

Timothy Topics

March 2022 newsletter

St Timothy's Presbyterian Church

2400 Alta Vista Drive,

Ottawa, ON, K1H 7N1

Do you want to meet Rev. Reine? She loves to meet with you online or in-person by appointment.

Sunday Worship Service 10:00 am. Our building is open. Covid restrictions are in place. Do you want a link to participate online? Please contact the office.

(613) 733-0131

sttimsoffice@on.aibn.com

www.sttimsottawa.com

-Bible Trivia-

What does Paul say "may abound more and more in knowledge and in all judgment?"

Find the answer on your own or wait for our next 'Timothy topics.'

Last issue's answers: Antioch

Minister's Corner On Sunday Feb. 20, after 19 days of events across 15 different sports, the 2022 Olympic Games, were concluded marking the end of the global gathering in China. The world's finest athletes did their best to bring home laurels and medals. All sportspersons who participated in the Olympics, regardless of the results, toiled hard, practiced for years, endured pressures and challenges along the way to arrive at the physical fitness they exhibited in these competitions.

Physical fitness is defined as a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, to improve the immune system, and to meet emergency situations. But as important as this definition is, 'to be healthy' is broader than just physical fitness. As you can imagine, healthy spirituality participates greatly in our well-being. For example, in the church, we have our own stay-away-from list: We recommend staying away from anger. Like fries, it's easy & most readily available, but it burdens your heart with toxic materials.

Stay away from judging others. Like sugar, it's sweet and melts in your mouth, but it also has calories that your body doesn't need. Stay away from revenge. It is delicious, tempting, and served cold, but it's very acidic.

Stay away from grudges. Just like smoking, difficult to quit, but you will be able to breathe better and walk further without.

Go to the church. Be in communion with other believers and non-believers. In a holistic sense, this can be compared to going to the gym. In other words, it makes you stronger. Strength is turning the other cheek, strength is loving your enemy, strength is accepting vulnerability, strength is offering, receiving, and asking for forgiveness, strength is exhibiting grace, strength is sharing what we have, strength is having compassion, Strength is embracing our doubts. So, how healthy is your lifestyle?

Isaiah 40:31 **"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint"**. Rev. Reine

In the rearview mirror



- On Sunday, February 20, our African congregation presented a wonderful service to commemorate Black History Month. Some members of the African Chorus led the worship service & the Storytime was performed by an awesome group of young people.

Minister Adeline Ijang presented a great sermon titled LOVE CHANNEL. Everyone loved the joyful music, the slide show of St. Timothy's families & the different past activities. Big thank you to all who made our Sunday service a big success.

- As a Lenten idea, the CE committee decided it would reach out to children in the congregation by gifting them with a baking project for the family to share in - a jar of ingredients to make cookies which will signify ingredients needed for life, particularly, yeast for growth. On February 26, the jars were assembled by some of the committee members who met and enjoyed working together on this terrific idea. We pray our children will benefit & have fun.

Looking forward



- Save the date! On March 27, 2022, our Annual Congregational meeting will be held after the service. If you can't join us in the building, you will still have the chance to participate via zoom. Don't miss this important event in the life of our church.

- The Stewardship Committee Volunteer Pool "Good company in a journey makes the way feel shorter". Do you enjoy helping out for a good cause? or signing people in at an event, or perhaps baking treats while in good company? If you answered yes to all these questions, the Stewardship Committee is looking for people just like you to join a fun, loving, and easy-going group of volunteers to assist in various capacities at fundraising events for St Timothy's Presbyterian Church in 2022. How can you get involved, you ask? It's simple! Just send an email to John Wambombo at jwamb073@gmail.com, please spread the love.

Sunday Worship Services @10 am

March 6, 2022 In-person & Online

March 13, 2022 In-person & Online.

March 20, 2022 In-person & Online,

March 27, 2022 In-person & Online.

In-Person Sunday School every Sunday during service time.

Coming Events

Presbyterian college course:

Mar. 3, 10, 17, 24 @ 7-8:30 pm Via zoom

Ash Wednesday Virtual Service: March 2 @ 7 pm

Communion Sunday: March 6 @ 10 am

ACM: March 27 after the worship service

Virtual Church Groups

'Bedtime with Jesus' every Sat @ 7:00 pm

'Café Connections' every Fri @ 10:00 am

Prayer Time

Do you have a prayer request or a prayer of thanksgiving? prayer can be over the phone, in groups, or individually with Rev Reine or a member of the Pastoral Care Team, as well as on Zoom individually or in groups.

St. Tim's Pictorial

Karen O'Keefe our new
Office Administrator.
Welcome, Karen onboard!



Assembling the Lenten Jars

Do You want to know about St. Timothy's committees?

The Christian Education Committee

Members: Kelvin Lee (chair), Phoebe Gowdy, Marie-Therese Kamal, Vincent Makombo, Juliet Bosompem, Odila Clever, Erynne McPhee.
Rev. Reine Boghos (ex officio)

St. Timothy's Christian Education (CE) Committee is responsible primarily for the planning, operation, and evaluation of our church programs involving the Sunday School, youth programs, adult studies, and educational events. This involves recruiting and training Sunday School teachers and providing Sunday School material for their teaching. Church Services are created to involve the participation of children (Christmas Pageant) and families (Family Sunday). Bible Studies and special seasonal 'Devotionals' have been provided for adults. Membership classes can be provided to encourage young people and adults to join the church. Fellowship activities have been curtailed because of the pandemic but will be planned for the future. The committee would welcome your ideas and, above all, your participation in the areas listed (especially in the Sunday School where we are short of teachers for our children) and in serving on the committee itself.

