



# St. Timothy's Gazette

## OCTOBER 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.

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**Mailing Address: #908-1641 Lonsdale Ave.**  
**North Vancouver, BC V7M 2J5**  
**Services: Lynn Valley Recreation Centre**  
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# Table of Contents

Message from the Rev. Ken Bell .....	3
Report from our Wardens.....	4
Reports from our "G" Leaders .....	7
Go Report .....	7
Gather Report .....	8
Grow Report .....	10
Give Report .....	12
Treasurer's Report .....	13
Prayer Corner.....	14
Embrace Rwanda .....	19
Parishioner Profile – Douglas Haigh .....	22
Calendar of Events.....	31

## **Message from the Rev. Ken Bell: Saying "Thank-you"**

Since Lillian was a baby, Sonya and I have tried to teach her to say, "Thank you" both verbally and through sign-language. At first, as would be predictable, there was no response, but over time when we signed, "Thank you," she signed it back. Once she could speak, she began to say it after we said it to her. Whenever we gave her food or a toy or what she asked for, we would encourage her to say, "Thank-you" and she would.

In recent months, though, something has changed. I opened the door for her the other day and she said, "Thank you daddy". Spontaneously, with no encouragement or prompting, she gave thanks for such a simple thing, but it warmed my heart. Whenever she says, "Thank you" it brings a smile to my face but when that little voice says it all on her own, when she knows to say thank you it really warms my heart. I want to pick her up and kiss her for the way she just made me feel.

She still needs reminders from time to time and I suspect she always will. "What do you say?" (The great thing about sign is we can be more subtle about it when we are out, but we still reminder her). But that is fine with me. There is nothing wrong with a little reminder and I know that, as she matures, fewer reminders will be necessary.

The day Lillian thanked me for opening the door was the day I was supposed to be writing something for the newsletter and had asked God for some inspiration, perhaps around the subject of thanksgiving. Well, the subtlety of this transaction was not lost on me. "Thank you, God, for responding to my prayer".

As adults we know the importance of saying, "Thank you" and those of you with children no doubt taught you children as Sonya and I have taught Lillian and Ethan, "Say thank you". We also know the importance of saying thank you to God for what he has done for us. But a gentle reminder is always a good thing, I think, because, like children, adults forget sometimes to say thank you, especially for the little things.

So what are you thankful for? Have you told God lately all the things you are thankful for? Have you told your family, friends and church all the things for which you are thankful? Might I encourage you (as I encourage and remind myself) to take time this week and to say, "Thank you" to friends and family, but most especially to Jesus, for all these things for which you are grateful.

Your Servant in Christ,

**Ken**

Rev. Ken Bell, *Senior Priest*

## Wardens' Update – October, 2006

Milestones for St. Timothy's continue to occur! After the very successful party on Saturday evening (September 23), where we bid adieu to our first permanent Priest, Paul Carter, we look to an exciting future with Ken Bell, who was recently (see below) installed as our new Senior Priest.

We are truly blessed to have been the beneficiaries of Paul's great talent as a preacher, and in his ability to help guide us through our initial growth, establishing our vision and mission statements and to focus on our reason for being. It is a true statement that, "If not for Paul, St Timothy's would not exist." It is now hard to remember that for 6 months, (nearly three years ago now) those of us who were locked out of St. Martin's met on Monday evenings, for services with visiting clergy. Then five Primates offered us (and other affected congregations) Alternative Episcopal Oversight (AEO) and Paul offered to serve as our priest, so we could meet on Sunday mornings. We remain grateful to Harvest Project, which opened its doors for our services, and solidified our group. With Paul's encouragement, we abandoned our battle with and efforts to reform the Anglican Church of Canada, and concentrated on doing the work we believe we are called for. St. Timothy's came into being, under Paul's watchful eye, with AEO from our Primates and our Bishop TJ, as a fledgling church of the Anglican Coalition in Canada (ACiC).

In his response to Saturday evening's celebration, Paul reflected on the last 2+ years and saw three issues evolving. He sees our Anglican Heritage, soundly based in scripture, rich in tradition, well worth preserving. He feels a need to share the legacy of his 25 + years of ordained ministry with younger clergy, and is moving to a position where this is possible. He encouraged us to share our passion for our faith with our local community, in a way that is understood by today's generation. Eternity is coming and we must let our neighbours know the options.

We are truly grateful for the support of Paul's wife, Lois, as our organist over the past two years, her ability to bring our hymns and canticles alive and her extra effort at developing our ad hoc choir for special seasons. We also thank the Carter girls, Naomi, Suzanne and Sarah-Louise for their involvement with our Youth Group, Church school and presentations they made to enhance our services and social occasions.

Now Paul moves to a role where we will still see and hear from him on an ongoing basis as he assumes a full-time role, as Network Leader, in advancing the aims of ACiC across Canada. We are equally blessed in finding Ken who, with the support of his wife Sonya, now fills the role of our Senior Priest, and in the good working relationship he has established with Paul; who will continue in his role as Ken's mentor.

Paul helped us define our vision **"To be a nurturing, biblically based community, growing Christ's Kingdom"**. To keep that vision alive and focused, your church council, in an annual retreat recently, reflected on where we should concentrate our efforts in the near and more distant future. We saw the need for a full time Music Director for our services, to develop a choir and to offer more varied musical support to our services. We are now actively searching for such a person. We agree that we are liberated to focus our resources on spreading the word to those around us, unencumbered by expensive buildings and property to support. On the other hand, the job of setting up for our weekly service falls on a few willing workers, and is a rushed time for those who prepare our chancel so carefully. Storage space is an issue for the Sunday School items, library, sound system, and church hardware. Many items are stored at members' homes. We have no central meeting place for regular mid-week church meetings or for our youth programs. We would like a permanent home sometime, where much of our equipment could be set-up permanently. The Give team is looking at all options! Your suggestions are always appreciated.

We also look for ways in which we can more rapidly Go and reach those on the North Shore who do not know the Christian story, and the richness of our Anglican heritage. We see the daytime Alpha Course, being held every Tuesday in conjunction with Sutherland Church as a good use of our resources, to share our story with the local un-churched. We are encouraged by our growth, and continue to welcome new members. We are about to offer another St. Timothy's Membership 101 Program, this time enhanced with a concise but comprehensive booklet covering Anglicanism, what we stand for, and what we believe in, developed by Ken. We recommend this to all our members to remind us of "our" story. Of course, we continue to Glorify God and Gather in fellowship on Sunday mornings and on other occasions and to Grow through our participation in Home groups. We will also be providing training courses in such areas as pastoral care, small group and prayer ministries.

