

# Timothy Topics

Newsletter

March 2020

St Timothy's Presbyterian Church  
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Sunday Worship Service 10am

## Fun Fact!

It doesn't add up!

We know Lent is 40 days. But the number of days between Shrove Tuesday and Easter Sunday is 46! Don't count the Sundays! These are feast days. There are 6 Lenten Sundays, so  $46 - 6 = 40!$

## Minister's Corner

**A balanced spiritual diet** Last month, we discussed 4 of 8 steps to a better and more balanced spiritual health, much like a balanced diet helps maintain good physical health. Each step is made of two opposite actions or activity. Maintaining a balance between those opposite actions helps provide a healthy spiritual living. Last month's steps included Giving VS Taking; Talk VS See/Hear; Walk VS Stop and Look outside VS Look inside. Here are the next 4 steps.

**5-Lead vs. Walk in the foot steps of someone.** Leaders make a big difference in everyone's life. But if you are also happy to walk in someone else's footsteps, it doesn't only help them grow, but it also takes powerplay out of group dynamics.

**6-Community vs. Individuality.** To be involved with a group of friends or like-minded people is a great practice. But we also need time to spend by ourselves. It helps us reflect on our group life and be more aware if we will continue the way we were or some change is necessary.

**7-Be concerned vs. Relax.** Being oblivious or indifferent about the world around us is not a good thing. We need to be engaged, involved and concerned about the world. It's not only an excellent way to be a more responsible and rounded person, but it also helps us connect with other people and their stories way beyond the traditional perimeters of our life. But we need also to relax. We need to help and do our share, but we need to understand that we are not in control, God is. We do our role and then relax. This helps us energize and rejuvenate.

**8-Doubt vs. Belief.** Life is full of mysteries. Big questions are always part of the picture. Doubt is a healthy thing especially when matters are not going exactly well, or worse when tragedies hit. But let there always be a place for belief. Life is not about us and we are not in the centre of it. Obviously, there is a smart entity behind what we see and its design. Believing is the right and intuitive reaction when we live in a world like ours. Belief doesn't answer all the questions or eliminate every doubt. This is not what it's meant for. Belief helps us connect with the one responsible for life and beyond.

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

## Lenten Casseroles!

The Lenten season is approaching: a season of prayer, repentance and preparation as we anticipate Good Friday and Easter. Lent invites us to make our hearts ready for remembering Jesus' passion and celebrating Jesus' resurrection. This year, during the forty days of Lent, we are undertaking a new way of praying and caring for others: **Lenten Casseroles!** Starting Mar 1, we hope to deliver at least two meals each Sunday during Lent to families who would benefit from the gesture.

These meals will be prepared by members of the congregation while preparing dinner for their own families. Rev Reine says you can "pray while preparing" so that your prayer is incorporated into the meal; that way the recipient is spiritually as well as physically fed.

**Interested in providing a Lenten Casserole?** Sign up sheet is in the Narthex. Then, prepare the food in non-returnable containers, bring to the church on Sunday and place in refrigerator. A member of the Pastoral Care Team will then deliver the meal.

If you know a family who might enjoy a meal from St Timothy's, contact Rev Reine or a member of the Pastoral Care Team.

## Bible Challenge & Pot Luck

Join us for the **Bible Challenge & Pot Luck on March 28, 5pm.** Sign up to compete in the Bible Challenge featuring the following books: Esther, Daniel, Zephaniah, 1 Corinthians, 1 Thessalonians and 1 Peter. If not up to the challenge, then come, watch and cheer on your favourite team. Then join in for a pot luck supper. Contact Nic Larouche to sign up for the Bible Challenge.

### Worship Services

Ash Wednesday Service.....Feb 26, 7pm  
Sunday Worship &  
Holy Communion.....Mar 1, 10am  
Sunday Worship Service &  
African Chorus.....Mar 8, 10am  
Sunday Worship Service.....Mar 15, 10am  
Sunday Worship Service.....Mar 22, 10am  
Sunday Worship Service.....Mar 29, 10am

### Upcoming Events

Ash Wednesday Service ..... Feb 26, 7pm  
Annual Congregational Meeting ..... Mar 8, 11am  
Café Connections..... Mar 6, 13, 20, 27 9:30am  
Sunday School Service ..... Mar 15, 10am  
Bible Challenge & Potluck ..... Mar 28, 5pm

### Church Groups

African Chorus Mar 1, 11am  
Bible Study Mar 4, 11, 18, 25, 10am  
Craft Group Mar 2, 9, 16, 23, 30 2pm  
JOY Group Mar 17, 10am  
Jr Youth Fun Day Mar 21, 3pm  
Not So Young Adult Group Mar 8, 11am  
Sr Youth Pizza & Dev's Mar 16, 7:30pm  
St Tim's Choir Mar 1, 8, 15, 22, 29, 9am

# St Tim's Pictorial



Chilli Lunch



Black  
History  
Sunday

