



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—2013

## Sharing Our Mission and Maximizing Your Gifts



Dear St. Paul's Church Family & Friends,

This year the transition from spring into summer is not that straightforward. For the past few weeks we seem to bounce back and forth between seasons. We've had warm days and cold evenings, but we still hope that summer and sunshine would come before the end of August.

Every time I read the weather forecast I remember the joke about the person who asked his Canadian friend "Did you have a good summer?" And the Canadian friend replied "Yes indeed, we had a great picnic that afternoon!"

This summer we look forward to the summer events that bring so much joy to the life of St. Paul's Presbyterian Congregation.

On Sunday June 23rd we will worship at Baxter Conservation Area at 11:00 AM. What an inspiring place to worship and praise God! Come out and enjoy a BBQ lunch and games following the worship service.

On June 30th we will join the congregation of Knox-Mountain in their worship service at 11:00 AM. Following the service, Knox Congregation invites us to a BBQ lunch. Please remember to bring a salad or dessert and a lawn chair.

During the four Sundays of July we will welcome our friends from St. John's United Church at our worship service. We are delighted to have this fellowship with our brothers and sisters during this month every year.

After our last worship service on July 28th - before August vacation - the WMS group will crown the friendship

month of July between St. Paul's and St. John's with a complimentary Sundae Sunday celebration. Save the date and join us in Church Hall.

The Gospel lessons for the month of July will focus on the response to God's gracious gift of faith, which often is called "discipleship". Discipleship is the commitment of the believers in Christ to devote their time, talents, and treasures to following the way of life prescribed by the teachings of Jesus.

We will look at "discipleship" in practical ways, not just theologically. We will see how a disciple can live a balanced life and use what God has provided wisely.

Discipleship basically is an individual response, but its consequences affect the whole Body of Christ. Therefore it's important to learn and use what you learn in God's service.

True disciples always choose to share their mission with God's people, so that their gifts can be maximized. There is always room for more people to serve in St. Paul's. If you assess your discipleship gifts after hearing the July sermon series, please feel free to come and talk to me about the ways you can invest your talents in ministry. I'll be praying for you.

We certainly have a busy summer ahead of us. Worship, learning and fellowship opportunities abound. I hope you will be able to join us for all of them. God bless.

**Rev. Samer Kandalaft**

## A Big Thank You to St. Paul's From the Music Program at North Grenville District High School



A very special thank you to members of St. Paul's for their support of several of our youth who travelled to Halifax recently. Musical groups from across the country gathered for three days at the Atlantic Music Festival, showing off their best talent, inspiring their peers and enjoying the sites of a beautiful city.

William Armour, Catherine Armour, Sydney Claxton, Skyler Green and Nicole Scott – along with approximately 90 other music students from North Grenville District High School –

travelled to Nova Scotia in early May. Big BaNG and Bigger BaNG (African drumming groups), the Intermediate and Senior Concert Bands as well as the Jazz Band, did us all proud by earning gold and silver medals in four separate adjudicated performances!

The two busloads of students and their (brave) chaperones, arrived home tired but full of wonderful memories of a job well done. The financial support and encouragement of our young people's church family was greatly appreciated. Thank you!

### **"Indifference" Submitted by Joy Armour**

When Jesus came to Golgotha  
They hanged Him on a tree;  
They drove great nails through hands and feet  
And made a calvary;  
They crowned Him with a crown of thorns  
Red were His wounds and deep—  
For Those were crude and cruel days  
And human flesh was cheap.

When Jesus came to Ottawa  
They simply passed Him by—  
They wouldn't hurt a hair of Him  
They only let Him die.  
For men had grown more tender  
And they wouldn't give Him pain,  
They only just passed down the street  
And left Him in the rain.

And Jesus cried, "Forgive them,  
For they know not what they do" -  
And still it rained the winter's rain  
That drenched him through and through.  
The crowds went home and left the street  
Without a soul to see—  
And Jesus crouched against a wall  
And cried for Calvary.



## Growing Generous People

Stewardship education is about nurturing a spirit of gratitude and generosity.

The words of the psalmist, "What return can I make to the Lord for all that the Lord has given me?" (Psalm 116), encapsulate two fundamental aspects of stewardship:

•**Gratitude:** Thankfulness is at the heart of the Christian journey. To know God is to be thankful. It is to know at the outset that everything comes from God—everything, even the breath we breathe. Stewardship education leads people to a deeper recognition that "The earth is the Lord's and all that is therein."

