



St. Timothy's Gazette Easter 2010

Our Vision:

St. Timothy's **Vision** is to be a nurturing, biblically-based community growing Christ's Kingdom.

Our Mission:

St. Timothy's **Mission** is to
Go out into the North Shore community to
Gather all ages into Christian fellowship,
so that we may

Glorify God in worship,

Grow to become more like Jesus Christ, and

Give of our time, talent and treasure to serve others.

Phone: 604 908-HOLY (4659)

**Mail Address: #908-1641 Lonsdale Ave.
North Vancouver, BC V7M 2J5**

**Services held at Lynn Valley Recreation Centre
www.st-timothy.com**

Table of Contents

Message from our Priest the Rev. Ken Bell	3
St Timothy's Values.....	4
ACiC Update.....	6
From the Withrows.....	6
Wardens' Update	7
Reports from our "G" Leaders	
Go Report	9
Gather Reports	10
Grow Reports	12
Prayer of Examen.....	16
Five Finger Prayer	17
Great Big Bible Challenge	17
Parishioner Profile: Chloë King	21
New Members.....	23
St Timothy's Church Calendar	23
Church Council List.....	24

St. Timothy's Anglican Church
Sunday Services at the Lynn Valley Rec. Centre
Frederick and Mountain Highway, North Vancouver
First Sunday: Prayer Service at 9.15 a.m.
 Matins at 10 a.m.
Other Sundays: Holy Eucharist at 10 a.m.

Sunday Sermons are available on our website

Message from the Rev. Ken Bell

Advent is the season of light because it marks the birth of Christ, the time when the light of the world came into the world in the fleshiness of humanity. One of the ways we mark the season of light is by lighting one new candle each week and then finally the Christ candle on Christmas Eve. Brighter and brighter week by week.

In contrast, Lent is the season of darkness; darkness, because each day takes us closer to the day when the light of the world dies. We mark the increasing darkness by extinguishing one candle each service in Lent until, finally, on Good Friday the Christ Candle, lit at Christmas, is put out.

This journey into the season of darkness began with the symbol of ashes, and the contemplation of our death, "Remember that thou art dust and to dust thou shall return". It is a time to consider our sin and our need for repentance, a time of prayer and fasting, of self-denial and humility and a time to meditate on the Word of God.

I always find Palm Sunday a little jarring, out of place, even contradictory to the season as well as to itself. It seems, at one level, that we are joining the mistake made by the people the day Jesus entered Jerusalem for the last time. We sing, "Hosanna, Hosanna in the highest! Blessed is he who comes in the name of the Lord", making way for the king. And yet we know that this is not a triumphant entry. Rather it is the entry to the road marked with suffering.

Thursday comes and only the faintest of light still flickers in the darkness as our Lord breaks bread for the last time with his disciples. First

he takes on the role of a servant and washes the feet of his followers. Yahweh Almighty washes my feet! And then he takes the unleavened bread, matzah, striped and pierced. This is the bread of affliction... 'but he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him and by his stripes we are healed'... 'and they shall look upon me whom they have pierced, and they shall mourn for him as one mourns for his only son'. "This is my body which is given for you". Then after the meal Jesus lifts up the third cup of the Passover, the cup of redemption, symbolizing the blood of the Passover lamb, whose blood smeared across the doorposts protected the children of Israel from death, "This is my blood of the new covenant which poured out for you, to redeem you from your sins".

After that they head into the darkness of the night. In the darkness the light of the world is left alone to suffer; he is betrayed, arrested and abandoned. In darkness the serpent falsely accuses him, beats and mocks him and then turns him over to crucifixion and death. When we awake on Friday morning it is all but done. Everything took place in secret out of the light and away from truth. Now all we can do watch. The crown of thorns mocks him, the cross lifts him up, the nails hold him, and my sin kills him. 'When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and breathed out his spirit'.

Over these few hours the sun does not shine, darkness covers the earth as the light of the world fades and then goes out.

Lent is the season of Darkness!

But Easter is the season of Joy!

Early in the morning, before the sun is risen, beloved Mary Magdalene, the one from whom Jesus had cast seven demons, is running toward the tomb. He has been alone since sundown on Sabbath, no one to sit with him or to properly prepare him. As the sun slowly rises over the city she notices the stone is rolled away and the tomb is empty. Mary, already grieved, is confused and panics and then begins to weep. "Mary," a gentle voice says. He calls her by name, she who was wildly searching for his dead body. Yet it is Jesus who finds her. There is such love and tenderness in his voice as he speaks our name. And we find Jesus the same way Mary found him, by getting found by him.

The sun is risen, the light of the world has returned. Mary runs as fast as she can back to the disciples, "I have seen the Lord! He is risen! Alleluia!"

Easter is the season of joy because darkness cannot contain the light of the world. Easter is the season of joy because he defeated death, he is alive.

Easter is the season of joy because the lamb who was slain now sits on the throne at his father's side.

And Easter is the season of joy, because he finds us and call us by name, and he eats breakfast with us and he says 'Come, follow me and meet your heavenly Father. All is forgiven'.

And Jesus said, "I am the light of the world. Whoever follows in me will not walk in darkness, but will have the light of life."

Happy Easter!

Your Fellow Servant in Christ

ken bell+

St. Timothy's Values:

Back in October, at our annual council retreat, we decided this year would be a good time to look again at the vision, mission and values which have helped shape St. Timothy's over the past six years. Are we still committed to these? Are we living them out? Are there things that have changed, which might necessitate a change in one of these core areas?

We decided to begin with an examination of our seven values, since what one values tends to shape everything else, (action, direction, policy, vision). As we examined them, we all agreed that we do still value those things which the original leadership team set out almost six years ago. We also agreed that for the most part we are living up to those values and that they are reflected in the life of St. Timothy's. However, as we discussed what makes St. Timothy's special, we realized that there were a few things which, as a community, we have come to value even though they were not articulated at the outset.

To guide us through this exercise we also looked at the values of the Anglican Mission (and ACiC). There we discovered some values which we agreed with, but which were not well articulated in our current values.

After prayer, discussion, consideration (and more than a few edits) we have come up with a renewed set of values which we believe more accurately reflects what St. Timothy's holds as important.

