

# *Timothy's Topics*



**ST. TIMOTHY'S  PRESBYTERIAN**

***50th Anniversary***

***1957-2007***

ST. TIMOTHY'S PRESBYTERIAN CHURCH  
2400 ALTA VISTA DRIVE, OTTAWA, ONTARIO

TELEPHONE: 613-733-0131

FAX: 613-733-7330

E-MAIL: [STTIMSOFFICE@ON.AIBN.COM](mailto:STTIMSOFFICE@ON.AIBN.COM)

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## **Minister's Message**

In a few weeks we will celebrate the achievements of our children in learning the Christian faith and their success in living out that faith in their mission projects. Our youngest members will lead in worship that day and our annual Church School Picnic will follow on June 13th. It will be a day when we, the people of St. Timothy's, can celebrate with true joy just how well we have served God by passing on the faith we love to those beautiful children entrusted to our care by our loving God.

Although there are many people whom we might thank for this success, it is those who staff our toddler room and who teach our children who deserve the greatest thanks. They provide to all of us a model of faithful service in preparing material, setting-up, cleaning-up and, of course, teaching our kids the stories of the Bible. It is impossible to over-estimate just how important these lessons will be to our children as they grow into adulthood and begin to make important personal choices in a world where morality has become anything but clear.

In recent years we have heard much about the teaching of morality and ethics. Moral values seem to have risen to the surface as we encounter more and more rude,

illegal and exploitative behaviour at all levels of our society. There seems to be a resurgent desire for clear morality. I know from the countless conversations I've had with many of you that we at St. Timothy's share this desire. So, my question is, "*Where is the best place to actually learn moral values?*"

Do we want politicians teaching moral values? Our provincial government thinks they know how to do it through the school system. How about letting the television industry identify and expound their values to our children? What about Hollywood? No? The best place to learn moral values based on eternal spiritual truths is still the church. It's that simple. In our present world situation, the church remains the best source of moral teaching and guidance.

This has been an important focus here at St. Timothy's since this church first came together. It seems to me that this remains a vital part of our ministry. One that we can continue to support and even grow here in Alta Vista.

What I would ask you to be doing in this regard is quite simple. As always, the first thing to do is *pray for this ministry*. And then, pray again. And again. Pray, not just briefly, but deeply and specifically for our Church School, our children, our teachers, our Christian Education Committee and our Session and Board. Pray so that God believes we are serious about this ministry. Pray in support of every person involved. Pray for each and every child who is here and for those whom God has yet to send our way.

*Give to this ministry*. Give of your finances to ensure we have all we need to support this important work. Give so that we might get to the point that we can once again employ a Youth Worker. However, perhaps more importantly, listen for God's call and leading and discern if you are meant to *give of your time and abilities* in support of this important, life-giving teaching. Whether you have a background in teaching and education or not, there is need for positive, encouraging Christian people on our Christian Education Committee. We could sure use some more teachers to support our current, faithful teachers and to provide more classes. We could use some folks with a heart for youth to offer attractive programming for our older young people.

Although the lazy days of summer stretch out ahead of us, I ask that you spend time praying for and thinking about this ministry. Perhaps then, when we gather again in September we will do so with a superbly supported Church School that will be well equipped to pass on the spirituality, the Christian values and the morality

that has seen so many of us through our lives. May our children also enjoy the riches of a personal morality grounded deeply in the love of God.

Have a wonderful summer!

Peace in Christ; *Alex Mitchell*

## Upcoming Events



May 23: Pentecost

May 30: Trinity Sunday - Communion

June 6: This will be a service of hymns. Jill Wilson of Urban Christian Outreach will deliver the sermon

June 13: Youth Service based on prayer. Cheques will be presented to representatives of two local schools, Alta Vista and Charles Hulse to help with their Breakfast programs.

There will be a picnic after the service and all are welcome.  
Please bring your own lawn chair

# SUMMARY OF DECISIONS OF THE KIRK SESSION

## *February 10, March 9 and April 12, 2010*

In keeping with the session's direction, the following resolutions and decisions taken at its meetings of February 10, March 9 and April 12 2010 are summarized hereunder for the information of the congregation.

### *February 10, 2010*

(1) Motion adopted, that the Annual Congregational Meeting be held Sunday, February 28, 2010 following the morning worship service. Notice of the meeting will be given on two successive Sunday, February 14th and 21st.

