



St. Timothy's Gazette

FEBRUARY 2006

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.

Church Telephone: 604 908-HOLY (4659)
Mailing Address: #908-1641 Lonsdale Ave.
North Vancouver, BC V7M 2J5
Services: Lynn Valley Recreation Centre
www.st-timothy.com

Table of Contents

Message from the Rev. Paul Carter 3

Message from the Rev. Ken Bell 5

Report from the Church Council 9

Reports from our "G" Leaders 11

Home Groups 10

Are you grateful for what you can do? by Erica Barrett 16

Prayer Corner 20

Parishioner Profile – HANK VONDETTE 21

On a Lighter Note 24

From Day to Day at St. Timothy's 25

Calendar of Events 27

Message from the Rev. Paul Carter

"A long obedience in the same direction". This was one of the quotations Bishop Chuck Murphy used in his annual address at the Winter Conference in Birmingham, Alabama to describe the work of the Anglican Mission in America (AMiA). The Anglican Coalition in Canada (ACiC), for this is our new legal name, is also now an official Network of the AMiA. So this is the challenge to us as well. ACiC congregations are to be involved in *"A long obedience in the same direction"*. A clear path has been shown to us by our 5 International Archbishops. Our 'long obedience' is to be faithful and fruitful: faithful to our Anglican heritage and fruitful in such a way that we leave a legacy of new and passionate followers of Jesus Christ.

We come to another Annual Vestry meeting this weekend, to thank God for all that has been achieved in the life of St Timothy's and to agree together on the shape, budget, leadership and future direction of the church family.

My mind goes back a little further as I prepare for this year's AGM. I am reminded of the opportunity I had to preach, just before Christmas 2003, to a group of about 40 people from St Martin's Church who were determined to resist the ravages of the Diocese of New Westminster and to stand firm on the authority of God's word. So when the invitation came in February of 2004, for Lois and for me to help make it possible for this group to meet on a Sunday morning, we were thrilled to be able to help. However, even then I knew this was to be a temporary appointment.

The Sundays went well and we began to speak together about forming a new congregation. St Timothy's was born in June of 2004 after a huge amount of work by some key lay leaders. Soon after this we realized that the Harvest Project was not going to be big enough for us and we began to look for another venue. The Lynn Valley Recreation Centre has proved to be a wonderful, if temporary home for St Timothy's. We have settled here and continued to grow here. There are over 100 people associated with St Timothy's now and most Sundays we see 75 people worshipping together in Spirit and in Truth.

It was my privilege to help the leadership team pray and plan for a Vision, Mission and Values for St Timothy's. What emerged from this was the pattern of 5 G's, Go; Gather; Grow; Give and Glorify that we use to guide our life together. There is no doubt in my mind that this is the way to church health and that healthy churches grow just like any healthy child or plant grows.

The leadership team then turned to the question of succession. If I was not to be the senior Priest over the long term, then how should St Timothy's be led? So

began the search for a suitable minister to guide St Timothy's into the next phase of its life and health. Rev. Ken Bell is the answer to that prayerful search. What a year Ken has had! Ordained Deacon in January 2005, he graduated with a Regent College MDiv in April and began full-time at St Timothy's in May. He was ordained Priest by Bishop TJ in that amazing, packed service in the Lynn Valley Recreation Centre in August. Finally, just to cap it all, Ken and Sonya became parents again in November as Ethan entered the world safely.

It was always our intention that, after a suitable period of training and coaching, Ken would become the Rector of St Timothy's. Lois and I are to move on to plant other churches and to continue to oversee the work of the ACiC for Bishop TJ. We hope you agree with the Church Council, that the anniversary of Ken's ordination to the priesthood at the end of August will be an appropriate time for him to become Rector. Ken is already demonstrating that the Lord has gifted and equipped him to be a minister of the gospel. He is developing into a fine preacher and pastor. He is a wonderful colleague and I have every confidence that he and Sonya will serve St Timothy's well as Lois and I have tried to do for the last two years.

In many ways it will be au revoir and not goodbye. In my role as ACiC Network Leader I will still oversee Ken and relate regularly to him and the leadership team. Should the invitations come, then as Network Leader I could return from time to time to preach and celebrate. It is far better that I explain this to you all now. We still have six months together, with me as your Senior Priest before Ken is installed as the Rector of St Timothy's. Lois and I look forward to serving you during this time with music and through teaching and leading worship. You have all become very special to us.

We are excited for the next phase of St Timothy's life and health. We are thrilled at the size and health of the congregation after two years. 'The long obedience in the same direction' will be one Ken and Sonya will lead you in well. I commend the budget, the plans for the 5 G's and the future of Ken's and Sonya's ministry to you all.

Yours sincerely in Christ,

Paul

Rev. P M Carter
Senior Priest, St. Timothy's.

Message from the Rev. Ken Bell

Membership 101

Last year we only offered the membership class at the beginning of the year. This year our plan is to make it available for people several times throughout the year. We already offered one class in January; the next time will be in late April or early May, then again in September or October.

The chief purpose of this class is to enable people to learn more about St. Timothy's and the Anglican Coalition in Canada. We walk through a brief history of Anglicanism, what has defined Anglicanism over the centuries and where things have gone off course over the past 100 years or so. We also examine "Anglican Polity" or religious expression including the tradition and depth of the liturgy, baptism and the Eucharist. The second part of the class looks more specifically at St. Timothy's brief history, our connection with Rwanda, our mission, purposes and values.

We want people to ask questions and to learn more about who we are, what we believe and how we see ourselves living out the Great Commission and growing the Kingdom of God on the North Shore and around the world. We believe God has called us to be his servants in this community, to be a light in the darkness, to honour our ancient traditions and to embrace a provocative future. We believe we are not a church by accident but by the will of God. As such, we want people to know our story as they seek and pray to covenant with us.

This class is open to all people to attend, visitors, guests, the curious or the already committed. If you are new to St. Timothy's or have been attending for a while and are thinking and praying about joining us and becoming a member, please sign up for one of these classes or speak with Rev. Ken Bell. By attending you are not obligating or committing yourself to anything except to learn a little more.

Funeral Preparation Forms

Did the title catch your attention? I know this is kind of a strange topic, but this is a short article so bear with me. As many of you know, we said goodbye to four close friends of St. Timothy's last year. As Rev. Paul and I were walking with family members and helping them to prepare for the funerals, something became apparent to us. While almost everyone has a will prepared and many even have plots reserved, most people have not spent much time thinking about the service itself.

They have not shared with loved ones which bible verses they love or which hymns they would like sung. We also took note that in a time of grief it is difficult for loved ones to think through this type of detail with great clarity. So we have designed a "Funeral Preparation Form". The form is available to everyone in the church. It allows for people to talk about songs, readings, people they would like involved and similar matters. People can either keep the filled out form themselves (as long as someone else knows where it is), or can return it to Paul or Ken and we will keep it on file, (unopened until it is required). We want to do all we can to help ensure people's wishes and desires are honoured, (even their last ones).

See I told you it was not as strange as the title made it sound, but at least you read it. If you have any questions, please speak to Rev. Ken Bell.