- **Life in Christ:** We value being corporately and personally committed to a transforming life of faith in Christ.
- **Scripture:** We value the God-inspired (literally God-breathed) bible, believing that, through its study, we will become closer to God and more like Jesus Christ.
- **Living Faith:** We value living our day-to-day lives in a manner that expresses the loving and longing heart of God for those who are lost, hurt and disheartened.
- **Gathering:** We value the importance of relationships in the church whereby we gather together in love, support and care for one another out of our love for Christ and his love for us.
- **Prayer:** We value the ability to communicate directly with God through community and individual prayer believing that God listens to the prayers of his children.
- **Children & Youth:** We value the provision of spiritual leadership for children and youth, believing that they are an essential part of our community, bringing joy through their presence.
- **Worship:** We value honouring God in worship through services that are liturgically and theologically consistent with the Book of Common Prayer and Anglican heritage.
- **Music:** We value the use of music in our services as an inclusive,

unifying, and uplifting way for all ages to praise God.

- **Serving:** We value active participation in our church, believing that the talents and treasures God gave to each of us are meant to be used in his service for the sake of others and that, in serving together, we enjoy the deepening of our bonds of affection and concern.
- **Giving:** We value the offering of resources and other assistance to the people of the North Shore and throughout the world, believing that we are called to offer support, care and comfort to those in need.

We hope you agree that these values honestly represent who we are and who we are called to be as part of the body of Christ. If you have any questions or would like any clarification please feel free to speak with anyone on council.

Your Servant in Christ.

ken bell+



Anglican Coalition in Canada
Excerpts from our Network Leader's Update

First, we have just recently heard that the Primate of Rwanda, the Most Rev. Emmanuel Kolini, and the Primate (ret.) of South East Asia, the Most Rev. Yong Ping Chung will most likely be visiting Vancouver sometime in May. We are absolutely delighted by these plans and plan to have a great celebration, to which you will all be invited. We also intend to plan an evangelistic event during this time, so that many people might hear the Gospel—some we hope, for the first time. Keep your ears to the ground, and we'll keep you updated as details are confirmed.

Second, through God's grace we have been able to book the Chairman of "the AM" (The Anglican Mission in the Americas) the Right Rev. Chuck Murphy and the AM's music coordinator Andy Piercy to visit us in October of this year. They will be with us in Vancouver from Thursday 14th October to Sunday the 17th. Our plan is to have a four day Mission. Again, this could be a wonderful opportunity to increase the profile of the ACiC and to lead many people to Christ. Please pray for these plans. We'll keep you in touch as more details come to light.

Finally, I have one request for you as your new Network Leader. The new National Leadership Team is convicted about the continued need for prayer. To that end, I

would like to encourage you to make a commitment to pray as often as you can. Join our new Bishop Silas in his blog (<http://bishopsilas.blogspot.com>) and pray with him as you do your devotions. Organize prayer meetings, start new ones. Find new ways to bring prayer—with others—into your everyday lives.

Make prayer intentional. Let 2010 be known as the year of prayer! Without prayer, powerful, effective ministry won't happen.

Rev. Peter Klenner

To our family at St. Timothy's,

It has now been over a year since we called St. Timothy's our home. We are reminded as Savannah grows ever bigger and smarter the distance that time and geography bring. But we are reminded of your love for us and your concern for our ministry here through your prayers, emails, financial support and the occasional visit. I wanted to send a brief update of what is happening at the Table and with our family.

We are in awe of what God is doing in our midst here as our Sunday afternoon Prayer Service has grown to over 40 in average attendance in the last 6 weeks. Also, we are pleased to report that we have had close to 50 people come through the doors on Tuesday nights for our "Table Conversations". This group has attracted atheists, agnostics and other "unknowns" to engage in fun, engaging and graceful conversation over the "Top 10 New Years Resolutions of All Time" (10 Commandments!). The reality is that most who come are not drawn to winning an argument but rather to the community which has Jesus at its centre. Many have said plainly to us that they love the community feel and knowing that they are listened to and valued. A

small handful of these have started coming to our prayer services.

I also work part time at an ANiC church in Langford called Open Gate. There I run the Sr. youth program and have begun a young adults group on Monday nights. With both groups we are studying the 10 commandments and learning to see God's love and care through his given boundaries. Studying the "Big Ten" has revealed many idols in our lives as we have discovered all the commands centre around trusting God as our ultimate hope and salvation.

As I write it is Savannah's first birthday! We are so thankful for this year and the new experiences we have been blessed with as new parents. Katie and I are looking forward to May 16th when we will be able to visit you all and worship with you. Know that we think of you often and recount the ways in which you have and continue to bless us here. You are in our prayers!

In Christ,

Rev. Andy Withrow

email: andy@tablechurch.ca

To receive email updates on how to pray for

The Table: info@tablechurch.ca

web: www.tablechurch.ca



Wardens' Update – Easter 2010

Another AGM, another year, and what have we learned? Reflection is an opportunity to count our blessings and give thanks, an opportunity to see what God has done in our church community and to try and discern where the Spirit is leading us. As +Ken noted at our last council meeting, we can decide where and how we want to go and hope that the Spirit follows; or we can follow the Spirit and allow Him to lead. He is leading, how will we respond?

We have been so fortunate with the time and talent given by our membership. Every single person at St. Timothy's is valued and treasured by our church community. In some part that is likely because there are so (relatively) few of us and we all know the fragility of our community's existence. And is it not the nature of people that when existence is fragile, when the odds are overwhelming, that is when we can most easily and comfortably put our trust in God? So then as God responds to our prayers and we grow and become a more solid, financially resilient, self-confident community we should perhaps also pray that we remain comfortable with putting our trust in God and allow Him to lead us. Keep us humble, we pray.

We have been blessed with our staff. In 2004 +Paul Carter joined us and also Rita (then Wang) Seiki who started our Youth Ministry October 17th that year. Also that year +Ken committed to train as Deacon. He was ordained in August 2005 which was a big year for us. It was in 2005 that we established the Vision Fund to build financial provision for our next property arrangements, this in order that when God leads us out of the Rec Center we

are ready to follow. We also established a strong relationship with our sister diocese giving a \$4000 contribution to the purchase of books for the library at the Theological College in Kigali. In 2005 we established six home groups for fellowship and study and this has evolved into our current "small group" program. These groups are so important in knitting our community together. We set out goals in 2005 and these were:

- Become well known and relevant on the North Shore,
- Have all our members impassioned to declare their faith,
- Improve and expand our Worship experience,
- Foster our family atmosphere in social events, and
- Help others locally, nationally and internationally.

