceremony.

Thank you to Gord & Mieke Turner who witnessed the occasion, and Shahrzad Kandalaft who recorded the event in pictures.

We appreciate our St. Paul's family for your prayers and good wishes!

**Annie and David Carmichael**



PROOF ONLY

## Fun and Fellowship - It's All in the Cards



The St. Paul's Craft Group has met a number of times now, with a focus on fun, creativity and service where needed.

Nancy Messenger kicked things off a couple of years ago with an evening of creating gift labels at Christmas time, made available for sale at the Christmas Bazaar.

Those in attendance that first evening certainly enjoyed the relaxed and creative atmosphere, and the idea to continue to meet regularly took off from there.

Interestingly, Card Outreach is not a new concept in church communities, and thanks to the research of a few enthusiastic members, we've been able to build on the successes of other congregations in developing our own focus for this worthy faith and service opportunity.

Our project to date has been the creation of lovely hand-made Christmas cards. Initially the intent was to sell the cards as a fundraiser at our Christmas Bazaar, and since then, the cards have also been used for outreach in the gifts and baskets the church gives out at Christmas time.

Each card is completely handmade, and in spite of the polished appearance of the final product, the cards are not difficult to make. No prior experience or skills are required, and new members are welcome and encouraged to consider joining us at our next meeting.

Refreshments are offered, and the nursery is located right next door for the younger ones to play.

The craft evenings have provided us with a great opportunity for fun, fellowship, and participation in a worthwhile outreach project.

As the seasons change, a variety of cards will be periodically displayed in the hall and will be available for everyone to purchase.

Watch for the inventory to change as the group continues to meet and expand their skills.

Please have a look at the display the next time you are in need of a card - your support for our group and for church outreach with this project is very much appreciated.

**Corina Blondin**

**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](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:**

**March 20, 2016  
May 29, 2016  
October 2, 2016**



## Lots of Ways to Give at St. Paul's

For hundreds of years, passing the collection plate every Sunday was the easiest way for a church to ensure that it had enough funds to pay the Minister, keep the lights on, and carry out its mission at home and around the world. Times have changed and churches across Canada have adapted.

In the winter of 2013, St. Paul's joined the Pre-Authorized Remittance (PAR) program. By filling out a simple form and providing the church with a void cheque, members can have their offering automatically come up of their bank accounts on a monthly basis.

PAR is convenient and 100% secure. You can sign up at any time and if you ever have to change your commitment, that can be done very quickly too.

As if the option of automatic withdrawals wasn't enough, St. Paul's is also able to accept credit card donations through a charitable organization called CanadaHelps. They are an on-line founda-

tion that gives registered Canadian charities, like St. Paul's, the ability to accept donations over the Internet.

If St. Paul's were to try to do this itself, the monthly service charges and the individual transaction fees would be astronomical. Thanks to CanadaHelps, it's now a safe and affordable option for the Board of Managers to offer to members. It is also an easy way to make a one-time gift to St. Paul's or to make automatic monthly donations.

All the information on both PAR and CanadaHelps is on our website [www.stpaulskemptville.ca](http://www.stpaulskemptville.ca) but if you're interested in learning about how to make one-time or ongoing credit card donations, you can visit [www.CanadaHelps.org](http://www.CanadaHelps.org). Once there, search for "St. Paul's Presbyterian Church" and then scroll through the many congregations with that name until you find "Kemptville".

With donations through CanadaHelps,

they issue you a tax receipt for the full amount and then they transfer the money to St. Paul's, less 3.9% which just covers their costs. CanadaHelps does not make any profit on the transaction.

As one Board Member joked back in 2013—"Giving money to the church won't get you to heaven any faster but with the new credit card option and air miles, it may allow you to fly to the Caribbean a bit sooner."

Whether it is PAR, CanadaHelps or old-fashioned offering envelopes, please prayerfully consider making a firm and regular financial commitment to St. Paul's.



## The Buzzard, the Bat and the Bumblebee

### The Buzzard

If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner.

The reason is that the buzzard always begins a flight from the ground with a run of 10 to 12 feet.

Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

### The Bat

The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place.

If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air.

Then, at once, it takes off like a flash.

### The Bumblebee

A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out.

It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom.

It will seek a way where none exists, until it completely destroys itself.