(2) Motion adopted, that the court resolve itself into a Committee of the Whole, to receive and consider the visioning proposal to be presented by the Rev. Lillian Roberts.

### *March 9, 2010*

(1) Motion adopted, (1) that Session respond to all complaints of member, (2) that small groups of St. Timothy's Session members meet with members and adherents of the congregation to hear their concerns and ideas, and (3) that the objectives of these groups were to (a) listen, (b) record, and (c) report back to session.

(2) Motion adopted, that the annual sidewalk sale be held Saturday, May 8, 2010.

### *April 10, 2010*

(1) Motion adopted, that Bruce MacMillan be invited to make a presentation concerning the purpose and goals of his continued involvement in the Big Trout Lake mission project, and that St. Timothy's Church continue to provide funding support.

(2) Motion adopted, that the St. Timothy's 2nd Annual Community Concert and Carol Sing be held on December 5, 2010, with the proceeds going to the Heron Emergency Food Centre.

(3) Motion adopted, that the date of the International Pot Luck Supper be changed to May 15, 2010.

(4) Following review, the motion was adopted, that Timothy Zale be removed from the roll of professing members, by resolution of Session.

(5) Motion adopted, that the H.E.F.C. "Walkathon" scheduled for September 25, 2010 be permitted the use of church facilities from 8:00 a.m. until noon, as required.

*George L. McCully, Clerk of Session*

## Stewardship

Many years ago, in Toronto I worked at the Clarke Institute of Psychiatry as a “Psychiatric Assistant”. It was a fascinating place to work, and a place where I made many good friends. One of those friends was a fellow Psych. Assistant named Augie. We often worked night-shift together and would finish our shift at 7 am. Sometimes Augie would say, “Allie”, (he was the only person who ever called me that!), “why don’t you come over for breakfast and a game of backgammon? And we’d go to Augie’s home nearby, cook up some breakfast and talk and play backgammon for a couple of hours.



Augie told me that his parents had not been churchgoers, but they had faithfully dressed their boys up nicely and sent them off to Sunday School each week. They were each sent clutching a dime to put in the collection plate. One morning over the backgammon board Augie told me how he and his brother had figured out that, since no one was supervising them, they didn't need to put their dimes in the collection, but could hang onto them and use them to buy candy after church. My friend was a gifted storyteller and we had a great laugh over this remembrance. Over the years however, I've begun to recognize that, in some ways, I'm not unlike those little boys clutching their dimes, intended for the Sunday School collection, only to use them for their own personal enjoyment.

We live in times of entitlement. We believe that we deserve whatever we have - we earned it. And yet, we in the church also know that all that we have, all that we count as our own, all that we enjoy are gifts from God. Like my friend's dime was given freely to him by his parents, so is every single thing of value in our lives given by our heavenly Father.

As we enter the summer months there is a tendency for church leaders to wring our hands and wonder how we'll get through the summer financially. We often make appeals to church members to keep givings up as if it is our role to pry the dime out of your hand. It isn't our role at all. If anything, the role of the church is to help us figure out what to do with our money, time and talents in a larger sense. This is a spiritual issue. The church cares about you and your spiritual life. Jesus almost always spoke of money in the context of spirituality. How we spend our money has an impact on our spiritual life. Our spiritual life has an impact of how we spend our money.

May we all enjoy the blessing of growing in spiritual stature. May we move away from the sense of entitlement taught to us by our world and learn the sense of deep gratitude that come from being entrusted by the Creator of the world with such great riches of money, property, time and abilities. In the meantime, I'm going to try to get this dime out of my fist! *Alex Mitchell*

## NEWS FROM HEFC

The Heron Emergency Food Centre participates annually in the *Hunger Count Survey* which provides statistics for the Ottawa Food Bank which then forwards on all the Ottawa food agencies' results to the Ontario Food Bank Association. This then becomes part of the food security picture on the national level. Client participation in the survey is voluntary.



This year's requested statistics for March in our local area are:

Female adults - 353;

Single parent families - 24%;

Seniors over the age of 65 - 36; a

Two parent families - 39%;

Adult post-secondary students - 5;

Couples with no children - 7%;

Adults as new immigrants or refugees - 129;

Single individuals - 33%.