More specifically, we suggested the goals for St. Timothy's to:

- Be servants within our North Shore community to seniors and others,
- Hire a ministry coordinator to create, organize and run programs for an emerging ministry such as 55+, single parents or children,
- Have everyone involved in a small group and to nurture all our members (children, youth and adults) to go deeper in their faith and to share that faith with others,
- Improve our Music/Worship experience by hiring a choir director/organist/pianist,
- Expand our social events with members bringing friends, while maintaining the family feel,

- To identify and adopt specific outreach projects locally, nationally and internationally and allocate 10% of our offertory to those projects and emergencies as they arise.

How do we see ourselves measured to those goals? Many people will have many answers and when Rita had to step down as Youth Pastor due to work and new-baby-at-home pressures, we were very fortunate to obtain the services of Eric Park as our new Youth Pastor in early 2007. And it was at that time we were blessed with Angela coming to us and taking charge of our church music as Music Director. We certainly have adopted specific outreach projects in all areas and do allocate a tithe of our offertory to those projects and arising emergencies. But what about addressing emerging ministries within our parish? What does that look like?

As with life, there are different needs for worship at different ages. What are the different ministries and how do we address them? The needs of children are very different from the needs of the aged in terms of their shared worship. The different areas can be defined in part by age and experience. Nursery is required, but more for the nursing mothers than for the babies. Then there is Sunday School, Youth Group, Small Groups and Pastoral Care with the Prayer Ministry spanning all of these. Sunday school likely has some sub-categories as when older and younger children need different approaches to their lessons and will need to be split up. As our youth ministry matures there will also need to be separate junior and a senior youth groups. And what then, for that age group? What about a "Career and College" group? How does all this fit in our current venue? Where is God leading us?

There is always more work to be done but most would agree we do very well for our adults with our small groups worship and study program. We have a hard-working and dedicated Pastoral Care Ministry and the same can be said for our Prayer Ministry. Nobody can possibly have missed the blessing of all the new babies in the last couple of years and more on the way. This is certainly an emerging ministry, a blessing from God, and we must respond in providing the care and support to see His seeds grow. We have been blessed with the contributions of many over the last six years volunteering in this area and we can say that undoubtedly we have done the very best we could do with the resources available. With Carolyn's experience and Sonya's vision our Sunday school is one that visiting children talk about for weeks and even months after being here. One child cried because it was time to go. There are now 11 and more children in Sunday school on a given Sunday and several are coming up to school age and may want to be separated from the rest. It is timely that we add some resources to our Sunday school and to that end your council has determined to seek a paid Sunday School Assistant with a heart for God who will grasp and pursue Sonya's vision for the children and take over much of the preparation and administrative work involved.

Please join us in prayer that such a person should be sent to us and God will respond.

submitted by Nancy Vondette, Ron Barrett

Reports from our "G"s

Go Report

Go out into the North Shore community

Starting my second year as Go team facilitator, I would like to open the suggestion box to hear your ideas of "Going out into the community of North Vancouver." We can discern which area that we are most capable of being an agent of Christ into the local society. What are the needs?

Let me use the fishing metaphor!

When we go fishing, we check all the gear, weather, and best time of day to catch the fish in different locations such as the ocean, a cove, lake, river, pond, or on the ice. We believe the tactics that we plan will give us great success. However, there are always unpredictable factors over which we have no control and because of this we may not catch any fish! What went wrong - we would ask? It was a perfect plan! Well, do we know the fish's mind? We have no idea what they truly think, but if they are hungry surely they would come to the bait..

When we are out fishing in the mission field, we are in fact not the fisherman, but the bait. The bait dissolves in water and produce smell to attract fish's attention. (This is the power base bait for Carp fishing. If you prefer fishing lures, or artificial fly, then make sound or look attractive.) Fish will play on the bait, or follow to a certain point, then fisherman can reel it into his net. Fisherman cannot fish without the bait, but the bait cannot do anything unless the fisherman guides the line whatever way he wants, - then he catches the fish.

So, catching fish is fine, we know this already

Which water field do we want to go to? And after catching the fish can we make it multiply? Do we have enough water in the tank? Do we have food for it? Can the new catch go along with the ones already in the tank? How do we know all these options? What do we need here?

Last year, I took a summer course with Marva Dawn, and the title of the lecture was "Spiritual Discernment." She presented the discernment method for the community called "Meeting to Discern the Spirit." This is how it goes. One presents the issue or idea, and then a group of people pray together and listen to what God wants the community to do. After that, the group exchanges what they have heard in their hearts. It does not mean that this meeting is only suitable for a friendly small group but also for a whole congregation with their different ideas. Therefore, we must be filled with the spirit of Love for one another, listen patiently and discern. We do not need division in the body but seek for intimacy.

Church is the place of preaching and teaching, and when people hear the Gospel, they must see the face of God. (by Rikk Watts with my word added) Also, our lives must be continually transformed not by the word only but also the real experience of His presence. If we talk about the fishing trip, does anybody want to hear your technique or name of fishing rod and strength of the line? Do these details make others willing to go fish with you? We all want to hear the exciting moments and how big the fish was (even with a little bit of exaggeration)

Shall we plan a fishing trip?

*-submitted by Jonathan Masahiro
Seiki*

Gather Group

Gather all ages into Christian fellowship

The last four months have been a busy time for the Gather Committee.

On Sunday, December 6th, the St. Timothy's family met at the Lodge at Laura Lynn for the annual potluck **Christmas Party**. We are very grateful to Myrna who arranged for us to use the Lodge and to Audrey who did such a superb job of organizing the dinner. Thanks also to the many people who helped in so many different ways such as bringing food, helping set-up and take down the tables and looking after the children in the upstairs area. And thank-you to Ken and Angela for putting together the booklet of Christmas carols and to Angela for leading us in singing them.

Shrove Tuesday Pancake Supper was different this year as we met in homes rather than at Sutherland Church. Twenty people attended at the Haighs' and fourteen went to Ken Bell's home. Attendance this year was down somewhat because of the Olympics.