Worshiping Together

When we gather together on Sunday mornings, we do so for two main purposes. The first and most important is to worship God. When the service is finished, we want to be able to look back at it and say "God was worshiped, honoured and glorified this morning". Second, and still very important, is that everyone leaves the service feeling that they themselves had worshiped God, that they encountered the living God in a real way at some point in the service. Worship can be defined and understood in different ways. It means "to draw near to kiss". But worship is also a response to God's love and grace in our lives. It is one of the chief ways we can respond in gratitude to what God has done and more importantly, who He is.

Each week we strive to create a service which allows everyone to worship Jesus. We want our services to be memorable and engaging. We want then to honour our ancient past and connect with the future. We want them to be welcoming and provocative. We want them to give glory to God. We know that not everything will "hit a home-run" so to speak, and we know that not every part of every service will be as equally engaging for everyone. But we want everyone to have at least one moment where they can say they worshiped God.

In order to do all this, and to do it well, we are going to do new things from time to time. We will introduce different elements of worship including song, video, art, music, silence, prayer and so on. We will always honour and keep with theology and doctrine consistent with Holy Scripture and the Book of Common Prayer. But we will explore the contemporary and the future together as well.

So, for example, over the past few months we have been passing the peace at a different time in the liturgy. The passing of the peace is not new to the church it has been around since the first century church as a part of its liturgy. It is also not new to Anglican Liturgy. In our 1962 book, the peace is placed after the

prayer of consecration and before the prayer of humble access. In Archbishop Cranmer's 1549 edition, in the 1552 and the 1662 edition, it is in slightly different locations but it is there. The peace is not to be a chatting time, but it is to be a time of welcome. Scripture teaches us to "kiss one another with a holy kiss", a sign of welcome and peace as we begin our services and our worship together. It also serves as a time for people to make peace with one another, seek forgiveness from others in the church if one needs to before receiving the body and blood of Christ (the feast of forgiveness and reconciliation). We will not do it this way every week but on some weeks. I use this example not to make an issue out of it, but only as an illustration.

We always want feedback from people on the service. What "worked for you" and "what did not work for you"? What served to engage you and what served as a distraction? We also need to be willing to be graceful to others. One part of the service may not speak to me, but I can see how it would allow my neighbour to worship God and so I will have the grace to embrace it for his sake. Our mandate from Christ is to **worship God together**, in Spirit and in truth.

Celebrating Spiritual Discipline

"Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people" (Foster Pg 1)

Throughout this year we are going to take time each month to learn something of the ancient practice of Spiritual Discipline. We will learn about prayer, fasting, study, simplicity, solitude, confession, worship and celebration.

Spiritual Discipline is a call for us to move beyond surface living and surface faith, into the depths, *"Deep calls to deep" (Psalm 42:7)*. Spiritual Discipline is not intended for spiritual giants who can spend eight hours a day in prayer and meditation. On the contrary, God intends the Disciplines of the Spiritual life for ordinary people: people who have jobs, who care for children, wash dishes, fold laundry, take out the garbage, and get stuck in rush hour traffic. In fact the Disciplines are best exercised in the midst of our everyday relationships with our spouse, brothers and sisters, co-workers, our friends and neighbours.

The Disciplines are not a dull drudgery, designed to take all the laughter and fun out of life. The key word to understanding Spiritual Discipline is "Joy". The Disciplines are designed to set us free from the things which weigh us down and tire us out so we live life to its full.

The primary requirement to begin to practice Spiritual Discipline is a longing after God, *"As the deer pants for streams of living water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?" Psalm 42:1-2.* Many people have become weary of shallow, cliché teaching and desire something

deeper. This is why we often hear people say that church and faith are not relevant, that the Sunday experience is devoid of depth and intensity therefore it makes no imprint on the heart, the soul or life.

In our materialistic and physical world we have convinced ourselves it is possible to separate the physical from the spiritual, the real from the believed, fact from faith. Not only is this untrue, it has a devastating affect on how we understand and relate to God and our spiritual life. We do not know how to explore the inward life, faith and worship. In the early centuries people did not need to be taught why or how to pray, fast, worship or meditate on God's word. It was part of the cultural understanding of the day, but today this is not the case.

We have convinced ourselves that sin is something we do as an act against God, which is fine as far as it goes, but sin is, in fact, the condition in which we live. It is the muck and the mire which is stirred up simply by our living. We have also convinced ourselves we can overcome sin and "wrong doing" by willpower and determination. Yet this sets us up for failure time and again. "Willpower will never succeed in dealing with the deeply ingrained habits of sin, 'As long as we think we can save ourselves by our own willpower, we will only make the evil in us stronger than ever.'" (Foster Pg 5).

The Spiritual Disciplines open the door for God's righteousness and grace to grow in our lives. They help us to recognize our dependence on God and they put us in a place where the fruit of the Spirit can flourish in our lives. They lead us to a place where God can transform us and help us to conform our will to His will. The purpose of Spiritual Discipline is spiritual growth and internal righteousness. The Disciplines are not "laws" or things we "have to do", nor is there any power in them, in and of themselves. They are an ancient tool, given by God to his children, practiced for thousands of years, to help put us in a place where God can be at work in our day to day life to transform us further into his likeness. Each month we will explore Spiritual Discipline together; there will be a brief explanation and a handout to be used as a guide to help you to better understand and then practice that discipline.

"Our world is hungry for genuinely changed people. Leo Tolstoy observes, 'Everybody thinks of changing humanity and nobody thinks of changing himself.' Let us be among those who believe that the inner transformation of our lives is a goal worthy of our best effort" (Foster 11).

(Note the basis of these thoughts and this approach to the Disciplines comes from Richard Fosters "Celebration of Discipline").

Ken

Rev'd Ken Bell
Assistant Priest, St. Timothy's

Report from the Council to the Annual Vestry Meeting of *St. Timothy's Church, February 26, 2006*

Welcome to this, the second annual Vestry meeting of St. Timothy's Church. We welcome three (3) new covenanting members, Rami Nader, Andrea Whitcutt and Jonathan Seiki, while we sadly have bade farewell to four (4) members, Jim Burns, Doug Johnston, Jack Scott and Erica Barrett, who, along with our dear friend Doug Johnston, have left us to join our Lord in heaven. Our covenanting membership therefore remains at sixty-four (64).

Your first elected Council got to work immediately after last year's Vestry in formalizing and finalizing the terms of reference for each of the five "G" committees. The councillors responsible for those committees wasted no time in recruiting you to serve on those committees in the areas that you individually are most passionate about. It appears that all of us are contributing our time and talent somewhere within the family, whether on these committees or elsewhere. What a treat to have everyone involved. These committees have been working hard throughout the year in organizing activities and generating ideas for growth in all areas of our "Mission", most particularly contributing to our vision casting over the late summer and autumn, which has led ultimately to the budget we will be presenting at this Vestry for your approval, which while challenging, we believe is well within our grasp.

