



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.

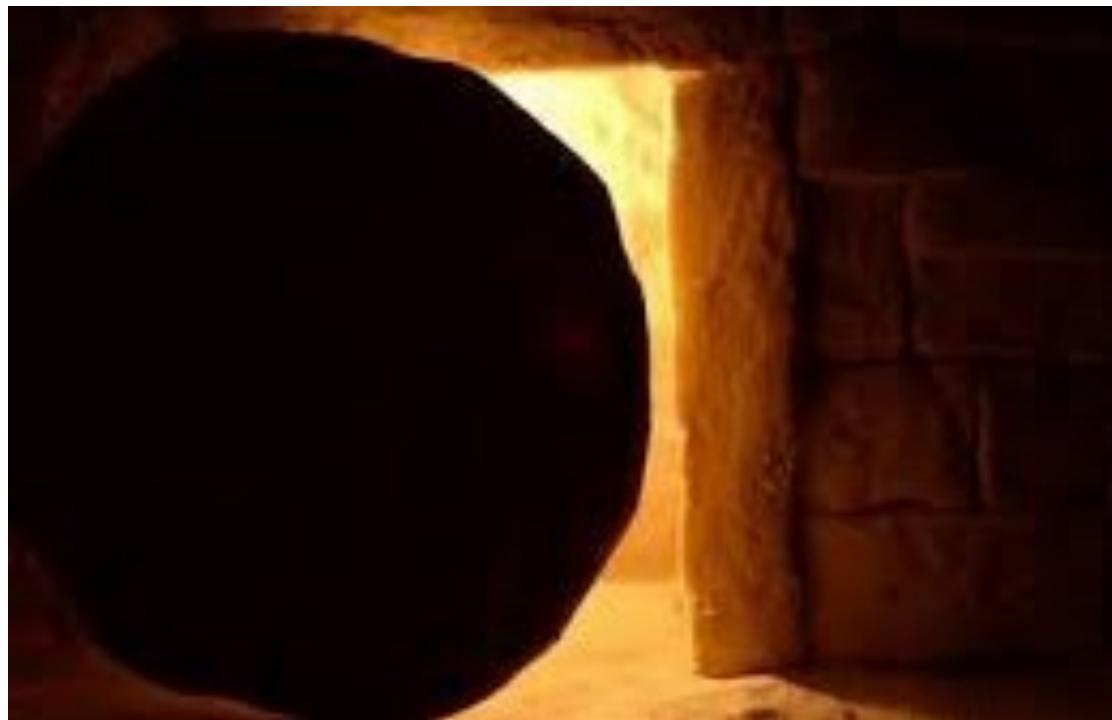
The Sunday Service at our sister church Knox begins at 9:15AM.
They are located at 2227 Simms St. in Mountain.

St. Paul's Matters

www.stpaulskemptville.ca

Spring—2014

Every Day is Easter Day



Does this scenario in one church sound familiar? On Easter morning, the sanctuary was full of worshippers. Some members abdicated their pews to their fellow worshippers who were early in the church on Easter morning. The church was resplendent in white lilies; the choir sang better than it ever had before; and everyone responded to the minister's Easter greeting saying, "Christ is risen indeed! Hallelujah!" and the congregation sang enthusiastically "Jesus Christ is risen today, Hallelujah!"

The next Sunday, the church was back to normal. Everyone was in their pews. The number of the worshippers was less than half of the Sunday before. No more lilies and no more Hallelujahs. Everyone was thinking that "Easter now is over."

Easter is not just a day and it's not a season either. One day or a few weeks in the year are hardly sufficient to celebrate the great mystery of our faith. In the fullest sense, Easter is a new way of life, in which we are "dead to sin and alive to God in Christ Jesus" (Rom. 6:11), called to "walk in newness of life" (Rom. 6:4). Such an understanding makes every day of the year an Easter Day.