On January 25th, the Gather Committee hosted a **baby shower** at the Haighs' for Kayla Mahoney, daughter of Christy and Darin Mahoney. Approximately twenty ladies attended and enjoyed the luncheon. It was wonderful that Kayla's grandmother, Carol Anderson, and great grandmother, Muriel Newton, were able to come.

We continue to enjoy **Coffee Hour** after the Sunday service. We are making an effort to be more environmentally conscious and have started a trial of using mugs for coffee/tea and paper cups for juice.

The **Prayer Team and Pastoral Care** continue their very important work within our

church. Please contact Sam or Dara if they can be of any assistance to you.

Looking forward, please mark June 13th on your calendar as this will be the date of our sixth **anniversary summer barbecue**. Do plan to attend!

Please see the Ladies Group report below.

-submitted by Daphne Martin

Ladies Group Report

Spring has arrived and with it all the beautiful blossoms – just in time for Easter. St. Timothy's Ladies Group has been organizing a number of events for the first six months of the year.

During Lent, as in past years, we are asking the congregation to support our **Lenten Awareness Program**. We hope that many at St. Timothy's will participate in this worthwhile project which raises money for our Sister Diocese in Rwanda. Those that wish take a cloth bag and a leaflet where for 40 days of Lent items around our homes are counted, and a monetary amount per item donation made and usually by Easter weekend we can clearly see how blessed we are with our many possessions. Please return all bags and envelopes filled with coins or a cheque made out to St. Timothy's Church but clearly marked LENTEN AWARENESS on Easter or the following Sunday. All monies will be tax receipted if the giver is identified.

We had a **Cupcake Sale** on Sunday 14th March with proceeds (\$80) going to "The Table" in Victoria.

Our upcoming **Guess Who's Coming for Dinner** will be held during March/April. We are holding four dinners and the cost per

ticket is \$25.00 – a further donation, if you wish, can be made - and all monies will be given to our Vision Fund. A tax receipt will be issued for any amount over \$25.00. All donations will be anonymously received, collected and handled by our church treasurer who is attending three of these delicious dinners!!

Salmon Dinner at the Edwards – Saturday 27th March - 6.30 p.m.

Lamb Dinner at the Haighs - Friday 9th April – 6.30 p.m.

Lamb Dinner at the Haighs – Friday 16th April – 6.30 p.m.

Cippolini –Fish at the Tauntons - Saturday 17th April – 6.30 p.m.

Games Night with refreshments is to be held on Friday evening 14th May at Churchill House. We hope that many of you that enjoy a game of Whist, scrabble and/or other exciting games will come and join us for an evening of fun. Please mark your calendars.

The Ladies Group is very much looking forward to welcoming to our group a speaker for our **monthly meeting** on Monday 19th April at 1.30p.m. Sharyn Thomson will be coming to tell us about her work in Burkino Faso. We would like to extend a warm invitation to all who would like to come and hear Sharyn talk about her work translating the bible and living in Burkino Faso. Our meetings are held at Churchill House on the fourth floor in the lounge.

We hope many will join us for some or all of these events so that we can continue to generously support our outreach programs. We thank each and everyone at St. Timothy's for their generous support in our activities.

-submitted by Audrey Haigh

Coffee Hour News Bulletin

Two members of our congregation have suggested that we ask members of St. Timothy's Church help us cut down on extra garbage from paper cups to help the environment with less landfill, by bringing their mug or cup each Sunday for their tea or coffee following the service. The children could also help by bringing their own juice cup.

We hope this suggestion will be met with enthusiasm, to bring a mug/cup each Sunday and to "TAKE IT" home to wash.

For those who are unable to do this or forget, two members of the church have volunteered to bring a few mugs each Sunday, and take them home to wash.

Thank you Ursula Vondette and Norma Johansen for your suggestion. Feedback will be welcome.

-submitted by Hazel Blacoe

Grow Reports

GROW: to become more like Jesus Christ

Nursery and Sunday School:

There have been some additions to our parish and Sunday school. We would all like to welcome Will to our group and Layla to our parish. We would like to thank all the parents and teachers who help out and we are pleased to have Chloë as an addition to our teachers.

With the absence of valuable teachers like Andrea and Rita, we encourage the help of any adults at St. Timothy's as it is always needed, especially with the 11 children as regular students at Sunday school.

We have had some exciting classes leading up to and during Lent, like the children making their own mud to accompany the miracle of Jesus using mud to help restore a blind man's sight. The children have participated in a communion with crackers and juice. Another class we broke bread and "wine" as we discussed the meaning of the body and blood of Christ. Coming up for Easter the kids will be making some interesting crafts like a "magic story board" and "stone treasures".

Caroline has been an invaluable help with Sunday school and as a teacher for 18 years. We at St. Timothy's would like to express our gratitude and give thanks that God has blessed us with someone with such a gift in educating and leading the children.

-submitted by: Darin Mahoney

Youth:

Since Christmas, we have continued to connect with St. Simon's Church. Amalgamating the groups has been positive for both churches, as now we have a larger number of people. Our Youth Group has moved from Wednesday meetings to Fridays to see if we can accommodate more people. So far, not much has changed. We might try something else closer to the summer months.

In the past few months, we have had some fun events. We all went to Castle Fun Park in Abbotsford. We have had a multicultural

dinner, where we talked about the church in other parts of the world, as well as having lots of fun and creative lessons where we have created clay objects and acted out different parts of the Bible. Jill and I both try to incorporate both physical and creative activities. In the next few months, Jill and I will be working towards our community festival in which we would love to have both youth and adults participate. As well, we are joining Valley Church in their ski weekend at Manning Park. As we continue our journey with St. Simon's, we hope that both our groups will grow. I look forward to summer, camps and other activities Jill and I have been planning.

A big thank you goes to both Chloë King and Andrew Hird, as they play a huge role in our Youth Ministry. And, thank you for your continued support.

-submitted by Eric Park, Director of Youth Ministry

Adult Education:

If you are interested in joining a small group, please speak to either Patricia Young or Sarah Lucas, or contact one of the group leaders. The groups meet as follows:

Mondays 7:00-9:00 p.m. at the Edwards's – 10 week study, "Meeting the Spirit" by Douglas Connelly.