During the year your Council, in addition to such mundane administrative functions as establishing a church phone number and mailing address and acquiring office space for Ken, developed eight policy statements on the issues of "Bank Signing Authority", "Church Group Finances", "Clergy Absences", "Composition of Council", "Confirmations", "Council Communications", "Expenditure Authority" and "Funerals and Receptions". We also enhanced our worship services with the major upgrade to our sound system, including provision for the hearing impaired to pickup, through their hearing aids, everything being amplified by our sound system, including the organ.

The biggest milestones during the year were related to our Priest, Ken Bell, firstly with obtaining his MDiv degree in April and secondly upon his being ordained as a Priest on August 28th. On that date St. Timothy's welcomed 271 people to the "first ever" ACiC ordination service at which Bishop "TJ" ordained Ken Bell and David Bowler to the priesthood.

We grew in our fellowship together as we participated in "Guess who's coming to dinner", Pancake Supper, Harvest Dinner, Parish Picnic, Christmas at the Carters' and our casual dine-outs, thanks to the hard work of the Ladies group and the *Gather* team. Likewise we grew in our discipleship as we all participated in the "40 days of Community" study and a growing number of us participate in the

small bible study groups. We are so pleased to see our Nursery, Sunday School and Youth Group thriving thanks to the *Grow* team.

As you will see from the attached financial statements, we have completed the year with another healthy surplus, two-thirds (2/3's) of which was due to donations in excess of our budget. In addition, special donations and fundraising by the ladies' group enabled us to send over \$ 6,000 to outreach projects. We have reallocated the net amount of the undesignated 'Memorial' donations received to launch the St. Timothy's "Vision Fund". We will designate all future 'Memorial' donations and 'Bequests' to this fund, which will be used as an endowment fund to underwrite special projects until it is required as a building fund to finance the acquisition or development of our own premises.

Our Bylaws provide that the Senior Priest remains in office until he resigns or is removed by Vestry vote. The Rev. Paul Carter, who was appointed as our Senior Priest at last year's Vestry meeting, feels he has now completed his original intent and agreement to help establish St. Timothy's and to find a suitable Priest to become our Rector. Accordingly, he is resigning as of August 31 of this year. The Executive Committee now present to you, the Rev. Ken Bell, as a candidate for the position of *Senior Priest*, effective upon the Rev. Paul Carter's resignation. This appointment requires approval by a two-thirds (2/3rds) majority of the members.

The Executive committee members, who are also members of Council, require your approval by a two-thirds (2/3rds) majority. The Wardens serve for two years and the Secretary and Treasurer serve for one year. To provide for continuity, the Rector's Warden was appointed last year for an initial term of one year. The Senior Priest appoints the candidates for Rector's Warden, Secretary and Treasurer subject to the requisite level of approval by Vestry, as follows:

Rector's Warden- Peter Haigh

Secretary- Sarah Lucas

Treasurer- Leddy Lilley

The People's Warden, who is elected by the Vestry, was elected for a two year term at last year's Vestry.

Council members are elected by a simple majority, each for a term of two (2) years. A vacancy has been created with the appointment of Peter Haigh as Rector's Warden. As his replacement we present to you for election for a two (2) year term, as the councillor responsible for *Glorify*, Ron Barrett.

We also present to you for your approval, candidates for two committees, being:

Audit Committee - Daphne Martin and Gerry Taunton

Nominating Committee - Linda Taunton, John Hopkins and the Senior Priest

We thank you for your continual patience and support with your time, talent and treasure. We have grown and continue to grow in our numbers, our fellowship and our discipleship. It has been our privilege and honour to have served St. Timothy's and its members over the past year as your Council. God continues to work out His plan through us and we are thankful for His blessing.

Respectfully submitted by your 2005 Council:

Ken Bell, Paul Carter, John Collings, Ron Edwards, Audrey Haigh, Peter Haigh, John Hopkins, Leddy Lilley, Chris Vondette, Florence Wilton and Patricia Young

Reports from our "G"s

Glorify Report

For me our weekly Glorify service is the high point of St Timothy's weekly routine; a culmination of the week's activities and the launch of the next week's. Even pausing briefly once a week to look back reinforces the blessings I receive daily, the good experiences I have enjoyed and the opportunities I have missed. It offers an opportunity to resolve to enjoy the coming week, to risk taking new opportunities and to know I have a focus for the future. Our church enjoys many activities throughout the week, - prayer groups, bible study groups, visits, kindly acts and other necessary support activities, even meetings, but they all come together in our weekly corporate worship service.

An (apparently) well-known liturgist Percy Dearmer wrote, of the church's heritage:
...the accumulated wisdom and beauty of the Christian Church, the garnered excellence of many saints. We are by them released from the accidents of time and place. Above all we are preserved against the worst dangers of selfishness; in the common prayer we join together in a great fellowship that is as wide as the world, and we are guided, not by the limited notions of our own ministers, nor by the narrow impulses of our own desires, but by the mighty voice that rises from the general heart of Christendom.

Most of us at St Timothy's have experienced at first hand the slow movement away from that truth in our churches over the past 30 or so years. Little changes that in themselves seem so unimportant, that become habit forming, so that they become the "norm", need to be looked at critically in light of biblical truth, with the assistance of trained experts – and our clergy have proven excellent in this regard. We as a congregation are resolved to stay true to liturgy that reflects only the whole truth of the Bible, foremost, and as understood by scholars, without a modern liberalized slant. I found it gratifying that several members of the congregation took the Glorify Group to task over one of our practices during our weekly service. The matter was taken seriously, and in this instance we found that we have remained true to original Christian (read: biblically based) traditions. I hope the congregation continue to be vigilant in ensuring that we remain true to our aspirations.

Worship in its fullest meaning has two prongs for us earthly beings; a reflection of God's image back to him in thanks and praise, and our offering of God's grace and salvation to the world in mission. The apostle James called these two: faith and works. In the context of St Timothy's, I understand we meet throughout the week to learn and grow in the truth, so that for the rest of the week we can try to lead lives that reflect our

understanding in a way that will influence people and lead them into a life in God's kingdom. High ideals indeed, but something to aspire to! I know many of us are encouraged by the support we receive from the uplifting experience of our weekly worship, and particularly the sermons.

As regular attendees, you will know that we are just concluding a series of in depth views of 6 Biblical characters in Joshua, Gideon, Samson, Ruth, Samuel and Saul, and have been helped to understand each of those six lives within their own context and time, and more importantly the relevance of their lives to ours.

Our celebration of Lent will begin with our festive Pancake Supper, immediately followed by our Ash Wednesday Service, this year in combination with Sutherland Church. Our Lenten sermon series will follow the Gospel of Mark as we explore the "Authority of Jesus Christ". We will also be invited to experience a "*Seder Supper*" on the Saturday before Holy Week. The Seder Meal enables us to use all our senses to enter into the Passover experience and helps to better understand the final meal Jesus celebrated with His Disciples. During Holy Week, our Maundy Thursday and Good Friday serious and emotional services will once more lead to the high point of our Easter Experience, where our world is set right for us.

I look forward to more of this quality worship, as Ron Barrett takes on the role of Glorify Leader at our Annual Vestry. (D.V!)

