

# Timothy Topics

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.

Feb. 2025 newsletter.

(613) 733-0131

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

## Bible Trivia

Finish the verse:

'Blessed are the peacemakers...'

Last issue's answer: Elijah, James 5:13-18

Minister's Corner: Self-interrogation/self-examination is a process of introspection where we pause to evaluate our thoughts, emotions, behaviors, and motivations. Both science and Christianity emphasize the importance of self-reflection recognizing it as an essential tool for personal growth and emotional well-being. Through self-examination, we gain awareness of our thought patterns, improve emotional regulation, and develop behavioral insight. Such practice fosters self-awareness, emotional intelligence, and resilience, allowing us to live in greater harmony with ourselves and others. From a Christian perspective, self-examination is more than just a tool for self-improvement—it is a deeply spiritual discipline rooted in Scripture, prayer, and repentance. It is about aligning our lives with God's will and growing in holiness. The Bible repeatedly calls us to examine our hearts and motives. As 2Cor 13:5a reminds us, "Examine yourselves to see whether you are in the faith; test yourselves." This reflection is not simply an exercise in self-criticism but an invitation to deeper communion with God. Self-examination also leads us to confront our brokenness, allowing God to reveal areas in our lives that need transformation. The psalmist prays in Ps 139 Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Through such prayerful reflection, we open our hearts to God's guidance, allowing Him to refine and shape us according to His will. Rev. Reine

**In the rearview mirror:** We started Advent Season on Dec. 1st. at St. Timothy's in a special way. The Baileys lit the candle of Hope. The Singing Saints performed a beautiful hymn "Let there be love" that we all enjoyed. Communion was co-officiated by Dr. Tom H. & our own Rev Reine. Rev Tom used the Communion Set of Padre David Gowdy, honoring the ministry of Flight Lieutenant (F/Lt) Rev. Dr. David Gowdy Th.D., the Father of St. Timothy's own David. 2<sup>nd</sup> Sunday of Advent: as you got to our sanctuary, you were greeted by the newlywed couple Mr. & Mrs. Sheehan. the Ginting Family led our call to worship and lit the candle of Peace. Praise time was special with Christmas carols at the beginning of the service. Helen O. performed a beautiful hymn that was enjoyed and the African Chorus with their upbeat rhythms sang 2 beautiful hymns. Kathy S was very creative in leading the story time to our children. - Anna & Kelvin Lee led the call to worship on Dec.15 and lit the candle of Joy. We were blessed to have Rev. Tom H. singing a wonderful hymn "In the bleak midwinter" along with our organist Louise T. Also, the singing Saints with their Joyful rhythms sang "Joyful, joyful", a hymn that we all enjoyed. The highlight of the service was the part of the Praise Dance by Michelle & Azaliah who performed very nicely. Big thanks go to Olivia B. for her time with the girls. After the service, many of St. Tim's young families joined for a fun activity of making Gingerbread houses. Joy and laughter filled the place. Pizza was enjoyed by all. As part of our mission to spread God's love, we distributed 20 Christmas Hampers to families from the church and the community. -On Dec. 22, The Boghos family lit the Candle of Love. Afterwards, Juliet B. sang a beautiful hymn & the Christmas Story was told by St. Timothy's Children. What a blessing to see our little ones on the stage. -Christmas Eve Candle light Service at St. Timothy's celebrated the birth of the Messiah. We listened to the Christmas Story, followed the drama and sang the joyful Carols. Holy communion took place during the service. -On Sunday, 12 January 2025, St. Timothy's family celebrated the 6-year anniversary of Rev. Reine's Service as our minister which has proved to be a time of dedication and deep caring for her St. Tim's family. Thank you, Rev. Reine! Some of our members who joined the coffee time enjoyed the fellowship fun and cut the cake together. **Looking forward:** save the date! The African Chorus would like to invite all to join the annual Black History Special Worship Service on February 16, 2025. As usual, there will be a get-together after the worship service, featuring exotic international cuisine. Let us praise God in song and dance and have a taste of Africa as well.

### Sunday Worship Services @10 am

February 2,9,16,23

Sunday school during the service

Youth group Feb. 2,23 after service

### Coming Events

Café Connections Feb. 14,2025 10:30 am

Black History Service Feb 16,2025 10 am

Agape Gathering Feb.25,2025 10:30 am

Bible Study, Wednesdays 10 am

Craft Group, Mondays 1 pm

Do you have a prayer request or a prayer of thanksgiving?

Contact the minister or Pastoral Care Team.

# St. Tim's Pictorial



