

What's Happening at St. Timothy's!

Looking back...

Rally Sunday – good times and great eats were had this past Fall by members of all ages!



Women's Fall Retreat – the women of St. Timothy's spent a wonderful weekend together in November.

St. Timothy's Annual Christmas Bazaar – holiday treats were enjoyed, crafts purchased and silent auction items bid on at the annual event which raised close to \$3,000. Thank you to everyone who contributed to the great success of this year's event.



Upcoming dates to remember:

- December 1-31 - invite a friend to St. Timothy's month!
- Sunday, December 1 – First Sunday in Advent
- Sunday, December 8** - St. Timothy's 2013 Advent and Christmas Pageant
- Sunday, December 15 – White Gift Sunday for the Salvation Army
- Tuesday, December 24 – Christmas Eve Family Service at 7pm

Session Christmas Outreach:

Our church is supporting two immigrant families, living in the Falby Courts Apartments. Each family has two boys - ages 3, 4, 8 and 9. Donations can be made through the church envelope marked "Immigrant Families Christmas". Thank you for helping to make this a magical Christmas for these families.



From the treasurer Myra Darling:
As of the end of October, we have a budget shortfall of \$2,938.91.



News 'n' Views of St. Timothy's



"The Church with a friendly welcome"

THIS IS A LEADING WITH CARE CHURCH

St Timothy's Presbyterian Church
97 Burcher Road, Ajax ON L1S 2R3
Minister: The Rev. Dennis Cook
www.sttimothysajax.com

ST TIMOTHY'S MISSION STATEMENT

We of St Timothy's as part of God's Family, gather together in the love of Christ to worship God and to celebrate, with joy, and thanksgiving, our faith in a caring, responsive and loving way. As individuals, we are willing to reach out with our gifts, talents and time to those around us as we share God's love through our actions and our words.

FROM THE MINISTER



As I was pondering what to write about I came across an illustration that works far better in print than orally in a sermon. It came from a friend in Mississauga and, as far as I can tell it's by the famous philosopher, Anonymous. I had never seen it before and thought it was worth sharing with you in written form.

It's called "Live Right":
HATE has 4 letters, so does LOVE.
ENEMIES has 7, so does FRIENDS.
LYING has 5, so does TRUTH.
HURT has 4, so does HEAL.
FOOL has 4, so does the WISE.
NEGATIVE has 8, so does POSITIVE.
FAILURE has 7, so does SUCCESS.
UNDER has 5, but so does ABOVE.
SAD has 3 letters so does JOY.
ANGRY has 5 letters so does HAPPY.
WRONG has 5 letters so does RIGHT.
DEVIL has 5 letters so does ANGEL.

Are they by coincidence?
Be Wise, choose the words on the RIGHT and Live Right.
A good reminder, I think, about the choices we can make in life.

Yours in Christ,

WELCOME to the Fall/Winter issue of the St. Timothy's Presbyterian Church Newsletter! News 'n' Views is published twice a year: Spring and Fall/Winter. This is your newsletter. Please send any suggestions and/or contributions to: Stephanie Randolph at steph_maccormack@yahoo.ca
Your News 'n' Views Committee: Carol Ann Hall, John Hall, Ruth Nelson, Stephanie Randolph, Anne Stevens, June Stevenson, Norm Terry



A Perfect Gift For Christmas

by: Susan Y. Nikitenko
December 20th, 2010

Tired, weary from trav'ling;
Homeless and on their own.
Needing so, a place of rest;
They felt so alone.

Mother with child, suffering;
Needing a place to lay.
The new born king would come;
Born to the world that day.

No room was found in the inn;
No shelter from the night.
But God provided a star;
And many followed the light.

Though it seemed a need unmet;
God provided that day.
A stable, a manger bed;
And a soft place to lay.

He sent angels to shepherds;
To announce this great birth.
A birthday celebration;
The day God came to earth.

Emmanuel was His name;
The Christ, the new born King.
Jesus, promised child of God;
A perfect offering.

God provided the angels;
God provided the praise.
Glory to God in the highest;
The greatest of birthdays.

If God so celebrated;
The birth of Christ the King.
If angels glorified Him;
And many heard them sing.

God provided the angels;
God provided the praise.
Glory to God in the highest;
The greatest of birthdays.

If God so celebrated;
The birth of Christ the King.
If angels glorified Him;
And many heard them sing.