Submitted by Peter Haigh, with great help from "Guidelines"

Grow Report

Grace

Have you ever received a gift that you did not rightly deserve? Not necessarily a material gift but a perhaps a gift of loving support, faithful friendship, unrelenting trust or even one of forgiveness. I am sure we all can remember times in our lives when we were the grateful receiver. As I approach the season of Lent I find myself spending a lot of time in thought and prayer about the love and forgiveness that I and we all receive unconditionally from God, the sacrifice that Jesus Christ made for me and for all of us, as undeserving sinners. I seek to understand more about this wonderful love and gift of grace that comes to us "free of charge, no strings attached, on the house". In my quest to understand more about this immense love that God must have for us I returned to a book that I read a few years ago, but one that is well-worth a reread.

In best-selling author Philip Yancey's book, "**What is so amazing about grace?**" the dust cover summarises the book by asking the following questions. Do we understand it? Do we truly believe it? Do our lives proclaim it as powerfully as our words? Yancey gives us a probing look at grace, what it feels like, what it doesn't look like, and why only Christians can and must reveal the grace the world is searching for. As a movie lover I especially enjoyed the film illustrations that Yancey chooses to use to show us pictures of the miracle of grace. During this Lent I highly recommend a reading of Yancey's "What is so amazing about grace".

If you are looking for a film on the theme of grace I recommend watching one of the following movies. According to Jeffrey Overstreet, a Christian movie critic, films raise

important questions and reflect the world's brokenness, needs and desire for beauty, justice, hope and healing. He also says that "the big screens are filled with stories that reflect spiritual truths, offer glimmers of God's glory, champion justice, portray the wages of sin, and appeal to our desire for a saviour. The cinema is a place full of provocation to contemplation and dialogue about spiritual matters" He suggests that films provide many opportunities to talk about the gospel with other moviegoers." Jeffrey's website: <http://lookingcloser.org/movies.htm> is a great site for movie reviews from a Christian perspective.

The Mission (1986) Starring: Robert De Niro and Jeremy Irons

This movie centers on Jesuit missionaries, as they bring the Gospel to native people in the jungle of South America. Unwittingly, they get caught up in the political intrigue of faraway princes, and are given the opportunity to stand with the tribal people they've come to (and been given to) love, and the message they believe. Two men, one a priest for many years, and another a recently convert, formerly a slave trader and mercenary himself, make very different choices.

Babette's Feast (1987)

Based on the book by Karen Blixen/Isak Dinesen, it is a feast in itself, for the heart, the senses, and above all the spirit. Behind the film's deceptively simple story is a parable of grace: a gift that costs everything for the giver and nothing for the recipient. A voice-over narrator introduces us to a pair of aging sisters, daughters of a now-deceased Protestant minister on the Jutland coast of Denmark, whose names are Martina and Philippa after Martin Luther and his friend, Philip Melancthon. These pious sisters lead quiet lives of touching service among their late father's remaining followers, a handful of older residents of a tiny nineteenth-century coastal settlement that is at once almost a religious community and a sect unto itself. Their lives are changed when Babette, a French widowed woman arrives on their doorstep looking for mercy. The movie beautifully illustrates the parable of grace: a gift that costs everything for the giver and nothing for the recipient.

Les Miserables (1998) Starring Liam Neeson and Geoffrey Rush

Based on the novel by Victor Hugo, Frenchman Jean Valjean imprisoned for stealing bread is paroled after nearly two decades of hard labour. In a beautiful act of grace a priest gives Jean a gift of silver candlesticks which helps him begin anew. Forging a decent and profitable existence, he finds success as a businessman and as the mayor of a small town. He even takes in a pregnant young woman and raises her daughter as his own. When a former prison guard recognizes Valjean, his past catches up to him.

I encourage you during Lent to read Philip Yancey's book. I also encourage you to rent or borrow one of these movies, invite some friends over, watch the movie and enjoy some discussion on the thought provoking issues that are raised in these films.

Patricia Young

A Summary of the Proverbs

By discovering the values of God, we can understand why He has planned life and eternity to favour the person who lives according to the values and loves of the heavens.

Eyes of Humility The eyes of humility lead to honour. Humility prompts us to offset our own tendency toward self-deception by seeking the wisdom of God and the counsel of others. Humility is practical. It provides a basis for relationship with the God who is able to help us and who is able to keep us from falling into all kinds of dishonour.

Tongue of Truth Truth is the essential foundation of good business, good government, and good science. Truth is the basis of faithful marriages, lasting friendships, and a personal relationship with God.

Hands of Honest Work God values hands that work diligently in business, family, church, and community life. He values hard work, not because it gives quick or immediate payoffs, but because in time, work that is done with a heart full of reverence and love will be rewarded with the honours of God.

A Good Heart God made our hearts for Himself. Our reason for existence is to fear, to love, to honour, and to enjoy Him forever. Our mission in life is to discover from the depths of our hearts the richness of His love for us and for others.

Feet of Caution Cautious feet are the result of humble eyes that do not assume they see all there is to see. They are the result of truthful tongues that are not ready to cover up and deny foolish gambles. Cautious feet are the result of honest hands committed to honest work rather than to foolish or illegal risks. They are the result of good hearts that are looking not for a way to take chances with evil, but for ways to do good. Caution is natural to a wise person and unnatural to the foolish.

Advocates for Justice and Mercy Whether Proverbs is speaking of humility or pride, truth or lies, honest work or fraud, caution or rashness, the underlying concern is always to encourage us to be messengers of help rather than harm.

Cultivators of Peaceful Relationships Proverbs shows us that peaceful relationships begin in the heart. There is an honest longing for love and affirmation in the heart of everyone. God placed that desire for acceptance and accomplishment there. But God also made us so that we could find fulfillment and peace of mind only by filling ourselves with the goodness and kindness of God.

Patricia distributed this summary to her Home Group after they enjoyed studying "Proverbs". All members of the group agreed that they had learned a great deal and that the study book used was very thought provoking. St. Timothy's now has a set of these materials: your group might consider using them some time in the future.

Lenten Small Group Studies

Week of February 27th to the week of April 3rd

Monday Evenings: 7:30-9:00pm at John and Lucy Collings's home

Study: "Living a Blessed Life" The Sermon on the Mount (Matthew 5-7) Leader: John Collings.

Tuesday Afternoons: 1:00-2:45pm at Ron and Carolyn Edwards's home.

Study: "Reliving the Passion" Meditations on the suffering death and resurrection of Jesus as recorded in Mark. Leader: Rev. Ken Bell

Wednesday Mornings: 9:15-11:00am at Florence Wilton's home .

Study: "Developing a Faith That Works" Book of James. Leader: Patricia Young.

Thursday Evenings: 7:00-9:00pm at Richard and Sam MacDonald's home.

Study: "Comparing the Gospel Accounts of the Passion" Leader: Dara Barrett.

Anyone is welcome to join any of these groups. Please sign up on the table near the entrance. Questions? Please contact a Group Leader or Patricia. Contact Patricia also if you would like to follow a study individually or as a family.