It is spring and with each new leaf emerging, with each new flower sprouting out of the ground, we are

reminded of our new life that emerged from the tomb with Jesus Christ. Jesus is risen! And because of what Jesus has done for us, we have become a resurrection people. People who are resurrected with Christ live every day as an Easter day. I like the hymn we sang at church on the second Sunday after Easter, it says:
Every morning is Easter morning from now on!
Every day's resurrection day, the past is over and gone!
Every morning is Easter morning,
Every morning is Easter morning,
Every morning is Easter morning,
From now on!

This spring, I invite you to ponder and live this reality. Every time you are out working in your garden or practising your hobby or out enjoying the spring weather, take time to reflect on your identity as those who have died and been raised with Christ and to focus on what it means to walk the Christian Way in the world today.

May God be with you to live as Easter People, in the example of Jesus, everyday for everyone.

**In His Service,
Rev. Samer Kandalaf**



Members of St. Paul's participated again this year in the Good Friday Walk of the Cross that went through Kemptville, stopping at many of this community's churches along the way. It was a great turn-out and thank you to everybody who took part.



Congratulations to Nicole Scott and her heifer "Ah-Yeah". They won the Grand Champion Limousin Heifer at the Youth Junior Beef Expo in London, Ontario, held in March. A great start to the 2014 Show Season!

Jump for Joy!



Is it a bird? Is it a plane? No... it's a member of the St. Paul's Youth Group bouncing high on a trampoline!

The latest Youth Group adventure took place Saturday, April 12 and it was an excited group of kids that embarked on an evening of high jump adventures at Sky Zone Park in Ottawa's South End.

Sky Zone is a unique indoor trampoline park featuring wall to wall trampolines connected by soft walkways and features basketball nets, a soft-ball pit and dodge ball court.

This is a park that is great for all ages and fitness levels, and what a fun, high-energy evening we had during our scheduled one-hour of jump time! Our kids bounced high to sink baskets, flipped themselves into the ball pit, played dodge ball and got a great workout on the many trampolines in the Adventure Park.

Margaret Armour, Donna Scott and Corina Blondin escorted the kids to the park, and while not

all leaders were so keen, Margaret was a good sport and example and participated in the jumping just as enthusiastically as the kids!

Some of the highlights included watching the kids flip into the ball pit, do the "splits" on the trampolines and try to avoid getting eliminated at dodge ball.

After an hour of high-flying fun, we were ready for a cold drink and cookies ... always a highlight with our youth!

St. Paul's Youth Group is fortunate to have the support of the congregation for our planned activities, and several church-based as well as external events are organized throughout the year.

We are always happy to have new youth members, as well as suggestions for activities.

Many thanks to parents, and to the congregation, for your help and support with all youth activities.

DID YOU KNOW THAT OUR WEB-SITE 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

Please Help Sponsor a Syrian Family

The civil war in Syria has displaced an estimated 9 million Syrians with over 2.6 million fleeing to neighbouring countries as refugees.

At this rate, the United Nations predicts there could be as many as 4 million Syrian refugees by the end of this year—the worst mass exodus since the Rwandan genocide 20 years ago.

The Government of Canada committed to settling 1,300 refugees in 2014 and is calling on all Canadians to do what they can to help.

St. Andrew's Presbyterian Church in Ottawa plans to sponsor five Syrian families and financially support them for up to six months. They've asked other Presbyterians in the area to help and St. Paul's agreed to make this our spring/summer mission project.

Please consider putting a bit extra in your offering envelope or make a one-time donation through the CanadaHelps link on our website.

The campaign goes from now until July.

HOLY COMMUNION WILL BE HELD ON:

**June 1, 2014
October 5, 2014
Nov. 30, 2014**

“How I Spend My Summer Vacations” - Submitted by Ruth Bond



For the past three years, I have spent two weeks in July near Nashville, Tennessee, studying Southern Gospel music at Ben Speer's Stamps- Baxter School of Music.