Tuesdays 7:00-8:00 a.m. Breakfast meetings at The Pantry: Holiday Inn.

***Tuesdays** 9:15-11:00 a.m. at Sarah Lucas's. Study is "Salt and Light".

Tuesdays 9:30-11:00 a.m. at Florence Wilton's. Alpha Course Review.

Mums and Tots – baby sitting provided.

This group will convene after Easter. Date and time and location to be advised.

* After Easter, this group will meet on Thursdays, 9:15-11:00 a.m. at Sarah Lucas's.

If you are interested in participating in a group study but find that the above times do not work for you, please let me know, and/or if you have a topic for small group discussion/Bible study that you would like to see explored, please let me know. We want to provide topics you feel would be helpful to our spiritual growth.

-submitted by Sarah Lucas

St. Timothy's Film Ministry:

Most of us watch films to be entertained. We enjoy seeing a film with a good sense of humor, a film with a satisfying love story, a film with a happy ending, an inspirational story. Less often, perhaps, we watch a film for educational purposes. I am not referring to the documentary films from the National Film Board that I remember as a child (although I do admit to remembering a real sense of excitement when the teacher rolled in the 16mm film projector!), but rather films, which allow us to explore different perspectives on life and situations that we encounter during a normal day.

Jeffrey Overstreet, a Christian film critic who lives in Seattle, best known for his work with the magazine "Christianity Today", writes film reviews, which encourage me to watch films with a Christian perspective. His opinions on film challenge and encourage me to ask questions and learn more about what it means to be a Christian.

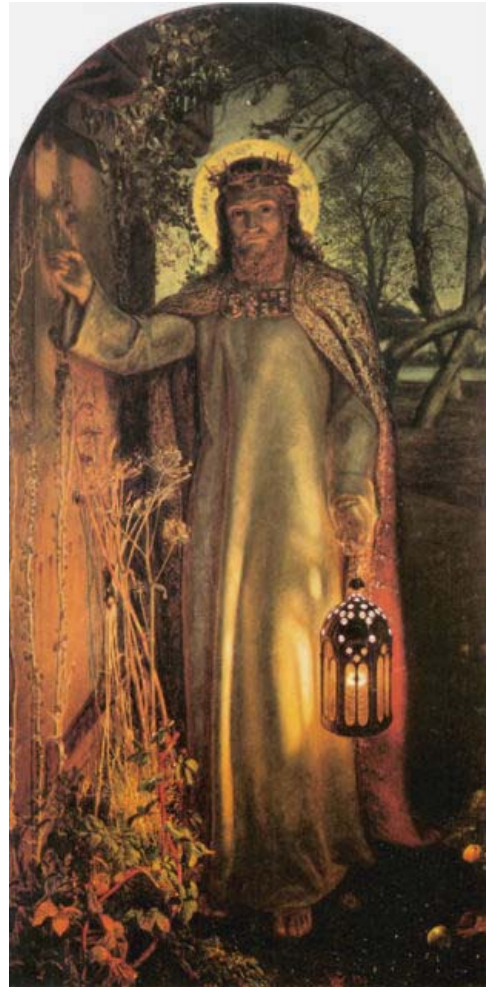
Overstreet believes that Christian film reviews in the past have focused on the dangers of movie going. For example, it might have been suggested to avoid a film because it was “too worldly, might lure people into temptation and could be a stumbling block to the Christian faith”. Jeffrey believes that focusing on the dangers of a film can prevent us from realizing that a good film is like telling a story; it can allow us to encounter a different perspective and enter into someone else’s world.

Unfortunately, some films do “celebrate” the darkness and make it look very appealing. Think of horror films that exploit “ugly” things just to sell tickets; this is not excellence in film. A good film is real and should enable us to engage with, listen to, and understand our neighbours.

An example of a film, which may be difficult to watch, is “Juno”. A film about teenage pregnancy, it accurately portrays the painful challenges of the situation. Overstreet believes that the film shows how the characters think the challenges through, how they make choices that are “sometimes admirable and sometimes dismaying.” “Some wise decisions lead to trouble, some of the foolish decisions lead to blessings. In that way, Juno resembles real life.”

As much as we all like happy endings, try considering that a good film might not have a happy ending. Life doesn’t always turn out the way we want. Our prayers aren’t always answered. Christians don’t always win. In fact if we are to believe in Scripture, we should believe that Christians are more likely to suffer more than others. A good film will explore what happens when the character doesn’t get what he wants. It will explore the good and the bad choices that people make and the resulting consequences.

A good example of this is the film, “Into the Wild”, based on the true story of Chris McCandless a young man who leaves his home and family and essentially abandons life to live as a recluse in the wilderness of Alaska. Throughout the story God reaches out to him through many different people, only for Chris to refuse to “open” the door. In the end, he realizes too late, the missed “golden” opportunities. The film is true to life in so many ways.



In the Gospel of Matthew, chapter 5, verse 14, Jesus tells us we are “the light of the world”. The world that Jesus is referring to, is

a world with people with real problems; a world with the worst human behaviour, the greatest depravity; a world with people who are truly lost. This is the world where God's love and grace needs to shine brightly. This is what Jesus calls us to be and do. A good film will accurately portray this "broken" world and allow us to enter it and consider what we as Christians might or might not do.

Ultimately film choices are of course a very personal matter. What "works" for one person, may have no effect on another at all. Choose your films wisely, analyze the film for accuracy in relation to life and try and avoid always wanting the happy ending. Overstreet reminds us to "look for moments where you can see the glory of God at work in people's lives and in creation. Watch the film through the lens of faith and allow your faith to be strengthened by the awe-inspiring beauty and power of what God has made."

-submitted by Patricia Young

St. Timothy's Church Library:

Spring is finally here, and it is time for a "Spring cleaning", again. I have noted a few Church Library books missing for some time. Could you please check your shelves, closets, under the couch, etc. to see if there are any books that may have been forgotten or misplaced?

There are a couple children's books missing --- notably, **"Joseph and His Amazing Coat"** and **"Daniel and the Lion's Den"** (both are Usborne paperback books). Another is the Christian Classic pocket book fiction, part of a series missing for quite a while -- **"The Curate's Awakening"**, by George S. McDonald -- the first book of two in the series

(book two is "The Lady's Confession" which is still in the library). Thank you.

