

Timothy Topics

Newsletter

February 2020

St Timothy's Presbyterian Church
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Sunday Worship Service 10am

Fun Fact!

The word love appears 731 times in the NRSV version of the Bible. God loved us first. According to Jesus, the two greatest commandments are love God and love your neighbour. Love sums up the commandments.

Minister's Corner

A balanced spiritual diet A balanced diet is a hot topic at our table. A balanced diet fulfills a person's nutritional needs to maintain good health, reduce risk of disease, increase energy, and strengthen immune system. But beyond our physical, mental and emotional health we need to look after our spiritual health. Recent research suggests that spirituality is positively correlated with better mental and physical health. Here are 8 steps for a better and more balanced spiritual health. Each step is made of two opposite actions. Maintaining a balance between these opposite actions helps provide a healthy spiritual living. Today I will cover the first 4 steps, and the next 4 will be covered next month.

1-Giving vs. Taking. Giving is wonderful. It allows us to look beyond ourselves and to put others first. But we also need to take. Taking can show that we are open to what others have and the special gifts they enjoy. It makes us humble and makes others know that we value and appreciate them.

2-Talk vs. See/Hear. Talking and sharing our thoughts is a vital sign of engagement with our surrounding. Sometimes we are too shy or indifferent to say even a few words to our neighbours. Talk to them, it's good for both parties. By the same token, create a welcoming space around you so others will be encouraged to initiate a conversation with you. This is how relationships start.

3-Walk vs. Stop. It's healthy to step out of our homes. While technology and modern social patterns are making it easier for us to stay home and do things from there, we still need to make sure that we are going out there enough. On the other side, some of us don't only walk but run between assignments. For them life is a non-stop activity. It's important to stop. Treat yourself to a complete halt from time to time. Just as in driving, obeying to stop signs saves lives. Stop, look right and left, reflect and make better decisions.

4-Look outside vs Look inside. The world is a fascinating place; a feast to the eyes. We take in what's around us via our optic nerve. It helps us learn, enjoy and be safe. We also need to look inside and try to understand who we are and why we do things or react the way we do. Understanding our bodies, emotions and ideas is a lifelong journey that we should not be lazy to take. It helps us learn, enjoy and be safe. A balanced diet of the above elements will help us fulfill different needs, maintain good health, reduce risk of disease, increase energy, and strengthen our systems. Rev. Reine

Sounds of Music!

Musicians abound at St Tim's! Though singing is a significant part of worship, let's not forget our musicians.

Our St Tim's choir is accompanied on the organ or on the piano by Louise Thompson our Music Director. The African Chorus is accompanied by various percussions played by various of their members, Greg Bedell, Helen Otimbili, Gertrude Porte-Sackey to name a few. The Joyful Noise is accompanied by Palmer Patterson on harmonica, Mike Powell on guitar and Gwen Bergman on piano. An interesting note about Gwen, she completed her undergraduate at McGill University in organ performance and music history, and is currently working towards her PhD in politics at Queen's University, studying freedom of religion under the Canadian Charter. You can hear her practice our organ on Friday mornings. Others who have contributed to our worship's Special Music are Karen Abboud on violin, David Abboud on piano and Erynne McPhee on trombone (and who is currently studying music at university). God never ceases to bless our church!

Black History Month Service

The African Chorus is pleased to be holding this year's Black History Service on **Sun, Feb 16, 10am**. All are invited to worship with an African touch, and celebrate Black History Month. As usual, after the worship service there will be a get-together in the main hall featuring exotic cuisine from the native countries of members of the African Chorus. Please invite your friends and acquaintances to worship God the African way and to get a taste of Africa!

Worship Services

Sunday Worship Service.....Feb 2, 10am
Sunday Worship Service.....Feb 9, 10am
Black History Month Service....Feb 16, 10am
Mission Awareness Service
Led by M&O Cmte.....Feb 23, 10am
Sunday Worship &
Holy Communion.....Mar 1, 10am

Upcoming Events

Junior Youth Lunch & Games..... Feb 2, 11am
Café Connections Feb 7, 14, 21, 28 9:30am
Youth Mission Chilli Lunch Feb 9, 11am
Black History Month Service..... Feb 16, 10am
Mission Awareness Service..... Feb 23, 10am

Church Groups

African Chorus Feb 2, 11am
Bible Study Feb 5, 12, 19, 26, 10am
Craft Group Feb 3, 10, 17, 24, 2pm
JOY Group Feb 18, 10am
Jr Youth Fun Day Feb 22, 3pm
Not So Young Adult Group Mar 8, 11am
Sr Youth Pizza & Dev's Feb 17, 7:30pm
St Tim's Choir Feb 2, 9, 16, 23, 9am

St Tim's Pictorial

Afternoon Craft Group



Six year old Awsome participating in Family Service

Erynne McPhee playing Special Music for Family Service



Welcoming baby Kimia Mvolo into St Tim's family