

St Timothy's Presbyterian Church

2400 Alta Vista Drive, Ottawa

Sunday Worship Service @ 10:00 am

Do you want to meet the minister? Rev. Reine loves to meet with you, by appointment.

Do you want a link to participate online? Please contact the office.

(613) 733-0131

[sttimsoffice@on.aibn.com](mailto:sttimsoffice@on.aibn.com)

[www.sttimsottawa.com](http://www.sttimsottawa.com)

**Bible Trivia:**

**Who was the only female judge of Israel?**

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

Last issue's answer: Peter

**Minister's Corner:** Life is generous when it comes to difficulties. And if hardships continue for a prolonged period of time, a dark sense of helplessness can set in. 'There is something wrong with me', I start to think. From there, things can go downhill rather quickly, and before too long, the scariest thing can happen: we start to treat ourselves poorly!! Yes, it should raise many red flags if we treat ourselves in a bad way. Examples? We would recognize others' achievements, but we put ourselves down. The self-critic inside us will never give us a break. Our weaknesses and failures will always be front and center, but never our strengths and good qualities. Finally, we develop a silent sense of inadequacy and not being happy with ourselves, and it becomes easier to be our worst enemy than to like who we are. At that point, it's hard to feel at ease when you have a pervasive feeling that, in some fundamental way, you're not OK. We might verbally abuse ourselves, self-neglect, or abuse substances that harm our bodies. The bottom line is: it's hard to see yourself as someone of value and worth knowing and loving if the one person you're always with—yourself—treats you badly. This might be true about you or someone you love and care for. Feeling helpless to change how you treat yourself is really painful even if it was only a verbal abuse. We all need to be picked up at some point and be shown our true value and worth. The old saying goes: if you don't love yourself, who else will? Well, **God does**. You are a beloved son of God. You are a precious daughter of the most-high. Don't abandon yourself for God would never do! **For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"** Romans 8:14-15 Rev. Reine

**In the rearview mirror:** World Communion Sunday was celebrated at St. Timothy's on October 6, 2024.

With the church around the world, we celebrated the sacrament of Holy Communion. It was a pleasure to have Rev. Tom H. co-officiating. The highlight of the service was baptizing one of our regular attendees and accepting new members into the family of our church. What a joy! Welcome Daizy-Clay Che & Jesse Sheehan to St. Timothy's.

- As part of our Thanksgiving celebration at St. Timothy's, two members shared their testimonies 'how to be thankful for the ordinary', which is usually taken for granted. Rev. Reine's message showed how "Christian Thankfulness" is established on the faith that God is with us and Jesus is the manna that comes from heaven.

The Singing Saints blessed us with their performance "Give thanks". Also, we gave thanks to have two-month-old Baby Lloyd visit St. Timothy's for the first time. We are grateful for God's gifts and His many blessings and we pray for peace to prevail all around the world.

-Another mission project complete! Thank you, St. Timothy's congregation, for your faithfulness and commitment to the work of the Gospel domestically and around the world. We surpassed our financial goal in support of the global body of students in the Presbyterian college in Montreal; a great place to learn and grow in the spirit and academia.

**Looking forward:** Save the date! Exciting news at St. Timothy's on November 16, 2024. St. Timothy's Bazaar is fast parching and you are all invited to be part of this church/community event. Come and enjoy the different items provided: yummy home baking & deli, books, crafts, silent auction and Miscellaneous Items. Buy your tickets to enjoy a nice fellowship over lunch. This is a great way to connect with our church family and the wider community around St. Timothy's. Time: 10:00 am - 2:00 pm, Ticket price: 15\$ for adults & 10\$ for kids available via the church office, 613 733-0131 or [sttimsoffice@on.aibn.ca](mailto:sttimsoffice@on.aibn.ca) or Marian Wardeh at (613) 859-3222, [marian-wardeh@hotmail.com](mailto:marian-wardeh@hotmail.com).

- Session Sunday will take place this year on November 17, 2024. The service will be led by our elders at St. Timothy's.

- All our Sunday school children are encouraged to join the Christmas Pageant as the practices will take place every Sunday during Sunday school time. Don't miss this joyful event in the life of your kids.

**Sunday Worship Services @10 am**

November 3,10,17,24

Sunday school during the service

Youth group Nov.3, Nov.24 after service

**Coming Events**

Café Connections, Friday Nov.8	@ 10:30	am
Remembrance Sunday Nov.10	@10 :00	am
African Chorus Nov.10	@ 10:00	am
St. Timothy's Bazaar Nov.16	@10	am
Session Sunday Nov.17	@ 10	am
Agape gatherings Tuesday Nov.26	@10:30	am

Bible study Wednesdays @10 am

Craft Group, Mondays @ 2:00 pm

Prayer Time: Do you have a prayer request or a prayer of thanksgiving? Please contact the minister or Pastoral Care Team.



# St. Tim's Pictorial