Happy Easter, and happy reading for the Soul. Nothing beats reading a Christian book! Please check out our books for all ages any Sunday!

-submitted by Monica Craver

Have YOU considered something different in YOUR prayer routine?

The Prayer of Examen

Several times during Lent, the Rev. Ken Bell has referred to the Prayer of Examen, so I paid special attention when it came up again in a KOINOS lecture at West Vancouver Baptist Church. It seems particularly appropriate for Holy Week, but can be used at any time and has been in daily use. Contrary to the most usual types of prayer which have us speaking to God, this focuses on having us listen to Him. Also rather than praying before acting, we are making an assessment after acting that may show us how to improve our actions in the future. The steps to follow, as given by Dr. Susan Phillips, are listed below:

Silence: I prepare myself for prayer, for entering into awareness of my relationship with God. I gently find the still point within my being and appreciate the silence. I invite God to be present with me in a time of prayer.

Remembering: I look back over the last 24 hours of my life, beginning with the present

moment. I let each hour of the past day gently pass by my awareness. I notice what I took for granted during the past 24 hours of my life. What am I doing now? What was I doing just before coming here? Where did I have my last meal? What was I doing before that? Who was I with?

Noticing God's Presence: I look back again at the last 24 hours of my life, and this time I reflect on the ways in which God has been present. I notice the feelings and thoughts that emerge as I remember.

Where do I see God at work in my life? In joys, fears, suffering, work relationships? In an act of service? In reading? In an event, person, sound, nature, music, action? Where in the past 24 hours did I feel I was cooperating most fully with God's action in my life? Where did I resist God? Was I not listening carefully enough to God? Do any of my actions or thoughts require God's pardon or the pardon of others? In what ways is God calling me to a new awareness, a change of heart, to different actions?

Gratitude: Having noticed ways God was present in my life during the last 24 hours, I experience my gratitude. I express this gratitude as I feel moved to do so (by writing, moving, acting...)

Silence: I hold this experience before God in silence.

Afterwards: I reflect on what I've observed about how God is working in my daily life, and see if any of these insights ask me to act in some way.

This description of The Prayer of Examen is taken with permission from an adaptation by Dr Susan Phillips of Joseph Driscill's Protestant Spiritual Exercises: Theology, History and Practice (Morehouse 1999)

-submitted by Florence Wilton

Five Finger Prayer

How about this practical application for daily prayers? It is surely worth making the 5 finger prayer a part of our lives.

1. Your thumb is nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a 'sweet duty.'

2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.

3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the prime minister, premier, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.

4. The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.

5. And lastly comes our little finger - the smallest finger of all, which is where we should place ourselves in relation to God and others. As the Bible says, 'The least shall be the greatest among you.' Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper

perspective and you will be able to pray for yourself more effectively.

This was put in our newsletter a couple of years ago by Eric Radford, but most people, are likely to have forgotten it.

Thanks Florence!

Great Big Bible Challenge

Knowing that Psalms is the only book in the Bible that mentions God laughing or that Adam was the first patient to be operated on under anaesthetic won't help you unlock the Bible's secrets, but it could help you pass this Bible Challenges with flying colors.

How well do you know God's Word? Relax for a few minutes and find out. You may even want to grab a pencil and keep score.

1. Where did the phrase "wolf in sheep's clothing" originate?

If you say Aesop's Fables? Go to question 21. OR If you say The Bible? Go to question 9.

2. What was the first of the ten plagues of Egypt? Frogs? Go to question 8. Blood? Go to question 15. Darkness? Go to question 10.

3. No. John tells the story of Jesus' choosing Peter first in John 1:42. Now, go to question 5.

4. Correct. This queen of the Medo-Persian Empire saved her people from an attempted holocaust. Now, on to question 11.

5. Were angels present at the Creation of the world?

If you say Yes? Go to question 12. If you say No? Go to question 28.

6. Although many of David's prayers are recorded in the Psalms, it was Daniel who was thrown to the lions for praying three times a day. Go to question 26.

7. Close. Aaron's Rod, not Moses' Rod was in the Ark (Heb. 9:4). Now, to find out how many minutes it will take you to read the Bible right through, see number 50.

8. Close, but no diploma. The first plague God sent (when Pharaoh refused to let His people go) was blood. Exodus 7 tells us that blood was everywhere, even in the wooden buckets and stone jars. The frogs came next. Now, jump to 37.

9. Good start! Matthew 7:15 says, "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves." Many of the phrases we use every day originated in Scripture. Others include "holier than thou" (Isaiah 65:5), "a drop in a bucket" (Isaiah 40:15), and "the blind leading the blind" (Matt. 15:14). Now go to number 33.

10. Close, but no blue ribbon. The first plague God sent (when Pharaoh refused to let His people go) was blood. Exodus 7 tells us that blood was everywhere, even in the wooden buckets and stone jars. The darkness came later. Now, on to question 37.

11. Who said, "How can a man be born when he is old"?
If you say Jesus? Go to question 42. If you say Nicodemus? Go to question 40.

12. Very good. Job 38:1-7 tells us about it. By the way, did you know that the Bible has 22 different names for the fallen angel, Satan? You were not required to know this for the exam. Now, fly on to question 41.

13. Very good! The New Testament was written in Greek, most of the Old Testament was written in Hebrew, and part of Daniel was in Aramaic. Go to question 2.

14. No. This year of emancipation and restoration was to be kept every fifty years. Now, there's only one question left. Go to question 47.

15. Right you are. Speaking of first things, now go to question 37.

16. Sorry. James was probably the brother of Jesus. Luke was a doctor and a Gentile by birth. Go to question 43.

17. Right. Ezekiel 32:2 mentions a monster in the seas (so does Job). Now, carefully set sail for question 27.

18. Yes. Now, on to question 44.

19. Right. In fact, either answer is correct. After Nabal died, however, Abigail became David's wife. You can read the fascinating story in 1 Samuel 25. Now, let's head out for question 29.

20. Who was the first disciple chosen by Jesus?
If you say John? Go to question 3. OR is your think Peter? Go to question 48.

21. Uh oh! You're wrong - Better start over again.

22. Sorry. The New Testament was written in Greek, most of the Old Testament was written in Hebrew, and part of Daniel was in Aramaic. If you missed this one, you're not alone. Go to 2.