Gather Report

We are a committee of seven which meets about five times a year. Our mandate includes the Newsletter, edited by Florence Wilton/ Matthew Vondette, the Coffee duties and roster by Hazel Blacoe (what would we do without all those delicious goodies!), Pastoral Care and Greeters headed by Myrna Teskey, Ladies Group by Linda Taunton (separate report), Fellowship by Audrey Haigh/ Daphne Martin and 101 Membership headed by Rev. Ken Bell (separate report).

We have had a very busy three months since our last Newsletter before Christmas. We helped organize a Parish Christmas Party at the Carters' and it was such an exceptional evening with good food & drinks, wonderful music entertainment by the Carters young and old and a great sing-along.

We are now looking forward to our first Parish Fellowship Event in 2006 – on Shrove Tuesday – the Pancake Supper to be held this year at Sutherland Church. It looks like we will surpass last year's attendance of 65; so we look forward to cooking hundreds of sausages and pancakes and enjoying an evening of fun and fellowship.

At our next meeting we will be planning a Seder Meal which we are holding on Saturday 8th April, just before Easter which will help us prepare for our Easter Celebrations. We are also in the process of planning a Young Families' Event in the Spring – keep your eyes on the bulletins for updates!

Paul and Lois are opening their home once again for a Glamorous Gala Garden (3Gs) Event – The Summer Ball 2006 to be held on 24th June. There will be good food, dancing, a silent auction and other wonderful surprises in the garden on 41st. It will be a fund raiser for Rwanda. More details will follow.

On the committee, we take our Pastoral Care responsibilities very seriously – many of our parish through illness or life issues struggle and it is our hope that by visiting or phoning we can help “cheer folk up” and let them know we care deeply about them. We ask that if any of you have friends or family or know of someone in the parish who needs help that you phone Myrna Teskey. She will contact Rev. Ken Bell, so that a pastoral visit can be made if wished, and also Sam MacDonald so the Prayer Team is activated. Anyone interested in joining our team please contact Myrna Teskey.

We held a 101 membership on a Saturday in January and had three people attend. We welcome them to our parish family. A further membership course will be held in April/May. If you know of anyone who would like to join our church family please contact Rev. Ken Bell.

We welcome suggestions for future events and encourage comments on any of the above. Our vision through the Gather Committee is to be a nurturing, biblically based community growing Christ's Kingdom. God bless you all.

Audrey Haigh

ARE YOU GRATEFUL FOR WHAT YOU CAN DO?

By Erica Barrett (1926-2005), May 2005

Have you really thought about the many things you can do? Until one cannot do them it seems to me that is when you start to appreciate what you could do.

Yes, I am a profoundly hard of hearing person, classified as deaf. I am truly grateful for the modern technology that is available for hard of hearing people today. It has changed my world. It was difficult to get help when I very much needed it over 20 years ago. Being told nothing could be done for me in 1983, did not sit well with me. I demanded that until I had tried something of some kind, who were they to say they could not help me.

They started me off with in the ear hearing aids. That was a wrong move for a profound hearing loss. No T-Switch, however they felt they had the right hearing aid for me. They warned me when I went outside that I would hear noises I had not heard before and it might be difficult. Well, when I went outside, what a racket!!!! Did I want to be in the hearing world or not? My world had been so quiet; would I be able to adjust? When I arrived home I went to the washroom. Well, when I flushed the tank, what a noise, I thought part of Grouse Mountain had come down!! Will I be able to adjust to these new things in my ear? I drove my guy crazy always saying, what's that noise, such as the refrigerator hum.

Eventually I purchased the wide behind the ear hearing aids with the powerful T-SWITCH. and an FM listening device. Finally I could manage familiar voices on the telephone by using the T-Switch and the amplifier on the phone. For unknown voices, foreign accents, and important information I rely on my Fax Machine. I find the fax machine so helpful when making doctor and dentist appointments. What a wonder the fax is for me!

My sister who lives in Victoria is also profoundly hard of hearing and now we can have a wonderful conversation by fax and we both now know what is being said and it is all in print. That is a real benefit. The other item that changed my world was CLOSED CAPTIONING. Not that there is much to watch on TV, but I CAN now hear the news!

Then, what on earth would I do without my FM listening system which allows me to hear my guests with the high, light voices and also to hear at meetings, in church and at family gatherings. This really changed my life. Nothing is perfect but every little thing helps.

Then, of course, there is the computer. What a wonderful instrument for a hard of hearing person. Instead of the telephone, now I can email my friends. How grateful I am for all of the above. All these things brought me back into this world of the living and made life so much nicer and much less stressful.

It will be 5 years in October that I have been battling my breast cancer and the treatments that go with it. I am now on my second round of Chemotherapy. There have been many ups and downs and through it all I have been so thankful when I can do some of the necessary things that I just took for granted before. Last December cancer appeared in my lower left jaw and meant a powerful radiation shot on the jaw. The most painful part of that was trying to eat as my lower lip was burned badly and took about 6 weeks to heal. I enjoy my food so this was a difficult time.

My glaucoma finally caught up with me and as I was going blind, I needed to have both eyes operated on. Let me tell you that it was a very scary time when the first eye was operated on. It was decided we would save the better eye first. The operation went well, however I was really almost totally blind. Hearing was now difficult as I could not lip read. What was I so grateful for this time round? Let me tell you when you cannot read, it is really, really hard. We do not realize how much we read. When going to a restaurant with the family one night, I could not read the menu and they had to try and read it to me. Being hard of hearing was difficult in a noisy restaurant. I asked for a large print menu but they did not have one!!! Trying to read my new prescriptions was difficult, magnifying glass and all!!! How do you see to cut those toenails; to clean the vegetables; to see the recycling numbers? These should be black on white or reversed. I am sure that sighted people have difficulty with that one. How do you see that spot that needs extra care before going in the wash or how to cut the vegetables and miss your fingers???

To not to be able to drive was a really tough one I had to adjust to as the cancer appointments were every day except for five days in the month. Having to rely on others, I found to be a huge adjustment. I could not take the bus as my immune system was too low. If I had lived alone I would have had to take a taxi which would probably have worked O.K. When I had eye surgery I was told not to bend over as that would put pressure on my eye. How do you get your shoes tied or get things in and out of cupboards? How do you get the dust up off the floor? Through all this, it has made me very grateful for all the things I could do before and will hopefully be able to do again.

Yes, being hard of hearing is frustrating. However we have so much technology now that there is basically no need for us to not be able to hear in almost all places. It is up to you to be the informed and helpful person for the hearing person. You are the one in charge of your situation not the hearing person. At our last family dinner gathering, our son in law who now wears hearing aids due to the job he was on when younger and with no protection against the noise, said to me, "Why can't the hearing world understand?" I said, "Well Doug they are slow learners." There was dead silence, then a hoot of laughter. We are slow

learners? Yes, I said and you also suffer from short and long term memory loss. "How so?" they said. Well, you are supposed to get my attention first and say my name, but you do not seem to remember what my name is. You also should remind me every now and then what the subject is. Let me tell you that this conversation seemed to have an effect better than anything I have said before.