Another recent highlight for us at St Timothy's was the Celebration for the Common Cause of Orthodox Anglicanism led by one of our godly Archbishops, Archbishop Yong Ping Chung from South East Asia, who not only led a lively service attended by many local communities, where he encouraged us to remain steadfast in our efforts to spread the good word of our Bible but also on Sunday morning, 10 September, inducted Reverend Ken Bell as our Senior priest. During that sermon, he stressed that Ken was to be our shepherd, our leader and our teacher, as described in the three readings from Joshua, Titus and John's Gospel. He directed Ken to lead "his sheep" by the word of God, deviating neither to the left or right. He stressed that there were no short cuts, to engage in bold leadership under the authority of the Bible, to teach according to the sound doctrine of the Bible, and to teach by example.

We encourage all readers who have access to the Internet to "test drive" our improved web site at [www.st-timothy.com](http://www.st-timothy.com) and pass on your comments to Matthew Vondette who has worked so hard with Ken in developing that site. This is another method to share our passion with our neighbours.

St Timothy's continues to thrive, and, as Wardens, we welcome your suggestions for ways we can continue to Grow, Gather, Give, Glorify and Go in our local community.

Respectfully submitted

Ron and Peter

Friends, September 27, 2006  
Lois and I would like to thank you for the wonderful Dinner Party last Saturday, for the kind comments, the marvellous Stoles, badminton racquets for the girls and all of the cards and generous financial gifts.

It has been a privilege to serve as your first Senior Priest and to play a part in the formation and growth of this wonderful congregation.

We look forward to a different role but to many more opportunities for contact and worship together as the months unfold.

**Paul, Lois and the girls**

## Reports from our "G"s Go Report

### ALPHA – September 2006

Alpha is now a worldwide phenomenon, offering people an opportunity to come and explore the meaning of life in a relaxed, informal 10 week course, usually offered as an evening program. This year, St. Timothy's is pleased to co-host, with Sutherland Church, daytime Alpha on Tuesdays, 12:00 noon - 2:30 p.m at Sutherland Church. We started on September 19<sup>th</sup>, providing lunch and free babysitting every week. This daytime offering is clearly appreciated by those able to attend, with free babysitting an obvious enhancement, enabling five or six young mothers to attend the class. During this time, their eight or nine children are cared for and entertained royally by two experienced babysitters and a vast range of toys available at Sutherland Church.

Lunches are provided by catering teams from each church on an alternating basis. So far, the meals have been truly delicious, a feast for both eye and palate. We are most grateful to all the ladies who have volunteered their time, talent and effort to provide the lunches.

The variety of background in the group of approximately 15 participants promises interesting and challenging discussions in the weeks to come. We are currently hoping for and planning the two day retreat, but will report on that in the next newsletter.

A new feature for this year's program is the Alpha library. St. Timothy's has purchased many of the books on the Alpha recommended reading list. These books may be borrowed on a sign out basis by any of the program participants.

Special thanks to Ken Bell and Todd Wiebe for their pastoral leadership. Please pray for the program participants and their faith journey, as well as for the program leadership.

*Sarah Lucas*

### Prayerful Pressure Reducer

Attending religious services at least once a week can significantly lower your blood pressure, reveals a new study in *Psychosomatic Medicine*  
*Women's World, Sept. 5, 2006*

*Submitted by Myrna Teskey*

## Gather Report

September has been a very busy month for St. Timothy's. September 11 was a very memorable day for us all with the installation of our Senior Priest, Ken, an inspiring service and sermon with Archbishop Yong Ping Chung, and then a Luncheon put on by the Coffee Hour Ladies for St. Timothy's family and friends.

It was wonderful to have over 60 people attend our Appreciation Dinner for Paul and Lois held on Saturday, September 23, at Sutherland Church. We gave a big thank you to Paul and Lois for sharing with us their wonderful gifts of teaching, preaching, music and friendship over the past two years. We will always treasure their generosity in sharing their lovely home on the occasions of the Summer Balls and Christmas Parties. Three stoles which had been made in Rwanda were presented to Paul as well as a gift basket for all the family. The Youth Group presented badminton racquets to the girls. Paul assured us it is not "goodbye". In fact, he will be with us next at St. Timothy's for a very special service on Sunday, October 15 to baptize Ethan.

We are planning an evening when Paul will come and tell us about his experience in Rwanda in July. "Evening in Rwanda" will be on Thursday, October 19 at 7pm at the Haighs and all are welcome. Please sign up during coffee hour so that we can anticipate numbers. Also, please note that St. Timothy's Christmas Party will be on December 15, and watch for the place and time.

Thanks as always goes to Florence and Matthew for producing our quarterly newsletter which brings us up-to-date and gives insights into future events. Please check out our new Website [www.st-timothy.com](http://www.st-timothy.com) which has been revamped and is sparkling with enthusiasm for our church family. Thank you to Matthew and Ken for their hard work.

Ken has been working on producing a booklet for Membership 101, covering topics such as Anglican Church History, Theology, ACIC and St. Timothy's Story. Copies will be available and I am sure you would find it interesting reading.

If you have any pastoral concerns please give Ken or Myrna (604-988-9906) a phone call. The Pastoral Care Team is looking forward to a training session on Prayer on Monday evening, October 16 with Dylan Goggs. It would be wonderful to have as many as possible of St. Timothy's attend, so we can all learn to pray more effectively. Great things will happen if we all are praying together!

Don't miss the Ladies' Group Report. Congratulations are due to a wonderful bunch of ladies for sharing their many talents to raise so much money for all our outreach projects.

*Audrey Haigh*

## Ladies' Group

Our regular monthly meeting on September 11 was held at Lois Knight's home. Our special guest speaker was Alayne Adams from Partners In Hope Recovery Society. This Vancouver society offers support and healing through Jesus Christ to victims of harmful circumstances and dependencies, as they reclaim the gift of life. Some of their programs provide life skills training, mentoring, food co-ops, residence for men and women and assistance to develop support networks. We appreciated Alayne's outlining various ways that our group could provide needed help and financial assistance to their society.