•**Generosity:** We need to give, not primarily because the church needs money, but because we are made in the image of God, the great Giver. We reach our fullest potential as we learn to give. It is a recurring message throughout the Bible, that in giving we are blessed. Stewardship education helps people to understand giving as an expression of faith and helps them to joyfully share the many things they have freely received.

Giving in the church so easily becomes a matter of duty and obligation. Not that duty and obligation are necessarily bad but when they are divorced from joy and a recognition of God's blessings, we miss the mark. When all the stewardship talk focusses on paying the congregation's bills, the central aspect of stewardship is sidestepped. Our **stewardship** (what we **do**) comes out of our

identity as **stewards** (who and **whose** we are).

The following famous quotation sums it up well—"Stewardship is everything I do after I say I believe."

Ask yourself: Do our stewardship initiatives lead people to a sense of gratitude and generosity? Do we do year-round stewardship education or do we only talk about stewardship when we fear there will not be enough money to pay the bills? Are people being helped to grow in their faith through giving?



## St. Paul's Supports "Naomi's Family Resource Centre"

Naomi's Family Resource Centre in Winchester provides confidential, safe and secure emergency housing for women with or without children who are in need or require assistance who have been physically, emotionally, sexually or financially threatened or harassed.

Naomi's Centre also offers informal counselling and a 24 hour toll-free crisis line for all of Eastern Ontario.

Currently, Naomi's Centre employs three full-time, six part-time, and two casual relief counsellors in the residential program. As well, there is a Child and Youth Program Coordinator, a Transitional & Housing Support Worker, and a Management Support Worker, who works in conjunction with the Executive Director.

This worthwhile cause is the spring mission project at St. Paul's and you are encouraged to give it prayerful consideration.

Here is a list of new items that Naomi's Centre could really use:

### For Women

- Housecoats and slippers (All sizes, S to XL)
- Two-piece pyjama sets (All sizes, S to XL)

### For Children

- Stuffed animals (New)
- Colouring books (Not seasonally specific)
- Pyjamas for girls (All sizes from 2 to 16)
- Pyjamas for boys (All sizes from 2 to 16)

### For the Household

- Pens
- Markers
- Kleenex
- Hand sanitizer

Please drop off your donations at St. Paul's before the end of June. If you need a pick-up or more information, get in touch with Ruth Bond or David Carmichael.

If you know of anyone in crisis, please have them call toll-free **1-800-267-0395** or **613-774-2838**. A local trained shelter counsellor will be happy to speak with them. If you would like information on Naomi's Family Resource Centre, call the numbers listed above as well. Help beyond what their counsellors are trained for will be referred to appropriate agencies such as a hospital or a mental health crisis team.

**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](mailto:j.armour@cogeco.ca)**

**HOLY COMMUNION WILL BE HELD ON:**

**October 6, 2013  
December 1, 2013  
April 13, 2014**

## Christ Jesus—Teach Me How to Help You Feed the Hungry

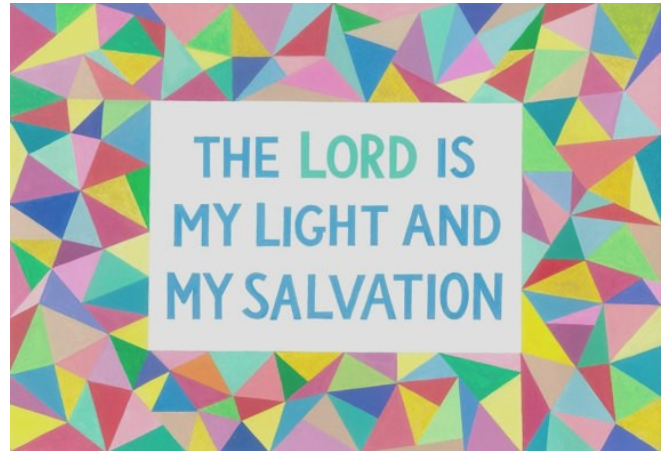
Hunger for food—that which is both filling and nourishing—is always present in the “crowds” around us.