### People

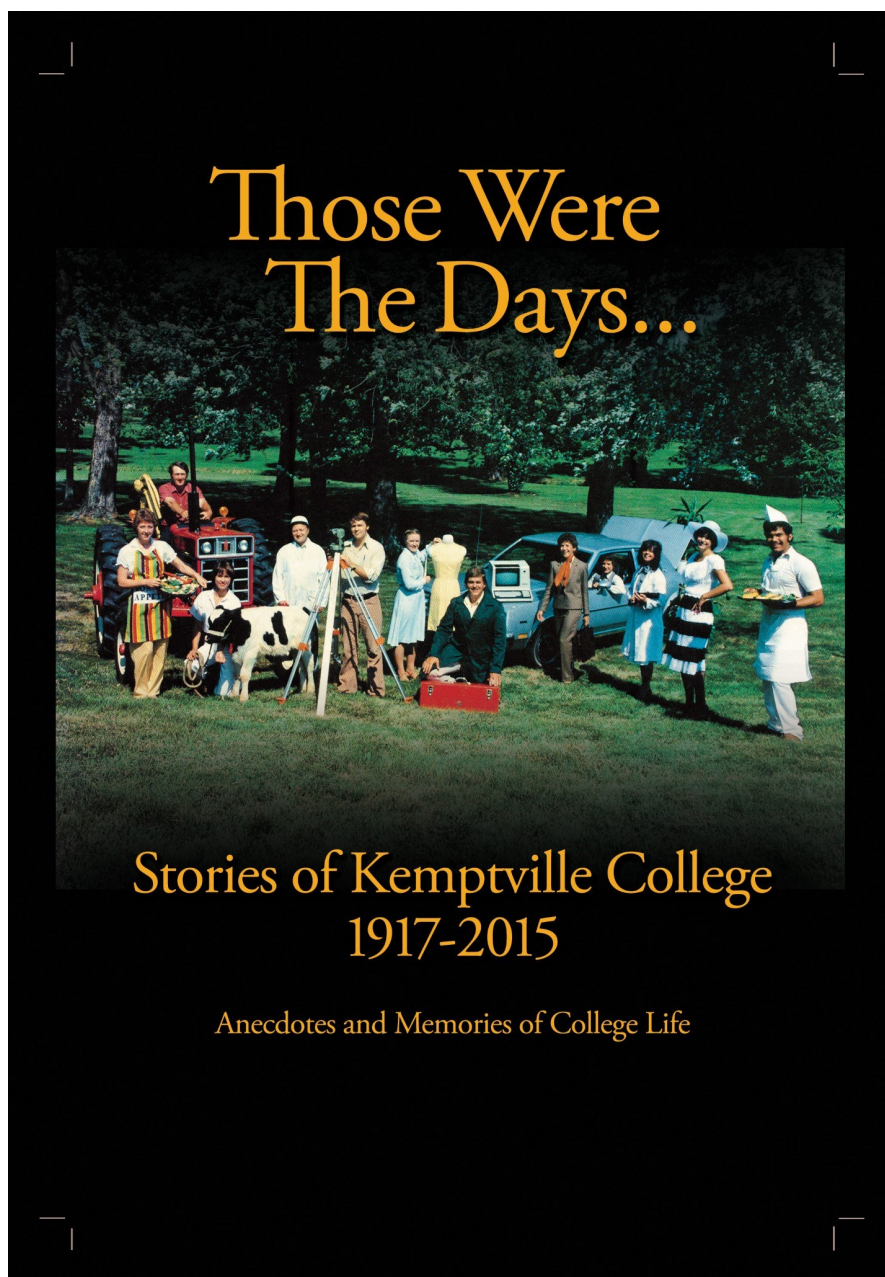
In many ways, we are like the buzzard, the bat and the bumblebee.

We struggle about with all our problems and frustrations, never realizing that all we have to do is look up.

That's the answer, the escape route and the solution to any problem ... Just look up!

Sorrow looks back, worry looks around, but faith looks up! Live simply. Love generously. Care deeply. Speak kindly, and trust in our Creator, who loves us.





When Janet Stark heard that Kemptville College was closing, she said, "It felt like I was losing a good friend. I decided that my best contribution to the college legacy would be to publish a collection of memories."

Janet has compiled a book of memories, anecdotes, stories and tributes submitted by current and former students, graduates and staff. These short stories are about classmates, teachers, lessons learned, working on campus, living away from home, pranks, orientation of "the juniors", sports or social events, College Royal, Graduation Day, getting engaged etc.

Among the memories are submissions by St. Paul's members Heather Stewart, Ray Porter, Winnie Kennedy and, of course, Janet Stark.

Copies of *Those Were The Days ...* will be available for \$20 at the end of February through Janet Stark. More information can be found on Facebook - <https://www.facebook.com/kemptvillecollegememorybook>

## Feeling Discouraged? Read This

There are certainly days when I feel discouraged with work in Malawi.