Our priority focus is to support local and international outreach projects. Since January 2006, we have raised \$3,663.04 and donated a total of \$2,633.75: to Diocese of the Yukon-\$500.00; Rwanda-\$1,000.00; Harvest Project-\$1,133.75. Our efforts to raise money continued at our Garage Sale held on August 26 at the Haighs'. The weather was perfect! This was indeed a well-coordinated effort of the many, willing hands from St. Timothy's, from donating an incredible amount of items, to sorting, pricing, selling and doing the final clean-up. It is amazing that we can make so much money from selling 50 cent items. We doubled our last year's sale, making \$1,509.03. These additional funds will be allocated at our next regular meeting to a lucky outreach project. Many thanks to Audrey and Peter Haigh for organizing and hosting this sale, to Carolyn Edwards for the hours of pricing and to everyone that helped make this garage sale such a success!

We also sell fine crafts made by members of St. Timothy's. Please join us on Thursday, October 12, at 10 a.m. at Ursula Vondette's home for a craft meeting. If you need a ride, call Joy (604-985-8422) or Linda (604-985-4603). We will be participating on Saturday, December 2, at the Christmas Craft Fair being held at the Delbrook Rec. Centre. Come visit us at Table 14 in the gym.

Just for fun, our next Dine-Out Evening will be on November 24 at 6:30 p.m. at Palki Indian Restaurant, which was kind enough to donate a gift certificate to the Summer Ball. Everyone Welcome! Watch for a sign-up sheet during coffee hour or call Linda Taunton. Our next Ladies' Group Meeting will be held on October 16 at 1:30 p.m. at Muriel Newton's home.

Greeting Cards The Ladies Group would appreciate your help in filling our supply of Greeting Cards of all kinds - BIRTHDAY, ANNIVERSARY, CHRISTMAS, EASTER etc. PLEASE DO NOT REMOVE THE BACK PAGES OF THE CARDS as we like to recycle the verses. Each recycled card sells for \$1:00, and goes into our Outreach Donation Fund. Please give your cards to Joy Hopkins or any other member of the Ladies' Group.

*Linda Taunton*

## Grow Report

**Nursery:** The nursery is changing, just as much as the children. The nursery is no longer for babysitting but a place for discovering the Bible. We are teaching the children about God's love through prayer, song, storytelling, crafts and play. This is a unique time in the toddlers' lives where they are able to learn an enormous amount of information. Our prayer is that they will leave the class knowing Jesus' unending love for them. A lot of time and effort goes into preparing every week, so special thanks to Andrea, Dara and Patricia. We welcome you to come and experience the fun in the nursery, located at the back of the church.

Yours in Christ,  
Sonya Bell

**Sunday School:** This fall, we are trying some new ideas and curriculum for the Sunday school. To start each Sunday, all students gather for a game which is related to the lesson and some wonderful singing that is led by Rita and accompanied by Jonathan on the guitar. We then do a prayer before breaking into groups for our story and activities. We are using the *Lifeway Curriculum*: for the 3-5 year olds, September's topic was "The Most Important Book". October's theme is "I Can Be Like Jesus" and November's is "Praying and Thanking God". For the older children, the themes are "The Bible", "Live Like Jesus" and "God is Powerful". St. Timothy's Youth Group members are helping us this year - they can pick a game to be played, select the songs to sing and/or participate in the class. This has been a welcome addition to our group and we are very fortunate to have such enthusiastic young people involved.

Yours in Christ,  
Carolyn Edwards

### **Youth:**

As a start off to a new school year, the youth group attended a water-sports retreat at Cultus Lake with several other North Shore churches including Sutherland Church, St. Andrews & St. Stephens Church, and Lynn Valley Full Gospel Church.

Since September, there are some major changes in the youth group. First of all, we are sad to say goodbye to the Carters. It is hard to see that Naomi and Susanna will not be at our weekly youth group meeting (though we will invite them to join us for some special events). They have brought us so much joy and it was a great pleasure for me as a youth group leader having them in the group.

Secondly, the youth group is now meeting every Wednesday evening when we study the Bible together. On Sundays, the older youth will attend church service unless they have signed up to help in the Nursery or Sunday school. We are hoping that the youth will learn to apply God's word through serving. Besides Bible study, we are still having our social gathering once a month.

Youth Group Schedule for October:

October 4 Bible Study (7-9 pm) Topic: Prayer of Jabez at the Barretts' home

October 14 "Ultimate Culinary Art Competition" (3-8pm) at Lynn Valley "Save on Foods"

October 18 and 25 Bible Study (7-9 pm) Topic: Character Study of King David at the Barretts' home

If you would like to have more information about the Youth Group, please contact Rita.

Yours in Christ,

Rita Seiki

**Adult Education:** This fall at St Timothy's there are a variety of different ways of "growing your faith". I encourage you to consider attending any of the following:

**Small Group Study:**

Topic #1 "What Is So Amazing About Grace?" By Philip Yancey

Begins: Oct 5<sup>th</sup> at Patricia Young's home 9:15-11:00 am

Topic #2 "Developing a Faith That Works" James 3:1-5:20

Begins: Oct 24<sup>th</sup> at Florence Wilton's home 9:30-11:00am

**Upcoming Conference:**

Women's Conference - Sat., Oct. 14<sup>th</sup> at St John's Shaughnessy 9:30am-3:30pm

Topic: *Gospel Grace: Gospel Worthy* focussing on lessons from Philipppians.

\$50.00, Lunch included. Contact Patricia if you need transport or have any questions.

**Training:**

Prayer Ministry Training - Monday, October 16 at Sutherland Church 7:30 pm.

Yours in Christ,

Patricia Young

## **Give Report**

The upcoming few months will be busy for the Give Committee:

**Pledge Sunday**: On November 19<sup>th</sup> the parish will be holding its annual Pledge Sunday. The Give Committee coordinates the administration of this most important exercise which is aimed at achieving the greatest level of certainty upon which to budget the parish's activities for next year.