Over 84% of HEFC clients are on Social Assistance, 86% are in social rental housing and 14% are in private rental housing.

You might jot down on your calendar that Food Aid Day is coming up on Friday, June 4th. Join the Ottawa Food Bank for a WORKS burger at City Hall where you'll receive a burger, drink and a bag of chips for only \$10.

All the proceeds are used for the purchase of cattle which provides ground beef for the Ottawa Food Bank's 100+ food agencies. Since the days of 2005 when local beef farmers were having difficulty selling their cattle, and entered into a win-win arrangement with the Ottawa Food Bank, 1079 cattle have been purchased and processed to provide 573,588 lbs. of ground beef, a very welcome and nutritious source of protein for food bank clients. This is a worthwhile cause to support - and the burgers are really good too!!

While noting Food Aid Day (4 June 2010) on your calendar, also mark down Saturday, September 25th as HEFC's second walkathon - *Step Up and Step Out to Stop Hunger*. Once again, St. Timothy's will be providing the venue and is really pleased to support this venture. Last year, we had four walkers participating in the 4-5 kilometre easy neighbourhood walk. They were generously supported

by church members, friends and family but there is always room for more PARTICIPATION. Why not dust off those joggers??

If gardening suits you better, how about planting an extra row in your veggie garden to provide some fresh produce for HEFC? Already, Vae and Ken Rankin have once again brought in their Spring's yield of rhubarb for appreciative clients. Perhaps, there are more congregational 'green thumbs' which can grow and harvest tomatoes, zucchini, beans, apples?

HEFC is located on the second floor of the Heron Community Centre, 1480 Heron Road, east of Alta Vista Drive. Its hours of operation are Tuesdays, 1:30 - 3:30 pm; Wednesdays, 6:30 - 8:30 pm; Fridays, 9:30 - 11:30 am.

Thank you, as always, St. Timothy's, for your continual weekly food donations and your very generous Reverse Offering support on a quarterly basis. Please remember the need is still there in the summer months and our numbers needing a helping hand are growing - 1110 in April 2010. If you have any questions, please phone Phoebe at 613-526-3559.

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## **Lenten Luncheon**

*And a grand time was had by all!*

That would be a good synopsis of the Lenten Luncheon held at St. Timothy's on Thursday March 18 2010. The Luncheon was very well attended.

The time of fellowship was indeed a 'golden' opportunity to share time with both old and new friends. Those present enjoyed the opportunity to begin the event with singing some of those wonderful old hymns that we so long to hear and sing. It is amazing to think of how beautiful all our voices were together. We did indeed "make a joyful noise unto the Lord"

A time for communion to reflect on God's love for his children and the Lord's sacrifice and promise of everlasting life followed our songs of praise. The Fellowship hosted a very enjoyable luncheon of sandwiches and desserts- and after lunch treats.

It is said that the Lord loves a cheerful giver. We offer thanks to Phoebe Gowdy and her team who truly reflect their cheerfulness and pleasure in giving to others.

*Heidi Dyck*

## LIVES OF THE SAINTS: Saint George

St. George: died c. 303, martyr, patron saint of England, of soldiers, of boy-scouts, and titular saint of numerous churches throughout the world, was one of the most famous of the early martyrs, and his reputation is still alive, especially in the East. St. George's Feast Day is 23 April.

Veneration of St. George as a soldier saint was wide-spread from early times, with its centre in Palestine. He died at Lydda in Palestine where his tomb was shown. However, no historical particulars of his life have survived. It is likely, but not certain that he was a soldier.

Legends of St. George exist in a large variety of forms, in which scholars have been unable to detect a single reliable detail. The famous story of George and the Dragon became immensely popular in the West through the Golden Legend, translated and printed by Caxton. The dragon, a local pest which terrorized the whole country, poisoned with its breath all who approached it. Every day it was appeased with an offering of two sheep, but when these grew scarce, a human victim was chosen by lot, in this case the daughter of the king, who went to her fate dressed as a bride. But George attacked the dragon, pierced it with his lance, and led it captive with the princess' girdle, as if it were completely tame.

George told the people not to be afraid: if they would believe in Jesus Christ and be baptized he would rid them of this monster. The king and people agreed; George killed the dragon and 15, 000 men were baptized. George would take no reward, but asked the king to maintain churches, honour priests and show compassion to the poor. The legend continued with an account of the sufferings and death of George in the persecution of Diocletion and Maximian, this last point being probably the only historical element in the story.