The hunger for physical nourishment is most evident in the Third World but there are tens of thousands of hungry Canadians – particularly in aboriginal communities. The hunger for compassion is clearly present in homeless, elderly and incarcerated populations both at home and abroad. And the hunger for faith, hope and love is overwhelmingly present even within our families and communities.

How can one individual begin to address these all-pervasive hungers of humanity? Christ Jesus, teach me how to help you feed the hungry.

*“The greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved, and uncared for. We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love. There are many in the world who are dying for a piece of bread but there are many more dying for a little love. The poverty in the West is a different kind of poverty—it is not only a poverty of loneliness but also of spirituality. There’s a hunger for love, as there is a hunger for God.”*

- Mother Teresa



***The Lord is my light and my salvation;  
Whom shall I fear?  
The Lord is the strength of my life;  
Of whom shall I be afraid?***

## Thank You to the Manse Work Party!



Many thanks to all the volunteers who ignored the rainy weather forecast on Saturday, June 8th to do some much-needed work on the Church Manse.

While the Manse is the Kandalaft Family’s home, it is the responsibility of St. Paul’s Congregation to ensure that the building is in good working order and that everything meets a standard that we would expect from our own homes.

Unfortunately, the list of repairs is a long one and includes expensive items such as—replacing the kitchen floor, a new garage door and dealing with the upstairs carpet.

The Board of Managers has identified the Manse as our top priority for the next couple of years and would like to thank the KandalafTs for their patience.

Thanks also to Alan Gilhooley, Sharon Côté, Carole Duncan, Murdie and Louise Clark, Samer and Shahrzad Kandalaft, John Dalrymple, David Carmichael and Jim Armour.

A big thank-you goes to Ed and Debra-Ann McBride who steam-cleaned the carpets in the Church again this year. These poor carpets see a lot of wear, tear, chills and spills during the year and somehow the McBrides make them as good as new.

If you are interesting in donating to the Manse in material, labour or targeted funds, please contact the Board Chair Joanne Pappas at jpappas11@gmail.com.

## Don’t Forget Your Financial Commitment to St. Paul’s in August

Cancel the newspaper, drop the dog off at the kennel, arrange for the neighbour’s son to cut the lawn ... You’re almost ready for that well-deserved summer vacation, but something’s missing. What could it be?

Oh yes, St. Paul’s. For the month of August, we will be worshipping across the street with our friends at St. John’s United Church.

While we are away, however, the bills will continue to arrive at 319 Prescott Street. This is why it is important that you include a financial commitment to the church in your summer plans.

Thanks to technology, there are now numerous ways to cover off the month of August at St. Paul’s. Members and adherents can:

- Write a cheque for the four Sundays in August and

include it in one of your July offering envelopes;

- Join the Pre-Authorized Remittance (PAR) program. It allows for safe and easy monthly donations directly from your bank account; and,
- Make a credit card donation to St. Paul’s through the charity CanadaHelps.

More information on how to join PAR or make donations with your credit card can be found on our web-site. Go to [www.stpaulskemptville.ca](http://www.stpaulskemptville.ca) and click on the “How to donate to St. Paul’s online” button that is in the lower left-hand corner of the home page.



## “It’s Never Too Late to Start Exercising”

Albert Roffey started doing Triathlons in 2008 with a family relay race at Meech Lake in Gatineau Park. Albert did the run, his son Randy handled the swim and his grandson Jon took care of the biking leg.

Since then, Albert has gone solo—doing the 500 metre swim, the 20km bike and the 5km run on his own. His average time is 2 hours and 20 minutes but his most impressive number is his age. This year, Albert Roffey will be 77 years old.

It is never too late to start exercising and to reap all the health benefits of being fit. When Albert started his training he was a “couch potato” who was only able to jog for one minute before getting winded. Now, 30lbs lighter, he can run for 30 minutes despite having a bad knee.

Albert’s wife Darlene swims with him twice a week and can vouch for the fact that it is easy on the joints and a great way to stay in shape.

Physical fitness also “runs” in the Roffey family. Darlene and Albert’s son Randy is an accomplished triathlete who has also competed in the Boston Marathon.