The school is located at Middle Tennessee State University in Murfreesboro. The majority of the students live on campus during the two weeks, in the Monahan Dormitory located on the university property.

From Monday to Friday, we spend most of our days in the Wright Music Building. Classes begin at 8:00 am and finish at 9:00 pm each evening: this is required time, and yes, attendance is taken.

Our meals are served at the cafeteria, which is approximately half a kilometer from the music building. After dinner, we enjoy a concert for approximately an hour, by various Southern Gospel groups in the Nashville area during that time period.

These groups are not paid to perform for us, as the money is not in the budget, so the students show their appreciation by purchasing their CD's, etc.

In the past, we have enjoyed concerts by Russ Taff, Stephen Hill, The Blackwood Brothers, The Old Paths, Ivan Parker, Gene MacDonald, The Lefevre Quartet, and The Dixie Melody Boys to name a few. This year Ernie Haase and Signature Sound, and The Nelons are two of the groups that will be entertaining us.

Throughout our 14 hour day, we spend .5 hours in Devotions and Announcements, 4 hours of Theory, Sight Singing and Ear Training, 3 hours of Group Singing, .5 hours for Vocal

Techniques, 1.5 hours in Performance Training, and 1 hour of Concert time, totalling 10.5 hours of required time. The other 3.5 hours are spent in the cafeteria.

After our last class of Group Singing at 9:00 pm, you can spend the next 2 hours at Performance Opportunities, or have free time until lights are out at 11:00 pm. If a student wishes to audition for the closing program, other than in our group, they are required to perform during this time slot.

Most evenings at 9:00 pm, I walk back to the dorm (a good kilometer from the music building) and fall into bed, in order to get up early enough the next morning to get into the showers before it gets too busy.

We have group singing just before lunch, then again after our concert in the evening. It is amazing to be sitting among the voices of 100 people, singing in four part harmony.

Naturally, I sing in the alto section, and am known for getting that section addicted to Canadian Fisherman's Friends!

Our current choir conductor, Heath Kirkwood is a young man who is full of directing knowledge and energy. He has earned a Bachelor of Music Education, and Masters of Music Performance.

Heath demands attention. It usually is a good idea to watch what he is directing, as you never know when he will give the signal for repeat chorus, a key change, or stack the ending.

The students have the opportunity to purchase sets of five private lessons in voice, piano, guitar and music writing. These lessons usually take place during our theory time slot, for 30 minutes.

I have enjoyed taking 2 sets of private voice lessons with two instructors, and plan on doing the same thing this year. The instructors really enjoy teaching Canadian students, as they do not have to work on our diction.

One of my instructors is Connie Northam. Connie travelled for many years with her husband and family, singing across the United States.

They have now settled in Houston, Texas. I was so humbled when she told me last summer, that when she is upset about her day, she goes off into a room and sings my song, “Jesus Are You There”. I have recently heard from her, and yes, she is still singing my song!

Early in the second week, we spend several hours recording the music we will be performing at the closing concert on a CD.

The recording session is quite stressful to say the least. The song we are recording has to be as close to perfect as possible, and if Ben is not happy with verse 3, then we are repeating the entire song.

The time during the recording of the song and immediately following it is critical. The recording microphones are so powerful, they can pick up the slightest rustle of paper, let alone a water bottle being knocked over onto the floor.

We are given the “all clear” signal by the recording group, and then we can breathe for a minute or two before we are on to the next song.

On the Sunday between the two weeks, we have been invited to various churches in Nashville as guest performers. We sang at Ben's church one year, and their choir invited us for a luncheon following the service. (Continued on the next page.)

We enjoyed a wonderful time of fellowship, along with an abundance of delicious food.

The following year we were invited to perform at Johnny Minick's church (Johnny is a well known Southern Gospel singer, who sang with the Happy Goodmans). This service was televised, which added another set of performance rules.

