

# Timothy Topics

June 2022 newsletter

St Timothy's Presbyterian Church  
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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.

## -Bible Trivia-

### Who was Paul with when he wrote the letter to Philemon?

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

Last issue's answer: Philip

**Minister's Corner** We all get tired! Our bodies get tired, our minds get tired, and most impactfully, our inner being: our souls get tired. When tired on the inside, it's all too easy to feel drained and overwhelmed. It becomes difficult to even enjoy the restful and happy moments in our life. When this happens, loneliness hits as our ability to connect with people around us declines. Pain and fear give us a small bubble to live in. And as we watch others from behind the thick walls of our solitude, we start to wonder: 'Why is this happening?' 'What can I do differently?' We become discouraged, and we turn our back to the world around us. Those symptoms can mainly be the result of running low on energy. As we eat with energy, travel with energy, work with energy and connect with energy, we also need energy for our soul, and this is not new to us! In our personal lab, where we let very few people in, we keep experimenting to find the right formula to keep us going. The fuel that can give us the motive to go through our days. We fail frequently. We mix all kinds of elements and components together hoping for the best, but they don't take us anywhere. Life is full of storms. Almost no day passes without a little wind or lots of it. Strong trees have strong root systems that give them the necessary energy to stand tall in the storms. In the same way, you need the right energy to help you face whatever life throws at you. You need inner energy and strength. We live our life fixated on resources, and we forget about the source. Behind the resource is the source. We connect our happiness and well-being to these resources making us incapable to see the full picture and the one behind it all: God, the creator, and giver of all good things. Connecting spiritually with God will give the much-needed energy to your soul. Difficult days will never cease to come, but you will have what it takes to become stronger, not weaker. You will thrive, not break. When the **Spirit of God** nurtures you, you will break free from your bubble, you will join many other beautiful voices and sing and praise the giver of all good things. Connect with God. Feed your inner being. *"For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind. 2 Timothy 1:7"* Rev. Reine

**In the rearview mirror**  - Christian Family Sunday was celebrated on the 8<sup>th</sup> of May 2022 where many families participated in the service. The theme was 'The Joy of Giving'. Adults and children were invited to active participation by indicating on a cut-out paper hand their commitment to an act of caring and giving. These hands are beautifully displayed on our bulletin board in the Main Hall. -June 5, 2022, was a special Sunday at St. Timothy's. Pentecost was celebrated & our Youth led the service. It was a joyful time with Bible readings, prayers, and music. Three new members: Marie, Caleb, and BulJowk were confirmed & welcomed to join our church family. Communion was led by Rev Reine. Refreshments and fellowship after were enjoyed by all. The children's voices excitedly calling out 'cupcakes' put a smile on all our faces. We are truly blessed.

**Looking forward**  Save the date! Garage Sale on June 11, 2022!! St. Timothy's Presbyterian Church invites you to its summer garage sale. Got items to sell? Tables are available starting at \$20 for 2 hours or \$40 for 5 hours. Time: 10 AM - 3 PM. Address: 2400 Alta Vista Drive Come one, come all! For more details please contact John Wambombo or Isaiah Nkunda.

**Congratulations!!!** Congratulations to you all on achieving the goal of St. Timothy's Mission & Outreach project to support the 'SEMOH- empowering women in Cameroon'. 50 women are now able to become providers for their families by starting a small business and having their own income. Yes, by the help of God, we did it.

**St. Timothy's Community Garden** The concept of a vegetable garden on the front lawn of the church was first discussed in 2016, and one garden plot was dug that year. One-third of the produce was donated to the Heron Emergency Food Centre, thus launching a community mission project which has continued each year. By 2018 the gardens had grown to six plots, and in 2021 three more plots were added for a total of nine. Currently, eight of the plots are rented by church families and community members, with the ninth being used to grow potatoes for HEFC. Rental fees cover the costs of tilling, compost, and water. The Mission and Outreach Committee of St. Timothy's is responsible for the operation of the gardens. In addition, the gardens are registered with Just Food, the organization which coordinates the network of community gardens throughout Ottawa. St. Timothy's Garden is also a visible presence in the community, visited by numerous local residents. This year has been declared "The Year of the Garden," a good time to reflect on the value of gardens of all kinds as providers of food for the body and the soul.

#### Sunday Worship Services @10 am

June 12, 2022 In-person & Online  
June 19, 2022 In-person & Online  
June 26, 2022 In-person & Online

#### Sunday school during the service

#### Coming Events

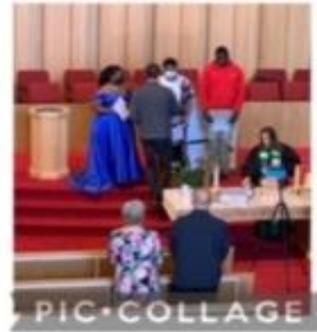
June 11 Garage Sale @ 10 am- 3pm  
June 9,16,23 Presbyterian College Bible course @ 7-8:30 pm

#### 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? Please contact Rev. Reine or a member of the Pastoral Care Team.