Having a sense of humour really helps. At our home people like to sit in the sun room and look out into the garden. I often say, "The garden is really enjoying your conversation." After a laugh, they turn their attention back to me. I use this in many circumstances. Running the water in the kitchen, I say, "My, how the water is enjoying your conversation." This kind of humour seems to get the message across much faster and it seems to be sticking with them. I often say at the family gathering, just a minute, there are three people wearing hearing aids and remember you are slow learners. Never ever did I think I could develop so much patience in dealing with the hearing world!! Yes, I went through all the stages like many of you, anger, resentment, and frustration, but in the end I will have none of that. I feel it accomplishes nothing. You only hurt yourself. Yes, at many conventions I was informed about a sense of humour. However, I had to get there and that took time. If you can find some way of bringing the hearing world to attention with a sense of humour it works every time. It's not easy and takes time to develop.

Since writing this article, my sight has worsened due to previous operations and medications. It is hard to get proper glasses as my readings change when taking the medication for the 14 days after chemotherapy. It makes it just a bit harder to lip read. I never thought I would have a vision problem, however, I do feel that what you cannot change you just have to accept, as hard as it is. I have 4 pairs of glasses that I use to try and see when my vision is at different levels.

Yes, being hard of hearing is difficult; however, I truly think we also need to concentrate on all the wonderful things we can do and count our blessings. Name them one by one. If you can still walk and also have your brain how wonderful that is. The most important thing a hard of hearing person can do is take charge of their situation and get the best technology. It is there for you. All you have to do is grab it and it will change your life.

Giving to the community by volunteering a few hours a week I always found very rewarding. The CHHA North Shore Branch I am sure could use your help in many areas. You can also give to those who cannot help themselves in Nursing Homes. When I volunteered at Evergreen nursing home after taking a course that Marilyn Dahl offered, I found it extremely rewarding. The patients' hearing aids were being lost in the wash, shower, and on the floor. Battery doors were broken off the hearing aids. The staff was unaware of the cost of hearing aids. I would love to be able to continue this work. However, when cancer struck I had to give it up.

I would like to see this work continue somehow.

My growing up years were not easy and I remember when in Grade 4 the children laughed at me when I had to read out loud. I went home that day and told my three siblings and my Mother, if I say a word wrong, stay with me till I say it right. No way was I going to be laughed at. The difficulty was that I did not hear the phonics which were taught in Grade 1, so I pronounced the words strangely. I also did not know the teacher was speaking when her back was turned. Somehow it was not discovered that I had a hearing loss. They thought I just had a lisp. I knew when I went to work that people were hearing different things than I and I found the telephone very hard to use. I lived in Victoria at this time and was told nothing could be done for me. If only I had known of the Western Institute for the Deaf and Hard of Hearing, I might have been able to get help.

My milder hearing loss came with birth; however, in our family history on my Dad's side, we start to lose hearing all the way along and when around 50 we are profoundly hard of hearing. I have always maintained it was the lack of hair cells in our ears. I notice they are now doing research on that.

A part I have not touched on is the cost of hearing aids and listening devices. I realize some may not be able to afford what they need. Get on the bandwagon and root for help from the Government of B.C. Send letters or emails to your M. P. Find out how you can help the CHHA North Shore Branch Board achieve their goal for assistance with hearing aids and listening devices. The North Shore CHHA has all the information for you. Plan on attending the evening or morning meetings where you can learn more about all the technology that is out there for a hard of hearing person. Did you know that loop systems can be installed in meeting rooms and church halls? Find out where you can volunteer to help the most. Do not leave it for a few to do the work. This is your community also. Just get on with it and you will never regret it.

September 2005 update

In June I was hospitalized with fluid on the lung. Since writing this article, my chemotherapy was stopped this September. They cannot help me anymore. My vision has been a problem and now I am told that because of the glaucoma operations, the cataracts have grown. This apparently happens. I am now more than likely faced with two cataract operations. I hope they take place soon so I can have some vision back again. I try to look at each day as the day God gavest, rejoice and be glad in it. There is always something to be grateful for. I may not see well or hear well, and due to radiation on my jaw I have gum and teeth problems. However, I can still walk and I have my brain for which I am truly grateful. Sincerely, Erica Barrett

Reprinted from the December Issue of "Mountain Ear" with the permission of the North Shore Chapter of the Canadian Hard of Hearing Association. Submitted by Doug Haigh.

Prayer Corner

St. Timothy's Prayer Chain

At present eight St. Timothy's parishioners take part in our Prayer Chain. Names and circumstances needing prayer are given to Sam Macdonald, who sends the information through the chain, so that all members will pray for the person in the way requested. New members are always welcome to join this very worth-while ministry and anyone with whatever need who would like prayer is invited to contact me.

Sam MacDonald

The Collect for Lenten Ember Days

(Weds. Fri. and Sat. after the first Sunday in Lent)

O God, who hast made of one blood all nations of men for to dwell on the face of the earth, and didst send thy blessed Son Jesus Christ to preach peace to them that are afar off and to them that are nigh: Grant that all peoples of the world may feel after thee and find thee; and hasten, O Lord, the fulfilment of thy promise to pour out thy spirit upon all flesh; through the same thy Son, Jesus Christ our Lord.
Amen

Lenten Diet

Fast on criticism – feast on praise

Fast on self-pity – feast on joy

Fast on ill temper – feast on peace

Fast on resentment – feast on contentment

Fast on jealousy – feast on love

Fast on pride – feast on humility

Fast on selfishness – feast on service

Fast on fear – feast on faith.

(Submitted by Fran Ruegg in 2003)

The director of the **FBI, J. Edgar Hoover**, died on May 2, 1972. For forty-eight years, under eight U.S. Presidents, he oversaw the **Federal Bureau of Investigation**, becoming famous for his dramatic campaigns to stop gangsters and organized crime. He established the use of the fingerprint in law enforcement, and successfully tracked down well-known criminals. FDR gave him the task of investigating foreign espionage and left-wing activist groups. J. Edgar Hoover stated: "The criminal is the product of spiritual starvation. Someone failed miserably to bring him to know God, love Him and serve Him."
(Surely this is an encouragement to us to reach out to the unchurched on the North Shore)

Parishioner Profile – HANK VONDETTE

Hank Vondette was born in Pembroke, Ontario, about a hundred miles north of Ottawa. His mother's parents came from Irish families who settled in Canada around 1840. His father's family originated in France, the first immigrants to Canada being married in Quebec City in 1641. Their name, Vondé or Vondet became morphed to Vondette over the years.

Hank was baptized and confirmed at St. Columbkil R.C. Cathedral, which he attended regularly, becoming a member of the Boys' Choir. He attended a Separate School and was taught by nuns, then a priest in Grades 9 and 10. He enjoyed school very much and was very successful, continuing for two years at Pembroke Collegiate Institute after Grade 10.

In 1941, aged 17, Hank joined the Navy as an ordinary Seaman and was trained as a visual signalman, at that time in really short supply. Apart from very short courses to upgrade his signalman's qualifications, Hank stayed at sea throughout the war on convoy escort duty in the Battle of the Atlantic. He remembers that life on board ship during the war was strenuous. They never got enough sleep and slept fully clothed. They learned to catnap, except on watch! Exhaustion played a part and they could not complain of lying-awake nights. A lot of time was spent at "action stations", but Hank was young and life was always interesting. It was a matter of self-preservation. Signalmen stood their entire four hour watch on an open bridge with the Officer of the Watch and sometimes with the ship's Captain. They prided themselves on the fact that they were the first to see things. They read all signals and interpreted them to the Captain, feeling that they shared the responsibility and were an important part of the Bridge Team.