There is so much need here. People are poor. They struggle with being dependent on hand outs. The government has stolen money from its citizens. Everyone wants change, and it always seems to come too slowly.

However, it's the relationships with people that make our time in Malawi so meaningful and remind us that many people are working for positive change. One such person is my co-worker, and friend, Gibson.

Gibson Mkandawire is a retired sales representative. About 3 years ago, he became aware of the Tidzalerana Handicapped Club and the desperate need of handicapped people in Ndirande. Ndirande is a very poor township in Blantyre, and Gibson himself lives within the community there. He and his large and lively family live off his small pension from the insurance company.

In his own words, he became motivated to help at Tidzalerana "because if people from overseas love us enough to come and work here, we Malawians should be encouraged to do the same".

Over the past 6 months, I have had the pleasure and privilege to work side-by-side with Gibson. His unique gift is in identifying the most needy individuals at the Handicapped Club and personally offering to give his time to assist them.

Often, this means taking a sick child and mother to the hospital by minibus, waiting with them until they are seen, and following up with their continued care. In many cases, the family is in a cycle of poverty so deep that they can barely cope. Not only does he support them with his time and energy, but he is constantly reminding them of God's love for them and encouraging them to be thankful and grateful to God in all circumstances.

Recently, a very sick child came into the Club. This boy,

Iverson, was a replica of the World Vision commercials you see on TV – covered in flies, dirty, sores all over his head and body, sick, and starving. His mother had so little money that she was not eating properly and didn't seem to be caring for her handicapped son.

Gibson took them both to the hospital, waited with them until they received medicine and pleaded with me to assist. We were able to help with some money for Maize and, over the past few months, Iverson has been slowly recovering. The sores on his head have healed, he is clean, and his mother appears to be taking better care of him.

I believe that the issue was – and continues to be – more complex than the short term solution of a bag of Maize and some medication. My (far from professional!) opinion was that she appeared to be overwhelmed and discouraged and really needed someone to come and lend a hand.

At Tidzalerana, Gibson is one of those people. He is committed to God's purpose for him there and he quietly comes alongside to make a difference in the lives of individuals in need.

Last month, Gibson turned 75, but you would never know it! He is fun, lively, spirited and passionate. He spends many of his days working for the benefit of the handicapped people in the Club.

On the days that I find myself feeling less than excited or motivated to work in Malawi, I am impressed by the work and commitment of people like Gibson and I'm humbled to work hard in order to lend a hand to these "poorest of the poor". I can always count on Gibson – a huge smile on his face and ready with a joke and a laugh – to raise my spirits and remind me that the efforts of one person can make a difference.

**Written by Joel & Rebecca Sherbino  
Presbyterian Missionaries in Malawi**

## Spaghetti Dinner - Save the Date!



Back by popular demand, St. Paul's Church School and Youth Group proudly present

### **The 2<sup>nd</sup> Annual Spaghetti Dinner and Silent Auction Saturday, April 16, 2016**

Please plan to join us for a tasty spaghetti dinner, including salad bar and dessert. And don't forget our wonderful silent auction featuring a variety of items for all tastes and budgets. All proceeds go to support the work of St. Paul's, Kemptville.

Watch for ticket information coming soon.





**One of God's Creatures - Photo Submitted by Paige Claxton**



**He's Got the Whole World In His Hand - Painting by Sydney Claxton**



**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



### STOPPING BY WOODS ON A SNOWY EVENING

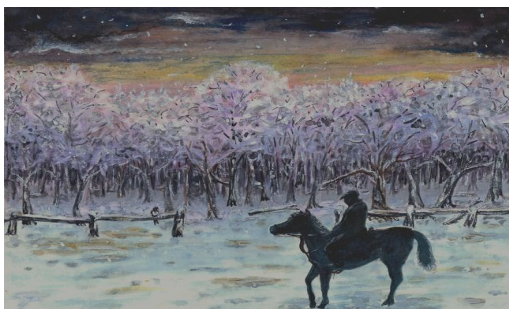
Whose woods these are I think I know.  
His house is in the village, though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.

**Robert Frost**



### A MOUSE

May a mouse never leave your cupboard with a  
tear in his eye.

**Homer Robertson**

### WINTER TIME

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding cake.

**Robert Louis Stevenson**



### UNTITLED

"I've traveled the world twice over,  
Met the famous; saints and sinners,  
Poets and artists, kings and queens,  
Old stars and hopeful beginners,  
I've been where no-one's been before,  
Learned secrets from writers and cooks  
All with one library ticket  
To the wonderful world of books."

**Janice James**