# ***ST. TIM'S PICTORIAL***

## ***St. Timothy's Youth Service***

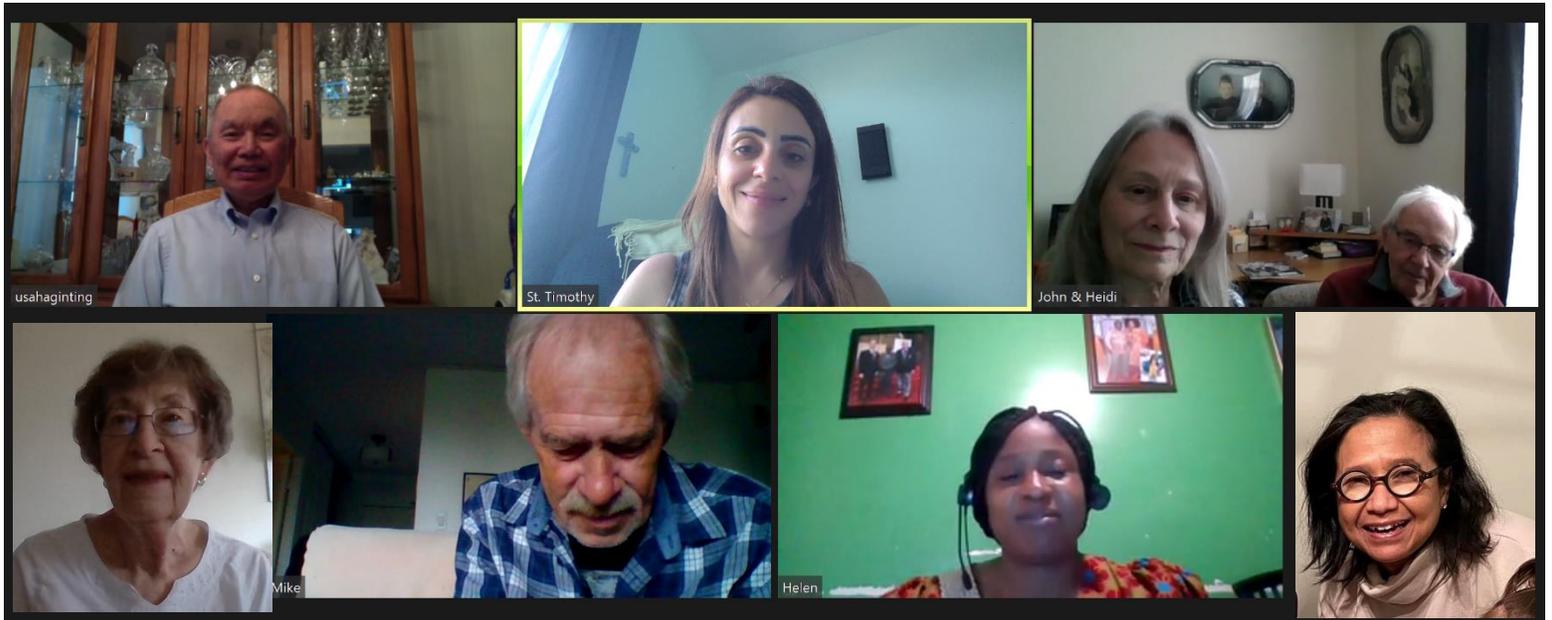


## **St. Timothy's Garden**



# Get to know our St. Timothy's committees?

## *The Worship Committee*



Members: Heidi Dyck (chair), John Dyck, Helen Orock, Asliena Ginting, Usaha Ginting, Mike Powel, Louise Thompson and Rev. Reine Boghos.

St. Timothy's Worship Committee, a standing Committee of Session, works with the Minister to provide worship opportunities and "offer praise and prayer". Some of these opportunities include Scripture readings, music ministry, decorating the sanctuary, the technical team, and Sound engineers. The Worship Committee appreciates the combined efforts of every volunteer and Committee member. We meet on the 4th Wednesday of each month, at 7:00 p.m. via Zoom. If you feel called to participate on our committee to assist in this Ministry, please contact Reverend Reine Boghos.

- Doug Simpson was a valued member and served as a chair of this committee for many years. The Lord called him home on the 11<sup>th</sup> of May, 2022. He will be missed during our meetings.