**Planned Giving**: We are fortunate at St Timothy's to have so many accountants. Imagine a tax collector making that statement! Nevertheless both Ron Edwards and Leddy Lilley have volunteered to offer advice on the subject of planned giving. The provisions of the latest federal budget provided significant tax advantages to the direct gift of appreciated securities which avoid the payment of capital gains tax on the gifts of these securities. Leddy Lilley is preparing an article on this subject, and planned giving in general for the next newsletter.

**Building Committee**: At our last meeting we agreed on the formation of a Building Committee to be a sub-committee of the Give Committee. While there is no question that it has been liberating to be free of the responsibilities of maintaining "bricks and mortar", it is equally evident that the absence of a permanent home presents challenges, not the least of which is the issue of storage constraints. The Building Committee will be tasked with defining our current and future needs, carefully researching all building related issues, including liaising with the city and district offices, and examining all our options for a permanent home. This is a complex undertaking and we do not expect any quick or easy answers. We invite your suggestions, but especially ask for your prayers in this undertaking.

*Chris Vondette*

**St. Timothy's Church Treasurer's Report**  
**for the Eight Months Ended August 31, 2006**

		Actual \$	ProRata Budget \$
<b>Receipts:</b>			
	Parochial Giving	108,776	106,667
	Extra Parochial & Other	4,659	-
	Less: Tithe	(10,879)	(10,667)
		102,556	96,000
<b>Expenditures:</b>			
	Church Operating Costs	83,465	84,100
	Equipment	3,038	3,333
	Contingency	-	1,900
		86,503	89,333
<b>Operating Excess Before the Following:</b>		16,053	6,667
	Outreach	(8,482)	(10,667)
	Vision Fund	(846)	-
<b>Excess (Deficiency) to Date</b>		6,725	(4,000)

Continued strong parochial giving over the summer months, coupled with costs to date slightly below budget, enabled us to maintain the very positive picture as far as our bottom line is concerned. While some of this excess may be eroded as we move to a higher level of activities and programs as we return from the holiday season, your generous commitment to St. Timothy's vision and missions should leave us with a very positive result for the year. Memorial contributions in honour of the lives of Will Baird and Hank Vondette have increased our Vision Fund substantially in addition to the outstanding operating results.

Thank you all for your continuing support.

*Ledford G. Lilley*

## Prayer Corner

### "40 Days of Prayer & Fasting"

*"Prayer—secret, fervent, believing prayer—lies at the root of all personal godliness"...William Carey*

Throughout the scriptures, whenever the people of God were seeking God's wisdom or direction, they turned to prayer and fasting as a way of finding discernment. Everyone from Moses to David to Ezekiel to Jesus himself spent time in prayer and fasting. Jesus taught this model to his disciples both by demonstrating it in his own life but also through formal teaching like the Sermon on the Mount.

Prayer and fasting together have a way of taking the attention off ourselves and directing our attention towards God. The more time spent in prayer and fasting, the more we become aware of our dependence on God and often the more aware we become of our own sinfulness and need for God's grace and mercy.

The number 40 is also very significant in scripture. To be honest, I do not know why God selected '40' and not 30 or 50 as 'His' number, but from 40 days of rain, to 40 years in the wilderness, to Jesus' 40 days in the wasteland before beginning his ministry, God has used this period of time to form and shape his people to conform to his will. It seems that 40 days is long enough to make his point, long enough to make us uncomfortable, to make it a sacrifice without being so long as to be untenable.

Earlier this year I asked the Rev. Silas Ng from Richmond Emmanuel Church how in 10 years they grew from being a small church plant to today having over 500 people who attend the church. Was there a program, a system, an overall strategy for growth and development?

He smiled at me in the way the cagey veteran looks at a nervous rookie about to play his first professional game. He said, "No. It was all prayer and fasting". He told me that early on they decided to take the example of prayer and fasting from scripture seriously and so they began to have times of church-wide prayer and fasting for 40 days every year. For 40 days at a time, they would gather at 6a.m. for prayer, everyday different people in the church would fast, and together they confessed their sins, declared their need for Jesus Christ and sought to hear God's voice and to seek his will. They believed with confidence that by being obedient to prayer and fasting that God would lead them, bless them and speak to them. God has done just that over the past ten years.

And so, this past week, we launched at the Haight's our first season of "40 Days of Prayer & Fasting" for St. Timothy's. On Wednesdays from 7:30-8:30 p.m. all members of the church are welcome to gather at Sam and Richard MacDonald's house for an hour of prayer, from October 11<sup>th</sup> to November 15<sup>th</sup>. In addition to this, each week we will be handing out a "prayer card" for the week, instructing us

on the theme and asking us to pray for everyone who is a part of our St. Timothy's family.

Finally, I would like to challenge people to consider fasting one day a week (perhaps Wednesday's). In Matthew 6:16 Jesus instructs his disciples concerning fasting. He begins by saying, "When you fast..." The implication is that Jesus understood fasting to be a regular practice for his disciples, not 'if you fast', but 'when you fast...do it this way'.

We should fast because we are no different from the ancient Israelites; we need God's mercy and protection just as they did. Before making a serious decision (especially as a church), it is a wise practice to call for a time of corporate prayer and fasting. "Should we buy a building?", or "How should we shape our budget for next year?" for example.

Fasting is also a great way to understand how submissive we are to the flesh. Our stomach growls a little and we immediately move to feed it, to meet the desires of the flesh, and we do so without even thinking about it. If we do this so easily with something as simple as food, is it any wonder we give in to other desires of the flesh (see Gal. 5). More than any other Discipline, fasting reveals to us the things which control us.

Prayer and fasting is a time for us to repent, to focus on God and to better understand our dependence on Him. David writes in Psalm 69:10 "I humbled my soul with fasting". This practice helps us to realize our dependence on God and our need for Him in our daily lives. We are sustained by "every word that proceeds from the mouth of God" (Matthew 4:4). It is a form of intimate and personal worship and praise.

(If you have not fasted before please see the section later in the Newsletter "**So when you fast... here are some tips**").

These 40 Days of Prayer and Fasting together, lead us towards our pledge Sunday on November 19<sup>th</sup>, where we will be asking everyone to prayerfully consider their offerings and gifts of Time, Talent and Treasure to God and his Church.