His career in the Navy ran from 1941 to 1978, changing from ordinary seaman to signalman, to yeoman of signals. After that he was a C.W. Candidate with recommendations from Captains in whose ships he had served. He took Upper Yardman's training in England and Officers' Training in Technical courses at the Royal Naval College. This was followed by Officers' Watch Keeping duties in ships of the Royal Navy and Royal Canadian Navy, HMS Cayuga during the Korean War. He took Officers' Training for two years at the Royal Naval College, followed by one year at HMS Excellent for naval gunnery specialist training at Whale Island, Hants., followed by further duty at watch keeping in R.C.N. destroyers. He later commanded a series of four ships, Stettler, Restigouche, Bonaventure and Preserver on the West and East Coast of Canada before spending two and a half years as Commander of Sea Training.

He was also involved in considerable Parade and Ceremonial Occasions, including Princess Mary, Princess Margaret and Her Majesty, the Queen, and on the Fiftieth Anniversary of the R.C.N. which included the consecration of the Queen's Colour. His service was always operational, at the so-called "sharp end" with the finest and best officers of our navy, from whom he tried to learn, often with a government that opposed the thinking of its naval leaders, whose best interest was its defence.

On his next posting to Queen's Harbourmaster, Halifax, he was involved with a number of unusual events including a fire aboard a ship delivering grain to Bangladesh, locating a submerged Sea-King helicopter off Chebucto Head and preventing a fuel spill off Labrador that would have wiped out the Northern Char run.

Hank's early life was very much church oriented and involved in Christian teachings. Certainly such was the case with Ursula, whom he met during the war when she belonged to the WRCNS. He enjoyed going with her to Evensong at Halifax Cathedral. They were engaged at Ursula's Parish Church at the Christmas Eve Service in 1946 and married at the Royal Naval College Chapel almost two years later. They were blessed with three sons and a daughter – Michael, Christopher, Nancy and Timothy, whose horizons were widened by the family's frequent moves as dictated by the Navy.

Having completed his education at age 17, but been challenged throughout his naval career by a variety of strenuous courses, including a year at Newport, Rhode Island, Hank became interested in furthering his education. At the earliest opportunity when he was stationed near a university, he took evening courses twice a week at St. Mary's University and studied in the summer holidays. After three years' studies without a break, he achieved a "Summa Cum Laude" graduation with straight As. This encouraged him to continue Graduate Studies at Dalhousie, completing courses on political and government subjects. He chose as his thesis "National Defence Policy – an Area of Irresponsibility". After a change of thesis advisers, this was changed to "The Logic and Rhetoric of Defence Policy Debates from Confederation to the Present", which Hank considers an early example of political correctness!

Hank is quick to point out that his three eldest children attended Dalhousie University and King's College near where Hank worked at Maritime Command Headquarters. They understood the workings of Dalhousie University Library much better than he did. At his request, they would obtain his required readings, then Ursula, an avid reader, would speed read and highlight the points she knew he would be interested in. Hank would read the sections she had highlighted and

prepare the necessary papers, suitably footnoted. For his most acceptable results he thanks Michael, Christopher and Nancy, his library resource team and also, of course, Ursula. As Hank puts it, in hockey terms if he was awarded a goal, they, in particular Ursula, earned assists.

The Vondette family have always enthusiastically supported their church wherever they have lived, including St. George the Martyr, Cadboro Bay, Victoria (Choir, Vestry, Synod), St. Peter's, Birch Cove, Halifax (Choir, Vestry) All Saints Bedford, Nova Scotia (Choir, Vestry, Warden for 3 years), Immanuel, Newport, Rhode Island, at Cornwallis and in England.

When the family settled in West Vancouver, the Rector at St. Stephen's called on them, inviting them to attend. Hank was invited to be a Sidesman and became chairman of the Sidesmen for a number of years. However, during a family visit to the U.K., the Sidesmen became Ushers following a motion by the Rector and Hank resigned. The dominant use of the B.A.S., the diocese-controlled monologue on same-sex unions and the increasing head-in-the-sand attitude of the parish eventually caused them to leave. They are more than happy with St. Timothy's, where they feel challenged to grow in faith. We are stronger at St. Timothy's because of their deep faith and dedication. One recent visitor to the church was overheard asking, "How many Vondette's do you have in this church?" Those of us who belong know just how valuable a contribution they make to all aspects of our church life.

Florence Wilton

Note: Because of space constraints, this summary of Hank Vondette's life gives only a brief glimpse of the highlights of his autobiography. In the near future, a full version including much more detail about his career in the navy will be available on St. Timothy's website www.st-timothy.com. It contains interesting historical data, keen insight into human situations and wonderful anecdotes. I encourage everyone to read it. For those not on the internet, copies will be available for borrowing from St. Timothy's Library.

Cookery Corner: Harrods's Scones

Ingredients

3 cups flour
2.5 tsp baking powder
.25 cup sugar .5 tsp baking soda
1 cup buttermilk
1 tsp salt

Method

Mix all ingredients. Roll on floured surface.
Form into 7' discs. Cut into quarters.
Place on a greased cookie sheet.
Brush with egg and milk mixture.
Bake at 350F for 10 to 12 minutes. EAT.

You can also add currants, cranberries, blueberries or whatever you like.

(Paddy Donaldson served these with cranberries added at her Home Group, and they were a great success! See Paddy with questions or accolades.)

On a Lighter Note...



...actually, I've decided to give up abstinence for Lent...

If I can talk, I can pray. If I can walk, I can go to church

Mrs. Beulah Hughes Toulminville – Warren UMC, Mobile, Alabama

Fifty-two Sundays a year for fifty years: can you imagine that? Mrs. Beulah Hughes, who celebrated her 100th birthday on August 5, 2000, was a Sunday School Teacher for fifty years until her recent retirement.

The wife of a preacher, Mrs. Hughes did not attend her husband's church. She had her own place in her own church, where she was a faithful member – reliable, steadfast and quiet in her service. "Salt of the earth" is a phrase often used to describe her, and, in every way, Beulah Hughes has been a model Christian who gave her all until she was "all give out".

The word humble has fallen out of favour in this age so much concerned with self-esteem, but Mrs. Hughes is humble in the most Christian sense of the word. She never looks for or expects any thanks and is frankly embarrassed when notice is taken of what she considers her duty.

Mrs. Hughes is also a fabulous cook. Even when she had to lean on a cane to stand, she was still making cakes – airy confections, so light they almost floated into your mouth. She isn't stingy with her recipes either and shares them willingly with anyone who asks, though no one can ever quite duplicate her astonishing results. Perhaps that's because Mrs. Hughes added some special secret ingredients to her fruit-cake cookies, her cheese straws and her caramel pound cake. Those secret ingredients were her endless love and affection, her boundless joy and her devotion to God.