At 52, Randy is doing the Iron Man at Mont Tremblant this summer that consists of a 4km swim, a 180km bike, and a 42km

run. In October, he will also be participating in the Sears Great Canadian 100km Run. It’s a charity event to raise money for fighting children’s cancer so if you would like to sponsor Randy, you can do it online at—<http://searscanada.akaraisin.com/pledge/Participant/Home.aspx?seid=6497&mid=9&pid=1250992>



## Presbyterian Woman of Faith Award

Do you know a woman in The Presbyterian Church in Canada who has made a significant contribution to the life of her church or community?

The Presbyterian Church in Canada, the Order of Diaconal Ministries and the Women’s Missionary Society have established an award to recognize the work of women within The Presbyterian Church in Canada.

The Presbyterian Woman of Faith Award will be given to a woman who is part of The Presbyterian Church in Canada who should be honoured either for a particular accomplishment or a lifetime of achievement.

The recipient of this award will be recognized at the National Presbyterian Women’s Gathering.

From the beginning of the Christian story, women have always been present in a significant way. Through the centuries they have played a formative role as disciples, apostles, teachers, elders, ordained, diaconal ministers, and missionaries.

Women have courageously and faithfully gone forward to create, establish, fulfill, empower and support a variety of ministries such as:

- Inner city missions, work with the homeless and social work
- First Nations ministries
- Children and youth ministries
- Medical fields
- Education
- Pastoral care and worship leadership
- Community development
- Church establishment

Whether across Canada or overseas, these women have been trailblazers and unafraid to step out into the unknown or take a leap of faith in establishing new ministries.

They have stood in solidarity with others. They have offered a “cup of water to the thirsty,” a hot casserole to the hungry, lent a listening ear to the lonely, extended a comforting arm to a crying child, given an encouraging word to a teenager, presented a blanket to a new born, an outreached hand to the homeless and the sick.

They have shared the gospel in creative ways. They have shared their leadership gifts in worship, Christians education, pastoral care and outreach.

And we cannot forget those who have worked quietly and faithfully behind the scenes so we honour them with a Woman of Faith Award.

### Who is Eligible?

Any woman who is or has been part of The Presbyterian Church in Canada—Lay people, elders, diaconal ministers or ordained clergy

Any congregation, group, college or court can nominate a woman. Two people must sign the nomination form.

### Nomination Deadline

All nominations must be received by November 30, 2013.

### Application Forms

If you know of a deserving candidate who has made a significant contribution to the Presbyterian Church or the wider community, please consider nominating them.

Applications can be either filled out online or downloaded by going to <http://presbyterian.ca/woman-of-faith-award/>



## All Smiles and Green Thumbs at the Plant and Bake Sale



St. Paul's held its very popular "Plant and Bake Sale and Car Wash" on Saturday, June 1st. The weather was great, the greenery was thriving and the customers were steady. Over \$1,200 was raised to benefit our general fund.

Many thanks to everyone who made this event such a success. There are too many to thank individually but we appreciate everyone who baked, nursed seedlings along, polished a fender or two and volunteered on the day. Great work team!

## Congratulations Moira on a Well-Deserved Honour

Moira Anderson, Elder of St Paul's Presbyterian Church, was recently awarded Provincial Life Membership in the Hospital Auxiliaries Association of Ontario and congratulated "on having achieved the distinction of Longstanding and Reliable Service" for her 28 years of providing pastoral care and music accompaniment on Church and celebratory occasions.

The award reads—"Congratulations! You have truly earned this honour. Your dedication to volunteering and your belief in the power of altruism to change lives for the better serve as an inspiration to your community and to our province as a whole. Each day, in hospitals across Ontario, valued volunteers, like you, devote time, energy and talents to assisting patients, their families, visitors and staff in countless ways. Take pride in knowing that you have been recognized as an exemplary citizen in your commitment to volunteering. May the years

ahead bring you much ongoing success and fulfillment."

**Dalton McGuinty, Premier of Ontario**

Moira is a Paul Harris Fellow having been awarded this distinction by The Rotary Foundation of Rotary International "In appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations between peoples of the world" for 21 years of music accompaniment service.

She has also been recognized by the Bayfield Manor Nursing and Retirement Home for her voluntary service in providing music accompaniment for Church services and birthday celebrations since its establishment. Moira is a Life Member of The Women's Missionary Society of the Presbyterian Church of Canada.