I believe with confidence that if we want to see the people of St. Timothy's grow to become more like Christ, and to become more confident in their faith and that we want to see more people come to know Jesus Christ and his love for them, we must begin with a serious obedience to prayer and fasting. And so I ask all of you to join me and the leadership of St. Timothy's in "40 Days of Prayer and Fasting" for St. Timothy's.

Your Servant in Christ,

Rev. Ken Bell

# Summer Ball at the Carter's



# Installation of Ken Bell As Senior Priest



## **A Cross of Choices**

To-day to follow Jesus  
I carry a cross not made of wood  
but a cross of inner conflicts  
a cross of choices  
mine or His.

There is a tension between my selfish desires  
and his generous sharing.  
Tension between ignoring the poor  
and befriending those on the edge.  
Tension between my desire for comfort  
and becoming involved in social justice.  
Tension between my wish for approval  
and obeying His word.  
Where the kingdom of God  
and my will meet, there is a cross.

**To-day Lord, show me  
your way of life in a post-modern world.  
May I see what I need to relinquish  
if I wish to embrace your cross.  
Open my mind, my ears and eyes  
so I may see you more clearly,  
trust you more completely, depend on you totally.  
Grant me your grace, your courage  
as I take up my cross  
each day and follow you.**

Gwyneth Bell, March 9/2005 (Gwyneth is a Pastoral Care volunteer in St. Paul's, Edmonton.)

## Embrace Rwanda



There are people walking everywhere. I have never seen so many people walking by the side of the roads. Women dressed in brightly coloured skirts, often carrying huge loads on their heads, walk barefoot, while children skip and play as they move along. This was my first, a lingering and now my enduring memory of Rwanda: its colourful people walking.

I had gone as part of a team of eleven from the Anglican Coalition in Canada (ACiC). Five of us worship on the North Shore in ACiC churches. The rest of the team came from Pender Harbour, Westside Vancouver and one from Edmonton. We left on July 5, a Wednesday afternoon, to travel to Kigali the capital of Rwanda. We finally arrived on Friday afternoon because of time differences and changing planes in London and Nairobi.

It is hard to prepare for the contrast in sounds, sights and smells of Kigali. This sprawling Capital bustles with activity and one wonders what degree of planning has gone into the low rise urban spread down the deep river valleys.

Our journey to Kigeme, some two and half hours away, was cramped. However, twelve of us squeezed into a van was as nothing compared to the local buses filled with people, packages, produce and, at times, animals. Kigeme is a village in the SW corner of this small Central African country. Its hilltop is dominated by the Anglican Cathedral and surrounded by a hospital, secondary boarding school, huge elementary school and a few small shops and market stalls. This was to be our home for the next ten days. We were visiting our Sister Diocese and establishing a firm link with a group of fellow Anglican worshippers who share our biblical faith and practice, though not our lifestyle.

Over the next 10 days, we listened and watched, visited and shared, ate and drank with the people of the Diocese which is made up of just 34 parishes but some 12 sub parishes and over 280 chapels. Amazingly, the devastation of the Genocide twelve years ago, the ongoing impact of Aids, the refugees from neighbouring Burundi in their thousands, the poverty and lack of resources have not dampened the resolve of the people of this Anglican Diocese. Slowly they are seeing the area transformed. We were privileged to see for ourselves the new worship centres, some fully and others partially completed, to meet many of the lay leaders of the chapels who are seeing the Christian community grow and bring new life and hope. We saw evidence of new economic activity as we toured tea and coffee factories, walked the river valleys with their freshly irrigated fields, passed the penned domestic animals that now produce not just milk and meat but manure for the acidic soils and release children from tending them to go to school for the first time. Ah the children! I cannot forget the children. Everywhere we went they mobbed us, full of life and laughter. Children under twelve are all over the place. Is it a reaction to the Genocide? Is it a sign of hope or another disaster growing in wings of the main towns as the villagers have more and more children? I am not sure.

What I am sure about is that their present President, Paul Kagame, (see photo above) is doing the very best he can for his people. He and the government are making some tough new rules; no more local brick making, no more unplanned tree cutting for firewood, compulsory education for all through elementary school.

Bishop Augustin and his staff are making a difference too. We saw this for ourselves and we wanted to play a part in helping. It was very good as a team to be able to decide, from the things we had seen, how we could help. The \$22,000 we had raised from the ACiC churches went a long way in this poor country. Thirteen projects benefited as a result. With the Bishops approval and permission we were able to build a home for a widow and her five children, provide a pastor with a motorbike, roof one of the new churches, allow the Mothers Union to buy goats for widows, provide tens of bibles to those who have never had one, pay for 20 children to attend Secondary School for a year. In these and other ways I believe we made a difference, not to the global problems that tax Nations and Governments, not with the vast sums of a Bill Gates or the impact of Bono or Bob Geldorf, but nevertheless make a difference, as eleven ordinary people from BC and Alberta spent their time and talent and treasure this summer seeking to visit with compassion, listen with humility and learn from a people of great faith and joy. We were able to share, share something of the wealth we have to help transform the lives of those who have so little.

It was a wonderful trip, a worthwhile venture and an eye opening engagement with a colourful people whose riches are not material but spiritual and whose hope

is not in the things of this world but in the things of God. We returned changed and resolved to pray and raise money to share again, but equally determined to embrace the Rwandan perspective that life is more than riches and joy is deeper than circumstances and hope is available to the poor and rich alike, if only we would open our eyes to see. Will you 'embrace Rwanda' with us? Together we can make a difference.

Yours sincerely in Christ,

***Paul***

Revd P M Carter  
Network Leader ACiC

**RWANDA EVENING**

**Paul Carter will be giving a presentation  
on his Rwanda experiences  
on Thursday, October 19  
at 7.00pm at the Haighs'  
Refreshments will be served.  
You are warmly invited to attend.**

## **Parishioner Profile: Douglas Haigh**

Douglas Haigh was born in Yorkshire in 1919. When he was two years old, his mother took him to Bihar, India where his father was working as a chemical engineer. He was there until he was six and a half, when his mother took him back to Britain. His recollections of life in India at the time of the Raj are strengthened both by photographs and by a visit of several months which he made when he was in his late teens. He remembers having an ayah, living in a large house and the family having about ten servants to tend to their needs and look after the garden. His father worked all morning, then everyone rested during the heat of the day (mid-day to 4pm), then the rest of the day was devoted to tennis and the leisure of life at the club.