These churches have multiple services on Sundays, and it is common for them to have over 400 people at a service.

I found it quite interesting that the offering plate gets passed around more than once per service. It appeared that the first time around was for their general fund, and the second time was for a specific project. They were also reminded about the importance of tithing.

As mentioned earlier, we spend 1.5 hours per day in Performance Training with Allison Durham-Speer. During this class, the students have the opportunity to sing for Allison on stage and she will then critique your stage performance as well as your vocal performance.

Allison certainly is no stranger to the stage, as she has travelled with the Gaither Homecoming Group as well as performing with other groups and on her own for many years. She is very straightforward with her comments, and offers ways of making improvements.

I was scared nearly to death the first year I got up enough courage to add my name to the list to sing for Allison: I was the last performer of the second week.

When I had finished singing for her, her first question to me was, "Why are you so nervous?" I suggested that not only singing for her was nerve wracking enough, but sitting in the audience that day was Ben Speer, Mike Allen and Shawn Degenhart.

After chatting with Allison about my time at Stamps-Baxter, I heard Ben's voice saying he thought he would like to hear the chorus again to the song I had chosen: God on the Mountain.

The next thing I know, Ben is on his way up to the stage, and he has invited Mike and Shawn to join us, and yes, he confirmed I would be singing the lead part, so here I was singing in a quartet with these highly skilled professional performers.

(By comparison, this would be similar to having The Beatles walk on stage to join you in singing She Loves You.) I can still remember the excitement of the standing ovation.

The students range in age from 10 to 80, and the majority of them are from the United States. The younger students call me Miss Ruth: a form of respect which is quite common in the southern States.

Last year, I was the only Canadian attending the school. Naturally, they wait to hear me say Eh? and they also love the word "about".

When I'm introduced to other students in the cafeteria as an example, they will say, "She's from Canada: she talks funny". One of the students from Arkansas mentioned to the others around us that Ruth from Canada sure has an accent.

It was really interesting to hear how they would pronounce a two syllable word like about, in three distinct syllables.

Mind you, they never give it another thought when I say, "Well, it's 15 'til 1:00, are y'all ready to head back over to the music building?"

There are always new students attending the school each year, but fortunately, there are also students who attend year after year.

It is so comforting to know there will be people there from the previous years that you will have the pleasure of spending time with over the two weeks.

No one has to feel like they are alone when they may have travelled far from home.

Interestingly enough, Facebook is an easy way to keep in contact with the people we have met there.

I am really looking forward to July.



Lots of Fun at St. Paul's Annual Easter Egg Hunt



Both the sunshine and the Easter Bunny made an appearance after the church service at St. Paul's on Easter Sunday. The Guinness Book of World Records doesn't have an entry for "fastest time for finding every egg" but if it did, our children and youth would have soundly beaten it. In fact, they may have even found eggs that were still hidden from last year's hunt.

Thanks to Nancy Messenger and all the Church School Teachers for making it such a fun event. And thanks to all of the egg hunters for sitting through the service and their lessons before starting the search!

Thank You From the Church School!

Thanks to your generosity, the St. Paul's Church School raised over \$500 from their mission lunch on Palm Sunday.

The money will go to help St. Andrew's Church in Ottawa support the five refugee families from Syria that they are bringing over to Canada.

It says a lot about our young people and this congregation that our Church School is so missionary-minded. Each year, they collect money for worthwhile projects both here in Canada and around the world.

Last year's project supported the Presbyterian ministry in the Cariboo region of British Columbia.

Many thanks to Judy and Donald Messenger for organizing the lunch and thank you to everyone who made sandwiches and sweets.

Hats off to all the "youth servers". You do St. Paul's proud!



It Depends on Whose Hands It's In—Submitted by Heather Stewart



A basketball in my hands is worth about \$19.
A basketball in the hands of LeBron James is worth \$33 million.
It depends whose hands it's in.