How St. George came to be adopted as the protector of England is not altogether clear. George has been known in England since the 7th to 8th centuries, evidenced by the Martyrology of Bede.



The cult of George took new dimensions for England during the Crusades. A vision of Saints George and Demetrius at the siege of Antioch preceded the defeat of the Saracens and the fall of the town on the first Crusade. Richard I placed his army and himself under George's protection. By now he was the special patron of soldiers.

Edward III (1327-77) founded under his patronage the Order of the Garter dedicated to the Virgin Mary, Edward the Confessor and St. George, for which the fine Chapel of St. George at Windsor Castle was built. At the Battle of Agincourt, King Henry V, in a famous speech, invoked St. George as England's patron. By the Middle Ages Venice, Genoa, Portugal and Catalonia regarded him as their patron. He was also numbered among the "Fourteen Holy Helpers" in Germany.

With the invention of gunpowder and the consequent diminution of importance of sword and lance, his popularity faded, a process largely completed by the Reformation. In England, however, he retained his popularity, where over 160 ancient churches, and many modern ones are dedicated to him. In 1960 the annual feast of the Saint in Roman Catholic churches was reduced to a single mention of his name in prayers at Mass and Lauds.

The badge embodied in St. George's flag, a red cross on a white ground, was known in the 14th century. In 1497 in the reign of Henry VIII, the pennant of the Cross of St. George was flown by John Cabot when he sailed to Newfoundland and it was also flown by Sir Francis Drake and Sir Walter Raleigh. In 1620 it was the flag flown by the Mayflower when the Pilgrim Fathers arrived in Plymouth Massachusetts. It is also the flag of the Church of England and as such is known throughout Christendom. During the Second World War King George VI established the George Cross for outstanding acts of Civilian Valour.



## WE REMEMBER

*Catherine Elaine (Mank) Mitchell.*

Peacefully at home March 15 2010. Beloved wife of Stewart Mitchell for 28 years. Loving mother of Lee, Matthew (Fiona), Sandy, Corey. Adoring Grandmother of Stephanie and Georgia. Survived by her mothers , Joan and Anne, sisters Chris and Stephanie, brothers Steve, Brian and Jim. Predeceased by her father Thomas

Cathy will be long remembered.



MITCHELL, Stew & Cathy  
Stefanie



KENNEDY, Margaret

*C. Margaret Kennedy (nee MacLeod)*

Founding member of St. Timothy's Church

Margaret was born in Piopio Te Kuiti, New Zealand on July 22, 1916. Her parents had moved to New Zealand from Strath, Scotland in 1914. Dr MacLeod was setting up a medical practice in New Zealand.

When Margaret was 6 years old her father died of a ruptured appendix. Soon after, Margaret, her Mother and sister Jean moved back to Scotland. In April 1923 they emigrated, along with an uncle, to Toronto, Canada. Her mother was a milliner and worked for a

Jewish company making hats.

Margaret trained as a dietician; however there weren't many openings for that profession during the 1940's. She worked at McIntyre & Taylor Limited, an iron manufacturer, until her marriage to Ken Kennedy in 1948. Margaret was highly regarded by the company who were very disappointed when she and Ken moved to Ottawa.

In Ottawa, Margaret continued to work and became very involved with St. Timothy's Church. She was a valued member of Session and first president of the Ladies Group, now the Afternoon Circle. Margaret was always impeccably groomed, affable, knowledgeable and competent. Audrey Phillips remembers her husband coming home from a Board of Managers Meeting and saying, with great admiration, "That Margaret, she lets the men ramble on and then quietly, but with positive impact, comes up with a solution to the problem"

She retired from the Community Planning Association of Canada in 1981. She and Ken were square dancers and travelled around in an RV in the summers. After retirement, for about 20 years, they spent 6 months of the year in Florida. She had an active life and was very involved in Clan MacLeod, but never returned to New Zealand.

At 81, in 1998, Margaret had a stroke. She spent the next 12 years at Carleton Lodge. Thanks to friends, like Shirley MacLeod and David and Phoebe Gowdy she was able to come to church at St. Timothy's most Sundays.