23. Sorry. Revelation mentions various horrifying images, but no sea monster. Now, carefully set sail for question 27.

24. Not even close. Bukki was the son of Jogli, a leader of the tribe of Dan. If you knew that, claim twelve extra points. Then go to question 20.

25. Right. (If you got this one wrong, you're in trouble!) After her husband Nabal died, Abigail married David. You can read the fascinating story in 1 Samuel 25. Now, let's head for question 29.

26. Who is the only Gentile in an all-Jewish cast of New Testament writers?

If you say Luke? Go to question 39. OR If you say James? Go to question 16.

27. The year of Jubilee comes how often for the Israelite?

If you think Every 7 years? Go to question 14. OR If you say Every 50 years? Go to question 38.

28. Sorry. Job 38:1-7 tells us that they were. Now, fly on to question 41.

29. How many languages was the Bible first written in?

One? Go to question 35. OR Two? Go to question 22. OR Three? Go to question 13.

30. Wrong. Abel was the first shepherd. He was also murdered by his brother Cain. Now, on to question 44.

31. Ruth was David's great grandmother, but not the first beauty queen. Try again.

32. Correct. Journey back to the amazing story in the book of Esther. Then travel on to question 20.

33. Who prayed 3 times a day at an open window?
If your answer is David? Go to question 6.
OR If you say Daniel? Go to question 45.

34. Which book of the Bible mentions "sea monsters"?

Ezekiel? Go to 17. - Job? Go to 46. - Revelation? Go to 23.

35. Sorry. Try 29 again.

36. Very good. Now, to find out how long it will take you to read the Bible right through, go to question 50.

37. Who was history's first murderer?

If you say Abel? Go to question 30. OR if it is Cain? Go to question 18.

38. Right. The jubilee year belonged to the Lord and brought emancipation and restoration. Now, on to number 47.

39. Good guess. Dr. Luke, believed to be the author of Luke and Acts, was well-educated in Greek culture. Antioch (of Syria) and Philippi are among the places suggested as his hometown. Go to question 43 and an easier one.

40. Right. Nicodemus later defended Jesus before the Sanhedrin (John 7:50-52) and openly assisted in the burial of Jesus' body (19:39-42). Now, on to question 34.

41. Who won the first beauty contest?

If it was Ruth? Go to question 31. OR if you say Esther? Go to question 4.

42. Sorry. Nicodemus asked this of Jesus in John 3:4. Go to question 34.

43. Abigail was the wife of:

If it was Nabal? Go to question 19. OR if it was David? Go to question 25.

44. Who was hung on a gallows fifty cubits (about seventy-five feet) high?

Voltaire? Go to 49. OR Haman? Go to 32. OR Bukki? Go to 24.

45. Right. As a result, Daniel became the first lion tamer. Now, the questions are about to get tougher. Move on to question 26.

46. Correct. Job 7:12 mentions the monster of the deep. So does Ezekiel. Now, carefully set sail for question 27.

47. What was in the Ark in the Tabernacle?

The Ten Commandments, Moses' Rod, and a pot of manna? Go to question 7.

The Ten Commandments, Aaron's Rod, and a pot of manna? Go to question 36.

48. Right. Speaking of right, did you know that the Hittites sometimes wrote from right to left on one

line and then from left to right on the next? Now you know. Go to question 5.

49. Sorry. Voltaire was a famous 18th century writer. He predicted that the Bible would be gone within one hundred years. Fifty years after his death, the printing press he owned was being used to print Bibles, and the house he had lived in was the distributing center. If you knew this, claim an extra point. Then go to question 20.

50. Reading the Bible from Genesis to Revelation in one year takes about 12 minutes a day (73 hours).

*Well, it's time to add up your score.
3-6 correct: Run to your local book store and buy a Bible.
7-9: Not bad.
10-12: Impressive.
13-15: Downright scholarly.*

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Stay Head to Toe healthy *by giving thanks*

Surprising reviews from the National Institute of Health (USA): After studying more than 92,000 women, scientists concluded that those who attend religious services once a week live up to 20% longer than women who skip them..

Why it works: research shows that religious service attendees are more likely to follow their doctor's advice, feel less anxious(which helps the immune system) and lead healthier lifestyles. Plus, thanks to the large social network, at houses of worship, folks enjoy a solid support system, which is another way of boosting longevity.

Thanks to Joan Buss

Doll House

Last Fall, I purchased the Doll House at the Thankful Hearts Silent Auction. St. Timothy, St. Simon and Emmanuel church took part in the event. I had hoped to donate the house to the Vancouver Children's Hospital. Unfortunately the hospital couldn't accept any item which could not be sterilized every day. I had the same response from Canuck Place.

The Director, Volunteer Resources at the hospital told me about a Silent Auction they have for two days in April and that they would be very happy to include the house. The proceeds from the sale will go toward equipment for the hospital, including the Oncology Department.

I hope the owner's children will enjoy many years of happiness. I believe it will become a family heirloom.

Several parishioners donated funds for some of the furniture. Joy Hopkins and I enjoyed furnishing the rooms with items from Ross Miniature Treasure House - everything from tiny kitchen stools, table, stove, beds & dressers, rocking chairs, dining room furniture, etc.

One of our members donated a lovely little chandelier, and another, a tiny dog house complete with dog.

The Doll House is the third built by Gordon Barrett, member of St. Timothy's Church.

-submitted by Corinne Burns

Parishioner Profile: - Chloë King

Chloë says moving is in her genes. Her mother's father was an evangelical vicar in Bedford (including John Bunyan's church) and Liverpool, moving the family to where the Lord called him. Her father's father was an Air Vice-Marshall, whose job involved relocating the family about every two years. Both her parents have moved a lot and see a great sense of adventure in relocating. Chloë was born in Bedford, North of London, England in 1985. Her parents had decided that her father, a civil engineer who specializes in steel design and construction, would be the breadwinner and her mother, a former teacher, would focus on raising the family, church and volunteer work. Her brother, Henry, was born 18 months later, and when Chloë was four her father applied for and obtained a job in Paris. The family prepared for the move but at the last minute they were told that the job did not exist. They decided to head for France anyway and were in Toulouse in the South of France when they felt the Lord was telling them to stop there. Chloë's father took a job working on space engineering.

