

Timothy Topics

April 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

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www.sttimsottawa.com

-Bible Trivia-

Which book contains a long passage about Onesimus, a runaway slave?

Find the answer on your own or wait for the next *Timothy Topics*.

Last issue's answers: Love

Minister's Corner Spring is here, and it's time to talk about fresh flowers. They bring color and life to your space, add a nice touch to any room, and make the perfect gift. If you are a proud grower of a flower garden, you'd probably cut some and take them inside to enjoy color and fragrance. However, one of the pitfalls is the short lifespan of fresh-cut flowers. Thankfully, there are easy ways and simple tricks to make your bouquets last longer. Here are my two cents to extend their longevity: before you put those roses in water, trim 1-2 inches off the end of each stem. And when you put them in the vase, it's important to remove any leaves that fall below the water line to prevent bacterial growth. Start with a clean vase and fill it with room temperature water. When you add ingredients like flower food to the water, make sure they are completely mixed and dissolved before you place the flowers. Change the water, clean the vase, and re-trim the stems every few days. Place your arrangement in a cooler room and keep them out of direct sunlight...With all that said and done, as you well know, cut flowers don't last long! At best, they can last anywhere from 7-12 days if properly cared for. In our daily life, when we stay away from our maker and sustainer, we become like cut flowers. At first, we're still able to shine and glow. Then, slowly, but surely our spirit and energy begin to run out. At that point, we start to look for quick and effective supplements, and does our individualistic and consumeristic culture offer a wide array of those? All kinds of substances, toys, and narratives come to our aid. But just like flower food, they boost but never sustain. Sooner rather than later we start to look for new toys, higher doses, and a different narrative to keep us going. If we stay on this course, the result can be catastrophic. Jesus said: **'I am the bread of life.'** Though he said these words just after feeding 5000 people, he did not mean the physical bread, but the bread of spiritual and mental renewal found only in what He, and He only, is able to provide. Accepting Jesus is a decision to believe and appreciate the gift of abundant life for -as He says- **'Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'** So, why does your life have to be a desert of meaning and purpose, when it can be vibrant fields with all kinds of bright colors and fragrances? Rev.Reine

In the rearview mirror



-On Sunday, March 13, Kelvin Lee presented the Storytime during worship service where he linked "the baking project for the family" with the ingredients needed for life, particularly, yeast for growth. Our Sunday school children had fun baking and learned an important lesson through this project.

- Sunday, March 13 also highlighted the new mission project, **SEMOH**, presented by the M&O committee. SEMOH is an association of 50 Presbyterian Women mostly made up of widows in the South Region of Cameroon. They are requesting a one-time financial injection of \$55 each to empower them to achieve some sort of financial autonomy. They believe the financial support requested will provide them with a solid financial platform where they can start and maintain a small business and be able to provide basic needs to their children and themselves. We appreciate your support of SEMOH. Donations will be received until the end of May through our website, www.sttimsottawa.com, using the DONATE NOW button and entering SEMOH. Contribution envelopes will also be placed in the pews. Let's share our many blessings with these mothers and spread Jesus' love. YES, WE CAN DO IT!

Looking forward



- Save the date! On Sunday, April 24 St. Timothy's will be celebrating its 65th Anniversary. How exciting! Don't miss this important occasion in the life of our church. Our guest speaker Rev. Grant Wilson, special music will be presented by our talented members & children. A big welcome to our newborn babies will take place during the service. **My story with St. Timothy's** will be a remarkable part of our celebration where we will get to know some interesting stories of how few members came to join St. Tim. Singing Happy Birthday with John W. and a nice fellowship (cake, coffee, tea) will follow the service. Invite your friends and join us.

Sunday Worship Services @10 am

April 3, 2022	In-person & Online
April 10, 2022	In-person & Online
April 17, 2022	In-person & Online
April 24, 2022	In-person & Online

Coming Events

Palm Sunday: April 10 @ 10 am
Good Friday: April 15 @ 10 am
Easter Sunday & Communion: April 17 @ 10 am
Anniversary Sunday: April 24 @ 10 am

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?
prayers can be over the phone or via zoom, in groups, or individually with Rev Reine or a member of the Pastoral Care Team.

St. Tim's Pictorial

Welcome our new born babies to St. Timothy's family

THE LORD BLESS YOU AND KEEP YOU; THE LORD MAKE HIS FACE SHINE ON YOU AND BE GRACIOUS TO YOU; THE LORD TURN HIS FACE TOWARD YOU AND GIVE YOU PEACE

Abigail Avari Yameogo



Liam Nsanzimana



**Baking the
Lenten Jars**



Get to know our St. Timothy's committees?

The Mission & Outreach Committee

Members: Molly Olshefsky & Linda Walker (Co chairs), Charlotte Craig, Michael Orock, Helen Lee, Marian Wardeh
Rev. Reine Boghos (ex officio)

The Mission & Outreach Committee supports the church's goal of spreading the Good News through mission projects and outreach programs. Activities include raising funds for selected charities, reaching out to the community, and responding to personal requests for assistance. Each year the Committee chooses, plans, and presents to the congregation various mission projects. Some are ongoing; some are seasonal, and some are special longer-term projects with larger financial commitments. One ongoing project is St. Timothy's long-time support of the Heron Emergency Food Centre with regular food and cash donations. The HEFC also receives the product from one of the nine church vegetable garden plots. The garden plots rented out annually represent an initiative of both mission and outreach. Seasonal campaigns help those in need in Ottawa through cash and in-kind donations for The Ottawa Mission and women's centers. St. Timothy's works with Caring and Sharing Ottawa to purchase and deliver Christmas dinner food hampers. The goal of the current special project selected by the Committee is the provision of seed money for small enterprises which will enable a group of women in Cameroon to generate income for their families. The Committee is also responsible for planning an annual Mission Awareness Sunday service. Outreach activities are varied and centered on many forms of communication. The Committee oversees the design and updating of the church website, Facebook page, and Vistas advertising which are important links to the community. The production of the monthly newsletter, Timothy Topics, provides a connection for all members of the congregation. Although limited by the pandemic, Mission & Outreach normally maintains a Welcoming Committee roster to greet newcomers, prepares printed church information packets, and contacts visitors. Planning for in-person Café Connections, a Friday morning time of fellowship and coffee at the church, changed to overseeing Zoom gatherings during the pandemic. Activities of the Mission & Outreach Committee are so varied that there is an opportunity and need for the involvement of everyone. The Committee thanks you for your faithful financial support of St. Timothy's mission projects. You are invited to consider serving on the Committee or assisting with any of the activities of special interest to you.