**Submitted by a very proud Gerald Anderson**



## Choir Concert a Big Success!

St. Paul's Choir presented "The Ottawa Carleton Male Choir" in concert on Saturday, May 11th. The program consisted of a variety of music including religious works, folk songs, and classical pieces. It was beautifully presented by 24 members in perfect harmony. Our choir members joined the gentlemen in a grand finale number, "How Great Thou Art". Tim Bond has never had so much company in the bass section!

We had a great turnout, with the sanctuary being almost full!! We were pleased that so many of the audience stayed for the lovely reception afterwards.

We got a lot of positive feedback from the audience who were pleased with the concert, as well as from the Male Choir who were impressed with our beautiful church building, and the warmth and spirit of our people which was evident that evening. They sold quite a few of their CD's.

This was more than an evening of music. It was an effort in outreach, to make the community aware that we Presbyterians

are active and vibrant!!

An evening like this doesn't just happen:

- Thank you to Session for saying "Yes";
- Thank you to those who sold, and bought, tickets;
- Thank you to Jim Armour for being our gracious Master of Ceremonies;
- Thank you to Sharon Côté and her team for the beautifully presented reception; and,
- Thank you to the choir committee who worked diligently and "in harmony" to make the event a big success!

The result of the hard work and stewardship was a final total of \$1860 going to our general fund.

But we're not done yet. The Choir Committee is working on a fall concert to be held on **October 26th**. It will

feature a band in which Steve Verhey is a member, as well as our choir and some surprises! Watch for details!

Oh yes, and we challenge other church organizations to match our efforts.

**Submitted by Annie Blaine**

## St. Paul's Outreach to the Community



The Outreach Committee at St. Paul's took advantage of the Dandelion Festival and set up a booth outside of the Church Hall on Prescott Street.

In a very "un-Presbyterian" gesture, we gave away something for free! Spectators at the bicycle race downtown were encouraged to drop by for a cup of coffee and a pamphlet on all the exciting things that were happening at St. Paul's. If they were interested, they could also purchase some maple syrup or a cookbook.

Many thanks to Art Munro, Carole Duncan, Sharon Côté and Jim Armour for staffing the booth; William Armour for helping with set-up; and Mark, Paul and Joanna Kandalaft for rounding up customers. Thanks also to Shahrzad Kandalaft for providing lunch.

The Outreach Committee is planning a **"Homecoming Sunday"** in the fall so watch for details!

**Key Contacts at  
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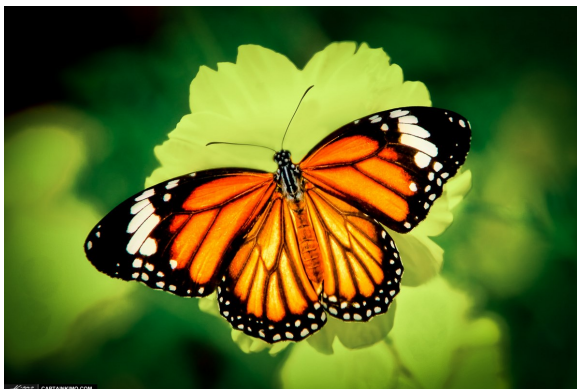
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## Poems for Summer – Submitted by Gerald Anderson



### TO A BUTTERFLY

Stay near me—do not take thy flight!  
A little longer stay in sight!  
Much converse do I find I thee,  
Historian of my infancy!  
Float near me; do not yet depart!  
Dead times revive in thee:  
Thou bring'st, gay creature as thou art!  
A solemn image to my heart,  
My father's family!

Oh! pleasant, pleasant were the days,  
The time, when, in our childish plays,  
My sister Emmeline and I  
Together chased the butterfly!  
A very hunter did I rush  
Upon the prey:—with leaps and spring  
I followed on from brake to bush;  
But she, God love her, feared to brush  
The dust from off its wings.

**William Wordsworth**



### MOONLIGHT, SUMMER MOON- LIGHT

"'Tis moonlight, summer moonlight,  
All soft and still and fair;  
The solemn hour of midnight  
Breathes sweet thoughts everywhere,

But most where trees are sending  
Their breezy boughs on high,  
Or stooping low are lending  
A shelter from the sky.

And there in those wild bowers  
A lovely form is laid;  
Green grass and dew-steeped flowers  
Wave gently round her head."

**Emily Bronte**



## Something for the Funny Bone