On his return to England, he was enrolled at a day boarding school, which meant that he could spend the weekend with his mother at his grandmother's home. His father continued working in India. After a year, his mother returned to India and Doug started life as a full-time boarder at a Church of England School. He has good memories of his life there – studying the three Rs, French, Latin and piano – as well as enjoying athletics (especially running), soccer and cricket. When 11, he transferred to Rydal School, a Methodist School in Colwyn Bay, North Wales, where Chemistry and Physics were added to his previous curriculum. He gained his school certificate and matriculation as well as playing rugby and being captain of athletics and house captain. He remembers the school uniform of blazer, grey flannels and always a school cap when he went into town and grace in Latin before and after all meals. The masters in this almost monastic community wore gowns. The boys had lessons in the morning, sports in the afternoon, up to two hours prep in the evening, and then retired to their "houses" at 9pm for sleeping.

Doug was attracted to the idea of becoming a doctor, but his father wanted him to be a chemical engineer, so he was sent to Imperial College at London University for three years of Mathematics and various engineering subjects, as well as chemistry and physics. It was a four year course, but Doug had completed the first year at Rydal School. He joined the rugby club, continued his athletics activities and joined in a variety of social activities. Having had no experience of girls in his upbringing, he had developed no skills in relating to them. On Saturdays, he visited museums including Madame Tussaud's and art galleries, went to plays and, since his college was adjacent to the Albert Hall, went to concerts there.

In June 1939, with one year remaining of his studies, he had the opportunity to go to India. The P. & O. Line had a special return fare to India – forty-six English Pounds! It would be three weeks each way via the Suez Canal from Marseille to Bombay. Once at Bombay, he travelled east several days by train to reach Bihar, two hundred miles from Calcutta. He was with his parents from June to September, and then on September 3, 1939 Britain declared war against Germany. After debating all the possibilities, his parents paid his trip by air back to England so that he could complete his education. He flew by Imperial Airways flying boat from Calcutta to Karachi then, with overnight hotel accommodations in each city, on to Basra, Corfu, Alexandria, Brindisi, Marseille and eventually arrived in Southampton. He completed his B.Sc. Engineering in May, 1940.

The authorities were anxious for him to contribute his knowledge of chemical engineering to the war effort and he began work in a government factory in Scotland where T.N.T. was produced. This was a comfortable, well-paid position, but Doug, who had been aware for some years of the threat of the Nazis and who had high ideals, decided to volunteer to be a trooper in the Royal Tank Regiment. He left his safe civilian occupation in 1941, joined the 12<sup>th</sup> Battalion of the Royal Tank Regiment, and began training on Salisbury Plain. After being stationed at Colchester, Inverary, Fort George and Hawick, he decided to apply for a commission, was accepted and began training as an officer in the Royal Engineers.

In 1942, he joined a Regiment who were being specially trained to invade France, blending his knowledge of tanks with his engineering skills. The tanks had to be capable of running under water for 100 yards, so they were fitted with special tall exhaust and air intake pipes. In addition the engines had to be covered with a rubbery substance to protect them from the salt water. Once they were on land, the special attachments had to be exploded away. His group was picked to land on D. Day, originally June 5, 1944, postponed by General Eisenhower to June 6 because of a severe storm. They were to penetrate the German lines in tanks, ahead of the infantry. Many were sea-sick during the crossing, but Doug was not. He feels strongly that God protected him as they penetrated some way in the first day and then eventually advanced through Normandy, Belgium and Holland to the German border. Some of the time the advance was relatively calm, and then there would be battles to rout Germans from advantageous positions.

One such battle was the taking over of Walcheren Island on the Scheldt River, to free up Antwerp which was needed to supply the advancing armies. The R.A.F. bombed the dykes and flooded the island, and then the British tanks floated in and occupied the key positions.

After peace was declared, Doug's group was stationed in Lunenburg for a few months. He remembers while there playing a church organ which had been played by Bach. The conquering British and Americans took the privileged lodgings that the Germans had used. He remembers finally leaving the army in 1946 in a camp in Yorkshire: his khaki uniform was exchanged for a civilian suit, an overcoat, shirt and shoes.

So, Doug looked for a job and found one in a soap factory in Manchester. Meanwhile, his father was being treated in an English hospital and his nurses included Anne, whose parents had run a tea plantation in Assam. His father decided that Anne was the one for Doug, so they were married in 1947. They had two children, Peter and also Heather who now lives in Summerland. Being of a restless nature, in 1952, Doug was persuaded by an army friend to accompany him to Australia to hew a farm out of the bush. Since Australia found the Haighs to be desirable immigrants, they paid ten English Pounds per adult (children free) for their passage. They settled in Tasmania, where Doug quickly realized that farming was impossible, but luckily – more divine providence? – there was a pulp and paper mill in Burnie, Tasmania needing a chemical engineer.

After eleven years, Doug and Anne were urged by some of Anne's cousins in Vancouver to move to B.C. so Doug flew to Vancouver in 1963 at the age of 44. Anne's cousins, the Sagers, met and helped him and he quickly found a job with an Engineering Consultant in Vancouver. Anne and the children followed on the Oriana three months later. Within a week, the consulting firm offered Doug work on a feasibility study on a paper mill in Ceylon (now Sri Lanka). Doug completed the study, and then went to Sri Lanka for two years with all the family to work in the paper mill, offering advice. The family lived in a privileged position in management housing. They had a car and went to tea estates on holidays. Peter and Heather did B.C. based correspondence courses, so they would fit into B.C. education on their return.

In 1965 all the family came back to Vancouver. They travelled by air, stopping en route for a few days in Cairo, Istanbul, Athens, Rome, Paris and London, arriving in Vancouver in January, 1966. Peter attended North Vancouver High School and Heather, Delbrook Secondary. All the family attended St. Martin's Anglican Church, where Doug became a member of the Church Committee and Anne started a teenage choir. Doug was also Scoutmaster of the Fourth Seymour (St. Martin's) Scout Troup and later was District Commissioner for the Seymour District which included about nine hundred scouts, cubs and their leaders.

Changing employers again, Doug worked for B.C. Research, visiting many firms throughout Western Canada to measure their environmental emissions.