Taken from *The Church Ladies' Divine Desserts* Submitted by Myrna Teskey

From Day to Day at St. Timothy's

Altar Guild

Thank you to everyone who has provided flowers and greenery throughout the year for our place of worship. Parishioners are encouraged to join the Altar Guild. Four members are required each communion Sunday - two to prepare the credence and two to set up the altar. We were pleased to receive approval and purchase two Ciboria (the Eucharistic vessels to contain the wafers) in time for our Christmas services, so now we have a full complement of sacred vessels, chalices, ciboria and paten, plus burses and veils in several seasonal colours as well as altar linen, corporals and purificators.

Gordon Barrett has generously built our credence table and a stand that doubles as a flower stand or Pascal or Advent candle holder. He also provided a processional cross, and those plus our altar and credence candles ensure that our services even in a recreation centre lack nothing of a regular church building.

Two meetings only are held each year, in March and September. Amongst the Guild's duties will be: providing daffodils for Mothering Sunday and making Palm Crosses for Palm Sunday, April 9, in preparation for Easter services.

Currently our members are Carol Anderson, Corinne Burns, Joan Buss, Paddy Donaldson, Norma Johansen, Lois Knight, Sarah Lucas, Bea Messinger, Myrna Teskey, Marion Van Dusen, Ursula Vondette, and assisting when available, Joy Hopkins and Lucy Collings. Our AGM will be held Tuesday, March 14 at 9:30 a.m. at the home of Corinne Burns. New members are welcome.

Corinne Burns

Coffee Hour

My thanks go as usual to all the coffee team members, all the goody providers and all those who make a contribution in the jar. Your efforts and generosity ensure great refreshments each week after the service and a float that covers expenses and allows us to help with refreshments on special occasions. It would be helpful if those who bring a plate or container with goodies mark their names on it to ensure they get it back safely. Anyone wishing to join a coffee team or be a spare, please contact me.

Hazel Blacoe

St. Timothy's Library

The Church Library has had donations of many wonderful books as of late, and still coming! Many thanks go to Margaret Salibi and the Barrett family. Several books are placed in the Library in memory of Erica Barrett.

There are many very good books for the young people in our church. Rarely do I see these books borrowed. Many "YP" labelled books are also very good reading for the "young at heart" in our church. Meditative prayer, devotions and Lenten reading books are available. Topical reading booklets from RBC Ministries are available for FREE, while some donated books will be for sale "by donation to the Church Library fund".

Please come and check out the books in the church library every second Sunday during Coffee time. There will be a plastic bucket -- for church library book returns and book donations -- out on one of the main tables every Sunday. Some books need to be returned. If you have any overdue church library books around the house, please return them any Sunday for others to read. Thanks and good reading.

Monica Craver

St. Timothy's Ladies' Group – 2005

A Year in Review

President: Linda Taunton; Vice-President: Myrna Teskey; Secretary: Ursula Vondette; Treasurer: Carolyn Edwards; Memorial Services Rep. Hazel Blacoe.

The Ladies of St. Timothy's have had a very busy, successful year. Ten meetings were held the second Monday of each month (except July & August). Seven Fundraising Events were held to raise money for outreach projects: Guess Who's Coming to Dinner (Feb.); Seniors' Hub Treasures & Craft Sale (June); The Haighs' Garage Sale (Aug.); Harvest Supper Silent Auction (Oct.); Parkgate Craft Fair (Nov.); Delbrook Craft Fair (Dec.) and St. Timothy's Craft Sale (Dec.).

Approximately \$4,268.00 was raised to support the following eight projects: Lighthouse Ministries; Harvest Project; The North Shore Homeless Shelter; IN Network (Uganda); ACIC Church Planting; St. Timothy's Sister Church in Rwanda; and Katrina and Tsunami Relief.

We also organized three Dine-Out Dinners at The Cheshire Cheese Restaurant (April – 23 attended); The Orange Club Café (Aug. – 32 attended) and The Capilano Heights Chinese Restaurant (Nov. - 30 attended).

Help and goodies were also provided by the Ladies at four Memorial Services.

Thank you all for your wonderful support and guidance from above to foster such dedication within our community.

Upcoming Ventures

The Ladies' Group seeks your support once more in some future projects. The first is for Lent – please consider taking out the centrefold of this newsletter, the Lenten Self-Awareness Program, and joining us in raising funds for our Sister Diocese in Rwanda. Others include: Early May – Craft and Attic Treasures Sale at Delbrook.

Mid-November – Craft Sale at Delbrook.

Several members of the Women's Group would like to continue re-cycling "all occasion" greeting cards, and need your assistance in providing much needed stock of anniversary, birthday, get well, sympathy, friend, Easter, Mothers' Day & Fathers' Day cards, with the centre page attached. Please give your bundles of cards to Marion Van Dusen, Muriel Newton, Daisy Scott or Martha Wright. Your help will be much appreciated.

Linda Taunton

The Ladies welcome the newest member of the Nursery/Sunday School: Shower for Ethan Bell on January 12, 2006



Youth Group

Rita and Jonathan became the proud parents of a baby girl on Monday, February 20. We look forward to welcoming Anna Elizabeth to St. Timothy's.

Rita Seiki

Editors' Message

We are grateful to all contributors, especially this month to the Canadian Hard of Hearing Association, North Shore Branch, for permission to reprint the wonderful article by Erica Barrett. Her recommendations of gratefulness for God's gifts ring true in all adversities. Special thanks are due also to Hank Vondette for the article on his life – don't miss the full version on the website. A copy will be placed in the Church Library for borrowing.

Matthew Vondette and Florence Wilton

New Church Directory available next Sunday

We want to make this directory as accurate as possible, so if your address, phone number or e-mail address have changed since the *June 2005 Directory*, please contact Matthew Vondette with the new information by Friday, March 3. If you are new to the church, and wish your name to be included, you are invited to contact Matthew also.

Calendar Highlights

(See Lent and Easter Services and Events on the Back Cover)

Week of February 27 Lenten Small Group Studies - four groups begin.

March 24 – 26 19th Annual Renewal Mission sponsored by St. Simon's and Richmond Emmanuel Church.

***Early May Craft and Attic Treasures Sale** at Delbrook Centre.

***June 24 Summer Ball** at the Carters' - food, dancing and a Silent Auction (Funds raised go to our Sister Diocese in Rwanda).

***August 26 St. Timothy's Garage Sale** at the Haighs'.

***Mid-November Craft Sale** at Delbrook Centre.

****Please mark these dates in your calendar and watch for more information.***



**St. Timothy's
Lent & Easter Services & Events**

February 28

Shrove Tuesday Pancake Supper 6pm
@ Sutherland Church

March 1

Ash Wednesday Service 7pm
@ Sutherland Church

April 8

Seder Supper 6:30pm
@ Sutherland Church

April 9

Palm Sunday Service 10am

April 13

Maundy Thursday Foot Washing
7:30pm

April 14

Good Friday Service 12:30pm

April 16 EASTER SUNDAY

Sunrise Service 5:30am @ Sutherland & Pier
Easter Celebration 10am

(If no location is given, the service/event is at the
Lynn Valley Rec. Centre)