If wise men followed the star;
Baring gifts of great worth.
Should we not celebrate;
The day that Christ came to earth?

Is He not worth the honor?
For He was born for us.
Wasn't He a beautiful gift;
A perfect gift for Christmas?

Our lights and our candles;
Our carolers praising.
Our pageantrics of Christmas;
Our instruments raising.

The bells and the whistling;
Joyful songs always sung.
And Christmas decorations;
Swooping, twinkling and swung.

The evergreen and it's lights;
The Christmas story read.
A birthday celebration;
A cake of gingerbread.

If wise men followed the star;
Baring gifts of great worth.
Should we not celebrate;
The day that Christ came to earth?

Is He not worth the honor?
For He was born for us.
Wasn't He a beautiful gift;
A perfect gift for Christmas?

So what is spirituality compared to religion? Spirituality is the connection to oneself and a higher power, while religion is the structure, rules, and rituals used to connect to a higher power. Spirituality is a direct connection, but structure is sometimes needed as a stepping-stone in order to connect. In that way, religion can help us begin on the path towards spirituality.

So, how do we connect to our spirit in order to follow through with our New Year's resolutions? Here are five simple suggestions:

- 1. Listen to your intuition.** Often, when we have a gut feeling, it is a nudge from the Universe to take steps in the direction we are meant to be moving. Take some quiet time for 5 to 10 minutes each day in order to hear the messages your intuition is trying to send you. Then, set goals that are based on this intuitive guidance. Continue taking this quiet time, not only to set goals, but also to stay on track to meeting those goals by staying connected to your spirit.
- 2. Visualize your goals.** Create a "vision board" or collage of your goals by putting words, phrases and pictures on a poster board. Document your intuitive guidance on this vision board and keep it in the place where you have your quiet time each day. This will help you stay focused on the goals and visualize them coming to fruition.
- 3. Have faith.** Listening to your true desires can bring up many fears (e.g. of failure or success), which can be another reason why following through on New Year's resolutions is a challenge. How do you get past the fears and doubts that may be holding you back from making life's needed changes? By connecting with spirit, faith and courage. This allows you to begin taking the risks you want to take, knowing the Universe will keep you safe.
- 4. Have a support group.** Spend time with like-minded people who are also trying to connect with their spirit and achieve their spirit-centered goals. By being able to discuss your spiritual goals with others, you are much more apt to stay true to those goals and work towards them.

Start with some quiet time today to hear the right resolutions, and then take baby steps to begin implementing them.

-Monica Thakrar, Life Coach

***“Christianity is meant to be bread for daily use,
not cake for special occasions.”***

-Anne Stephens



Spirituality and New Year's Resolutions



With New Year's almost upon us, resolutions are something to think

about. Year after year, we make resolutions with such earnestness, only to see them falter after only a month or two. The longstanding question remains: How can we truly follow through on our New Year's resolutions?

One way to be able to stay true to our resolutions is to become better connected with our spirit. What does that mean? It means understanding our soul's desires and moving towards them. Often, we set goals for ourselves that are in line with what our mind or society tells us we should be doing - eating better, exercising more often, controlling our finances, spending more time with family and friends. But if these goals are not aligned with our spirit's desires, we will not be able to effect true change in our life.

Achieving goals and sustained change are truly an inside-out job. Spirituality plays an important role in allowing us to become more connected with ourselves and with something higher than us. When we are thus connected, we make decisions for our greatest good and ones that help us reach our highest potential. When we are aligned with this potential, there is not as much internal resistance within us that will prevent us from reaching our goals.

Dennis' words touched us all. In his charge to Barry, Dennis was also bearing witness to his own experience of life as our minister, and instructing each of us in the calling stated on our weekly bulletin: **Ministers: the Rev. Dennis Cook and all those in the congregation.**



Reverend Barry Carr, now gowned, gave the Benediction. The celebration continued with cake and congratulations in the Catherine Smyth Fellowship Hall.

Rev. Carr is now minister of the 2 point charge of Ottawa-Carleton and Almonte Presbyterian Churches. May God bless you and your ministry, Barry.

-Ruth Nelson

Photo's by: Terry Nicholls

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Jean's Psalm

This fall's Bible Study topic is Prayer and Worship. Our first Wednesday morning session began with the reading of Psalm 41: *As the deer longs for flowing streams, so my soul longs for you, O God...* and then posed the question: *What emotions does this psalm evoke and how does the water image the psalmist uses fit with your own experience of longing for God?*

Jean Cairns' response gifted us all. In moments of great stress, the shower is her go to sacred meeting place, where the flowing water soothes her soul. The question reminded Jean of a prayer she had composed a while back and uses daily.