A baseball in my hands is worth about \$5.

A baseball in Miguel Cabrera's hands is worth \$297 million.

It depends whose hands it's in.



A tennis racquet in my hands is useless.

A tennis racquet in the hands of Rafael Nadal is worth millions.

It depends whose hands it's in.



A rod in my hands might keep away an angry dog.

A rod in the hands of Moses will part a sea.

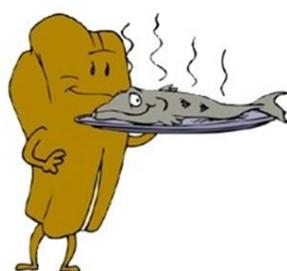
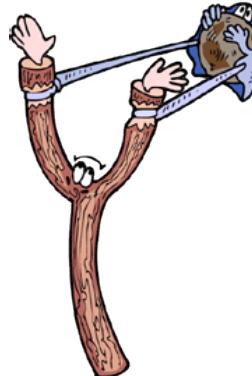
It depends whose hands it's in.



A slingshot in my hands is nothing more than a kid's toy.

A slingshot in David's hands is a mighty weapon.

It depends whose hands it's in.



Two fish and five loaves of bread in my hands are a few sandwiches.

Two fish and five loaves in the hands of Jesus will feed 5,000.

It depends whose hands it's in.

Nails in my hands might produce a couple of birdhouses.

Nails in the hands of Jesus Christ produce salvation for the world.

It depends whose hands it's in.



Put your concerns, worries, fears, hopes and dreams in the hands of God.

Because ...

It depends whose hands it's in.

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Poet's Corner – Submitted by Gerald Anderson

HEAR THE VOICE OF MY BELOVED

Hear the voice of my beloved
Gently call at close of day
Come my love, oh come and meet me
Rise oh rise and come away.

Winter's dark will soon be over
And the rain is nearly done
Flowers bloom and trees are budding
Time for singing has begun.

I have waited through the shadow
For my Lord to call for me.
Now the morning breaks eternal
In its light His face I see
Now the morning breaks eternal
And at last His face I see.

When you see the fields re-budding
You will know the summer's near
And when you hear the words I've spoken
You will know my coming's near
So keep on listening my beloved
For my coming's very near.

Source – *Gloria Gaither, Ron Griffon,
William J. Gaither*



ALTO'S LAMENT

It's tough to be an alto when you're singing in
the choir
The sopranos get the twiddly bits that people
all admire,
The basses boom like loud trombones, the
tenors shout with glee,
But the alto part is on two notes, (or if
you're lucky, three).

And when we sing an anthem and we lift our
hearts in praises,
The men get all the juicy bits and telling little
phrases.
Of course, the trebles sing the tune - they
always come off best;

The altos only get three notes and twenty-
two bars rest.

We practise very hard each week from hymn
-book and the Psalter
But when the conductor looks at us our
voices start to falter;
'Too high! Too low! Too fast - you held that
note too long!'
It doesn't matter what we do - it's certain to
be wrong!

Oh! shed a tear for altos, they're the Martyrs
and they know,
In ranks of choral singers they're considered
very low.
They are so very 'umble that a lot of folk
forget 'em;
How they'd love to be sopranos, but their
vocal chords won't let 'em!

And when the final trumpet sounds and we
are wafted higher,
Sopranos, basses, tenors – they'll be in the
Heavenly Choir.
While they sing 'Alleluia!' to celestial flats and
sharps,
The altos will be occupied with polishing the
harps.

Source - Anonymous (*Though it could have been
written by Ruth and Eileen.*)

MAKING A GARDEN

Man ploughs and plants and digs and weeds,
He works with hoe and spade;
God sends the sun and rain and air,
And thus a garden's made.

He must be proud who tills the soil
And turns the heavy sod;
How wonderful a thing to be
In partnership with God.
Source - Unknown