Another two children, twins, Josh and Nina, were born in Toulouse, where the family stayed for four years. Chloë has vivid recollections of the horror of her first day at school, where she didn't understand a word. However, one compassionate French girl came and held her hand to comfort her in the playground. After a few weeks in a hotel, the family moved to a house and Chloë remembers a large cul-de-sac where all the local children played together. The children's knowledge of French grew rapidly and her parents enforced compulsory English at the dinner table to ensure they didn't lose it. She remembers very hot summers, snowy winters.

School dinners were vile – and she was forced to eat them – unless she could sneak out of the dinner hall without the scary teachers noticing! The years spent in France are very special to the whole family.

Due to a combination of factors; changing work situation and the children not loving Sunday School, Chloë's parents decided to move back to the UK. Her father was offered a position with the Steel Construction Institute in Ascot, south west of London. The family was somewhat separated for the first 6 months back in the UK as Chloë's father had to spend many nights away for work until the family could move from their old home in Bedford (north of London) to be closer to their father's work. With four children, two under two years old, house-hunting and father away it was a difficult time for her mother. Chloë found it a culture shock getting back to an English school and was made fun of because she made strange mistakes in English and could only do math in French.

The family stayed in Camberley (southwest of London) for thirteen years. Chloë's secondary school was Collingwood College which had 2,500 students in Forms 1-5. Chloë worked hard and had a group of similar friends, but they were not part of the majority. There were students from diverse socio-economic classes at school ranging from the very wealthy to the very poor and school uniforms helped somewhat to give a sense of equality. Her teens were very happy; spent involved with Girl Guides, youth groups, babysitting and playing the piano. From about the age of 10, Chloë attended Children's Summer Camp run by the Christian Pastoral Aid Society. Through these experiences she became firmly Christian and continued to be very much involved in the Ventures planned by the society. These summer camps are still the highlight of Chloë's year.

Having graduated from secondary school in 2003, Chloë decided to take a gap year which turned out to be an excellent year for her. She joined Careforce, a Christian organization that places 18-26 year olds in a variety of situations including care homes, drug rehabilitation centers and youth projects. Chloë was placed in a Youth Project on a rough council estate in Southampton on the south coast. She loved it and found it great life training. The Christian Project was well established as an excellent leader who had been involved for more than ten years and was much respected by the locals. They focused on after-school activities, drop-in centers, evening Bible Studies, Youth Church, day trips, weekend excursions and summer camps. They also worked in the schools giving scripture classes, often involving comical re-enacting of Bible passages. Their work was an excellent influence in the community and many have become Christians. Chloë gained confidence through this work and discovered her talents.

She left the project somewhat reluctantly to begin studying French, Italian and European Studies at Bath University. This involved spending her third year in Italy, where she was an English Assistant in two schools in Assisi. Because of the tourist nature of the town, it was not the most appropriate place to become immersed in Italian, but Chloë lived with the locals and it gradually became acknowledged that she wanted to speak Italian. The two schools were very different – one accepting and helpful and the other the complete opposite. All in all, though it was a lonely year, Chloë felt she grew a great deal spiritually as she relied at all times on prayer and the Bible to sustain her in difficult circumstances. After leaving Italy, she spent one week at home with her parents before they moved to North Vancouver.

Back in Bath, she enjoyed spending time with her fellow students and comparing notes on their year abroad. She studied hard during her final university year and was pleased when she achieved a high rating degree.

During her time at Bath University, she was very much involved with the Christian Union, hosting 'Tea and Toast' sessions, helping run weekends and mission weeks each term. Bath has many churches and she felt it was an easy place to hold Christian events.

After graduating, she spent the summer working in an Italian restaurant in Bath – learning new recipe and eating copious amounts of Italian food! Then in September, 2008 she came to Canada to enjoy her family. She experienced a high level of culture shock, tried out a lot of churches but never settled in, until, during her first visit to St. Timothy's, she felt reassured that she had found a church to call home where she would be cared for and challenged. Having taken a 9 month Hospitality Management Course at Canadian Tourism College in Vancouver, Chloë is now working in reception at the Pinnacle Hotel on the Waterfront near Lonsdale Quay, where she is learning valuable skills that, she hopes, will lead her on to new exciting challenges. She now has permanent residency status in Canada, which has to be renewed every five years.

At St. Timothy's she is very involved with the Sunday School and Youth Programs. She is very impressed with the children's remarkable learning and is very aware of the parents' loving support. We at St. Timothy's are very fortunate to have Chloë as an energetic, skilled and compassionate new member.

-submitted by Florence Wilton

Fuel up by saying a prayer

People who pray, or give thanks- say by writing in a gratitude journal each day – possess a bigger bank of enriching energy to dip into throughout the day than others, suggests research from John Hopkins University School of Medicine. And University of California psychologists found just thinking of something they're thankful for helps people feel more enthusiastic and energetic and it even improves their sleep.

Why it works: Scientists aren't exactly sure but Jon Gordon, author of *The Energy Bus*, theorizes that "the inspirational power of prayer and other positive thoughts has a revitalizing ripple effect throughout the entire body, helping people recover faster from setbacks."

Try spending two minutes once a day away from distractions so you can concentrate and give a short sincere thanks for the blessings of your life Gordon suggests

Article found by Joan Buss

NEW Members

Welcome to:

Kayla Grace Mahoney, daughter for Christy and Darin

Date: December 11th

Birth Weight: 8lbs 6oz

Zechariah Kuniyoshi Seiki, son for Jonathon and Rita

Date: January 4th.

Birth Weight: 3814g - 8lb 6oz

Layla Eglina Nader, daughter for Andrea and Rami

Date: March 10th

Birth weight: 6lbs, 14oz.

St Timothy's Church Calendar

Please join us!

March 28, 10:00am Palm Sunday (Lynn Valley Rec. Centre)

April 1, 7:30pm Maundy Thurs. Foot Washing (Sutherland)

(630 19th St. E, just South of Hwy 1, East off Grand Boulevard).

April 2, 11:00am Good Friday Service (Lynn Valley Rec. Centre)

April 4, 10:00am Easter Celebration (Lynn Valley Rec. Centre)