Eventually he joined H. A. Simmons, retiring in 1982. After retirement, he had more time to pursue lifelong interests including joinery (carpentry), book-binding, photography, orienteering, cross-country skiing, travelling abroad and creating audio-visual programs. Anne became an experienced travel organizer and arranged trips to Portugal, Yugoslavia, France, Austria and Great Britain, with Doug making an audio-visual program after each tour. They enjoyed viewing them with the family and showed them to groups like the St. George's Society which Doug and Anne revived in 1987. He has bound many books and taught Irene Alexander the intricacies of this process, giving her his tools. After Anne's death in 2000, Doug commissioned Irene to design a beautiful rose window in her memory to be located on the north wall of St. Martin's Church.

When, under the leadership of Rev. Timothy Cooke, over 90% of the congregation voted against acceptance of the Bishop's endorsement of blessing same-sex marriages, followed by Timothy's walking out of Synod with the leaders of several other churches, Doug was seriously troubled.

He weighed the alternatives: was he to remain at St. Martin's or leave? Was it to be the building with the expensive rose window dedicated to his dear Anne or the orthodox faith of the creed? The window or the faith? The choice was clear- the faith. Since then he has always been convinced that this was the right choice.

Unfortunately, Doug's increasing deafness limits contacts, especially in group functions. In services however, thanks to Peter's installation of a loop and the type of hearing aid Doug uses, he can follow the service well. He invites others who have difficulty hearing the service and who have the same type of hearing aid to join him "in the loop".

We at St. Timothy's can learn much from Doug's perseverance and dedication. We thank God for his strong faith and scholarship and ask for ongoing strength and protection.

*Florence Wilton*

## On a lighter note

### Thank God for Children Saying Grace...

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if Mom gets us ice cream for dessert. And Liberty and justice for all! Amen!" Along with the laughter from the other customers nearby I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Whatever next!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?" As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my son and said, "I happen to know that God thought that was a great prayer." Really?" my son asked. "Cross my heart," the man replied. Then in a theatrical whisper he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember the rest of my life. He picked up his sundae and without a word, walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."

### So when you fast... here are some tips:

- start with a short period of time 24 hours (i.e. lunch to lunch missing only two meals)
- then move to a "Full Day Fast" (about 36 hours) missing all three meals in a day.
- eat a lighter meal than normal before beginning (include fresh fruits or veggies).
- on your first fast you might find it helpful to drink not just water but "clear drinks" (some juices or herbal teas). On subsequent fasts try with just water.
- When you break a fast (especially longer ones like 3-7 days), break it with fresh fruit and veggies before moving on to other foods.
- Use the time when you would normally be eating to pray.
- Pay attention to how you feel and to how quickly you move to respond to your hunger.
- Keep a journal noting how you feel physically, emotionally and spiritually during your fast. This becomes especially interesting if you pick up this practice weekly (try it weekly for 3-6 months).

## Mission AFTER Christendom

I recently came across an article that has helped me focus on some of the reasons we are seeing such a drastic drop in church attendance in Canada and the western world. It may colour your thinking in how we address the issue of increasing our own membership, as it has mine.

“The centuries long era of Christendom in Western society is fading. Post Christendom is coming: a culture in which central features of the Christian story are unknown and churches are alien institutions whose rhythms rarely impinge on most people.

Post –Christendom involves several transitions:

*From the centre to margins:* in Christendom, the Christian story and churches were central, but in post Christendom they are marginal.

*From majority to minority:* in Christendom, Christians comprised the (often overwhelming) majority, but in post-Christendom we are a minority.

*From settlers to sojourners:* in Christendom, Christians felt at home in a culture shaped by our story, but in post Christendom we are aliens, exiles and pilgrims.

*From privilege to plurality:* in Christendom, Christians enjoyed privileges, but in post Christendom we are but one community among many in a plural society.

*From control to witness:* in Christendom, churches could exert control over society, but in post Christendom we exercise influence only by telling our story.

*From maintenance to mission:* in Christendom, the emphasis was on maintaining a supposedly Christian status quo, but in post Christendom it is on mission within a contested environment.

*From Institution to movement:* in Christendom, churches operated mainly in institutional mode, but in post Christendom we must again become a Christian movement.

The early missionaries, as described by Luke in his Acts of the Apostles, were members of a marginal and powerless community, and once they moved out beyond the Jewish community to Gentiles, they were telling their story to people who had never heard anything like it before. Responses varied, but many were intrigued by a story that was fresh.

During the Christendom years, the church was no longer marginal but dominant and the story it told was no longer fresh but very familiar. During this era, missionaries, often backed by state authority, could encourage those who knew the Christian story to live by it. They called latent Christians to become more active Christians.

In post Christendom, our story is neither fresh nor as familiar as it once was. We are back on the margins but have a legacy of past dominance. Mission is no longer as easy as it has been. In many ways we share more parallels with pre-Christendom missionaries of St Paul's times, but today we must be aware of illegitimate contextual leaps."

Our Christian heritage has been responsible for so many great reforms in our society, most of which governments have taken over and for which society at large gives neither heed nor credit to churches for establishing. Our voice is not attracting the attention of society. I hope that with this view of the changing world of Christendom, we might seek opportunities to tell our story, in a way it might be heard!

Respectfully submitted – with thanks to "Guidelines"  
*Peter Haigh*

### THE ANVIL OF GOD'S WORD

Last eve I passed beside a blacksmith's door  
And heard the anvil sing the vesper chime;  
Then, looking in, I saw upon the floor  
Old hammers, worn with blasting years of time.

"How many anvils have you had," said I,  
"To wear and batter all these hammers so?"  
"Just one," said he; and then, with twinkling eye,  
"The anvil wears the hammers out, you know."

And so I thought, the anvil of God's Word  
For ages, skeptic blows have beat upon.  
Yet tho' the noise of falling blows was heard  
The anvil is unharmed--the hammers gone.