Meet me in the shower, Lord,
Where I can shed my tears.
As they mingle with the water,
Please take away my fears.

I know that You are with me
As I journey through my life
You're with me when I'm happy;
You're with me when there's strife.

So please meet me in the shower, Lord,
Where I can be with You;
And with Your grace and love, Lord,
I can see this journey through.

The session ended with the suggestion we write our own psalm. It was then the group recognized Jean had done just that. Thanks for sharing your psalm moment with us, Jean. It encourages us to look for our own.

-Ruth Nelson

A Quiet Place©

By L. June Stevenson

There's a quiet place inside me
In the centre of my soul
And it all began in Bethlehem
Two thousand years ago.
When a baby born of Mary
Came to be the Prince of Peace
And his sword was just an olive branch
That every war may cease.

There's a brilliant star above us
And the kings are on their way
Shepherds tread the stony hillside
While the lowly donkeys bray.
In the silence angel voices
With great glory fill the sky
And the night becomes a symphony
To God's eternal light.

In the quiet place inside me
Dwells the essence of my Lord
Who gave light to those in darkness
Through the living of the Word.
He will dwell within each spirit
Till the world shall be no more
When all war shall cease and we know peace
For now and evermore.

The above song with words and melody was written by L. June Stevenson for the Christmas Pageant in December 2012 at St. Timothy's. This year harmony has been added and a piano accompaniment. June has dedicated her Christmas song to the Young Singers who will perform it at their annual Christmas concert on December 7 at 3 p.m. Tickets are available on line: www.youngsingers.ca or ask June.

Barry's Day

July 14, 2013, 7pm, St Timothy's hosted the ordination of longtime family member, Barry Carr. The occasion brought to fruition years of soul-searching, risk-taking, leave-taking, study and hope.



The service was long and lovely. Long, because of all the important declarations that belong in such a significant, public commitment. Lovely, because of the warmth,

wisdom and talent of the participants.

Diana Carr's solo, **I Choose You**, echoed in song the commitment her dad was making. Reverend Gordon Beaton's sermon, using the vine and branches image from John 15, reminded us of our place and purpose in the world. As interim pastor, Reverend Beaton's gentle care bridged the gap between ministers at St. Timothy's 12 years ago.

Reverend Harry Bradley, Moderator, conducted the Ceremony of Ordination. The

Preamble described the Presbyterian Church in Canada's understanding of Christian Ministry and was followed by: Questions to the Ordinand, Prayer of Ordination, Declaration, Right Hand of Fellowship, and Signing the Formula.

Rev. Dennis Cook gave the Charge. From a Gospel Bag he pulled items reflecting the 5 senses, each with a corresponding exhortation:

- See** Jesus in the people you minister to, no matter what they look like.
- Listen** to and for God. Be open to God's presence.
- Touch** lives. Offer the love, care and grace of Christ.
- Taste** the support of fellow clergy. Over coffee, share victories and struggles.
- Smell** the roses. Take time to rest, relax, refresh.



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St. Timothy's Eats

One thing that is said about church people, and certainly applies to St. Timothy's, is that we like to eat. Sunday evening, November 3, the men who participate in the Men's Breakfast on the first Saturday of each month, showed their appreciation of the ladies of the congregation. Spouses were also invited. The various men dressed in white shirts with black bow ties, and carrying a towel over their arm, catered to the needs of the diners. Although the meal was served buffet style, the men were there to make sure everyone had a drink, enough to eat, proper cutlery and graciously waited until others had finished to have their meals. All the women would agree that being served a home cooked meal and having the dishes cleared up and washed was a real treat. What was amazing was the excellence of the food provided which included shepherd's pie, lasagna, Caesar salad, buns, lemon meringue and apple pie, jello and rich chocolate cake. If you missed it, watch for an encore next year!



The next evening, November 4, many of St. Timothy's congregation dined at Boston Pizza at Salem and Hwy 2. Servers for the first sitting were none other than Dennis Cook, and wife Eileen was hostess. They did a fine job and the meals were great. A percentage of the proceeds, which amount to \$127, went to St. Timothy's. Thanks to Boston Pizza for their generous gesture and for all who supported the event.

- June Stevenson