--John Clifford

**"Our critical day is not the very day of our death, but the whole course of our life; I thank him, that prays for me when my bell tolls; but I thank him much more, that catechizes me, or preaches to me, or instructs me how to live."**

**John Donne**

**"...Goes Before A Fall"**-an article for the July 2006 Deep Cove Crier

What goes before a fall? The Good Book says 'Pride'. "Pride goes before destruction, a haughty spirit before a fall. (Proverbs 16:18) What is pride, anyway? The Concise Oxford Dictionary defines 'pride' as 'overweening opinion of one's own qualities, merits' and 'proud' as 'haughty, arrogant'.

Roget's Thesaurus speaks of the double-edged nature of pride. Many people use the term to refer to satisfaction in their children's accomplishments, or to self-respect. But Roget's Thesaurus reminds that pride is also connected to "arrogance, haughtiness, insolence, loftiness, lordliness, overbearingness, presumption, superiority, narcissism, vanity, egotism." Hence we see the origin of the 1960's slang phrase "ego trip".

Why is pride spoken of as the first of the seven deadly sins? Perhaps because pride causes us to forget our Maker: "your heart will become proud and you will forget the Lord your God who brought you out of Egypt, the land of slavery." Pride is basically non-productive and unteachable: "Pride only breeds quarrels, but wisdom is found in those who take advice". (Proverbs 13:10) Pride is self-destructive: "When pride comes, then comes disgrace, but with humility comes wisdom."(Proverbs 11:10) Pride is the spirit of the mocker: "The proud and arrogant man-"Mocker" is his name; he behaves with overweening pride." (Proverbs 21:24). In High School, many 'Big Men on Campus' become proud and mocking while they are 'the big fish in a small pond'. But things change when they go into the real world. Pride goes before a fall.

The most difficult thing about pride is that it is like bad breath: easy to detect in others, and hard to detect in ourselves. Pride has to do with a sense of entitlement, that we deserve everything that we have, that the world owes us a living. The most famous human being once said in Mark 7:22 that pride comes from within our hearts and actually makes us unclean (non-kosher). Pride separates from others, by seducing us into thinking that we are better than others. Pride is the root cause of every caste system, every class system, and every system of racial hatred. That is why the Good Book says: "Do not be proud, but be willing to associate with people of low position. Do not be conceited."(Romans 12:16) Pride goes before a fall.

Pride makes it very difficult to admit our need for anyone else, even God himself. Pride feeds the illusion that we are completely independent and self-sufficient. That is why Jesus said that it is easier for a camel to go through the eye of a needle than for a rich person to enter God's Kingdom. Yet real breakthrough

happens when we admit our need, our helplessness and powerlessness over life's struggles. CS Lewis' wife, Joy Davidman, resisted her need for God for many years. She writes: "God had been stalking me for a very long time, waiting for his moment; he crept nearer so silently that I never knew he was there. Then, all at once, he sprang. For the first time in my life I felt helpless; for the first time my pride was forced to admit that I was not, after all, 'the master of my fate'."

Pride and humility are total opposites. That is why both James and Peter quote Proverbs 3: 10 that "God opposes and resists the proud, but gives grace to the humble." Let me ask you a question: Do we really want the Maker of the Universe to be opposing and resisting us? Yet that is what is guaranteed if we don't deal with the pride issue. God will resist us at work, at home, in society. Pride may not be a big deal to us, but it certainly is to God. Why is God so opposed to pride? Because it cripples our ability to really love others around us. As the famous poem in 1st Corinthians 13 puts it, love is not proud. Why are so many people successful in business and failures at home? Pride goes before a fall.

Pride, like alcohol addiction, is cunning, baffling, and powerful. It is almost impossible to destroy head-on. The secret to taming one's pride is gratitude and thanksgiving. As John Fischer puts it, "A thankful heart cancels out pride and arrogance. No need to judge other people when you are thankful for who you are. No need to measure yourself by and compare yourself to others when you are thankful for what God has done in your life." Gratitude is a deep sense that life is a gift from a gracious giver. Gratitude is best expressed by the ancient words: "All things come from You, O Lord, and of your own have we given You." My prayer for those reading this article is that each of us will gratefully lay our pride and self-sufficiency down at the foot of our Maker.

The Reverend Ed Hird

*(Our thanks go to Ed Hird for permission to use this article (Editors))*

**Battle for the Soul of Canada - by The Rev. Ed Hird**

The book **Battle for the Soul of Canada** (highly recommended) will be out by Mid-November 2006. The price will be \$15.00, plus shipping and handling. There is a special pre-publishing discount for those who pre-order the book before it is published. Just send a check addressed to "Ed Hird" for \$15.00 (which includes book discount price \$11.50 plus shipping and handling \$3.50).

## Church Library

There have been a few interesting and positive changes for the Church Library. After a long absence, the library is back with a new look. There is a permanent book tray that will be out every Sunday, next to the kitchen. We also have a bright new library sign to hang up. New books have been added and continue weekly to supplement our library.

As the library goes through improvements, we hope to attract more of our readers to check out these good books. Permanent additions include a Harper's Bible Dictionary and Strong's Concordance (a generous donation from Margaret Salibi), for use with Bible Study home groups, etc. There are books for the young, the youth, and the "young at heart" to grow in the Christian faith. I give my thanks to Patricia Young and Carolyn Edwards for their help and advice.

*Monica Craver*

## Editors' Message

Our thanks go once more to all contributors with special appreciation that so many got their report in AHEAD OF THE DEADLINE in response to our plea. You will notice a new structure in this edition that attempts to group items under Go, Gather etc. You will also find the calendar in a new format thanks to Patricia's efforts at consolidating all October events and Matthew's technical expertise. **However, since meetings are sometimes rescheduled, we invite you to check the weekly leaflet for changes.** If this format is useful, one will be published with the leaflet at the beginning of each month. *St. Timothy's Directory* is as current as you enabled us to make it and we hope you will find it helpful in your communications with fellow parishioners. We appreciate your suggestions for improvement. Please watch for the next deadline – and please look out for items to send us!

*Matthew Vondette and Florence Wilton*

## November/December Calendar Highlights

**Alpha, Small Groups and 40 Days of Prayer will continue into Nov.**

Please note the following dates – more information will be available later:

November 13, 1.30pm Ladies' Group at Florence Wilton's

November 24, 6.30pm Ladies' Group Dine-Out

December 2 Craft Fair at Delbrook Rec. Centre.

December 11, 1.30pm Ladies' Group at the Haighs'

December 15 St. Timothy's Christmas Party.