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### *Jean MacDougall*

Jean was born in Finch, Ontario in 1923. She was the second oldest in a family of seven. Jean attended school in Finch and Cornwall, finishing in 1941. Never active in sports, she spent her teen years in Girl Guides, singing in the Church Choir and working in Laura Secord's on Saturdays.

After graduating and working for a year or two as cashier in the Bank of Montreal, she moved to Kingston to be a Payroll clerk in the Aluminum Company of Canada. Two years later, she transferred to ALCAN head office in Montreal, where for several years she worked in the Financial area.



**MAC DOUGALL. Jean**

Following a transfer to Jamaica for a two year term , to again work in the Payroll department she returned to Montreal to remain there until retirement in 1983. While in Montreal, Jean held several positions, many in the financial area. Her

final appointment was Executive Assistant to the manager of Senior Executives in ALCAN, Worldwide.

This position gave her an opportunity for International travel for Senior Personnel Meetings and Conferences, pre-planning arrangements for Companies Conferences were two weeks in length. These conference were held in Geneva, Switzerland, Sao Paulo Brazil and Kuala Lumpur, Malaysia.

Scheduling her vacation time around these meetings allowed her to visit many places, friends and family. For Instance, she visited seven countries in South America and spent time in Hong Kong and Singapore, with a nephew and his family.

Jean enjoyed her work with ALCAN and was recognized for her accuracy and attention to detail. On her retirement she moved to Ottawa and continued to travel and participate in Volunteer work at St.Timothy's, She also enjoyed time spent with friends playing bridge, always keeping score.

She enjoyed life with friends and family and will be missed by all whose path she crossed.

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*Sanskrit Proverb*

For yesterday is but a dream and  
tomorrow is only a vision.

But today, well lived. makes every  
yesterday a dream of happiness and  
every tomorrow a vision of hope.

## Down By The River Side

We enjoy our regular/daily (if possible) walks by the Rideau River. Often, our walks include a round trip between Mooney's Bay and Billings, or Billings through the Riverside Hospital or further. Not only are we taking in the beauty around us, but we are also providing ourselves with exercise, quiet time and time to reflect on the marvelous ways that God works in our lives.



This spring we became (as many others) so filled with the joy of seeing nature's awakening much earlier than usual. We decided it would be refreshing to explore Hog's Back while there was still snow on the pathways. We did not go very far, but what a sight to see: areas that, in the Spring and Summer, nature covers with the verdure of trees, bushes and grass, instead, brown with branches and winter's residue. This too, we found a sight to behold.



We could not help but reflect on how beautiful each season is and just how much each season offers; all we have to do is embrace them. To see the little chipmunks scampering across the ground and retreating into their holes, the squirrels scurrying around, the birds singing their songs so sweetly, the baby ducks being escorted under close scrutiny by their parents, the graceful beauty of the

swans and the busy beavers, bring smiles and appreciation our way!

So it is with the seasons in our lives. We are born and awoken to a world that seems so overwhelmingly enormous with so much to explore. We just long to embrace and experience everything there is to explore. As we grow, so do our desires and needs. God has a beautiful way of detouring the paths in our lives to set us on the right path. His message may well be to slow down – to take time to “stop and smell the roses”. Even nature takes a rest to allow time for the renewal that we long for – that time we call Spring. *Heidi Dyck*

## Easter Trip to Washington, D.C.

At 0620 hours on April Fool's Day, we boarded a Travac tour bus at Westgate Mall, enroute to Washington for a "fun" weekend in the Capitol. At 1930 hours (7:30 p.m. your time) we finally made it to the front door of the Hamilton Crowne Plaza- our home for the next four days. Probably the most exciting part of that day was watching a DVD en board, giving us insight into Presidential bloopers! Now that was quite hilarious!!



Day One was devoted to just getting from one Capitol city to the other - it was long, tedious and tiring. We probably would have arrived two hours earlier, except that on the outskirts of the City we encountered a MILLION cars and other vehicles all heading in the same direction. For it was NOT ONLY Easter week-end but also the beginning of the two week Cherry Blossom Festival! So those million vehicles were delivering a zillion people to the city- and the days ahead underscored that fact. Crowds and crowds and hordes and hordes and all manner of folk. PHEW.

We only had enough energy to eat a sandwich and swallow a glass of milk, before collapsing into bed hoping for a rest before the vigours of the tour began in earnest.

For our entire visit to Washington the skies were a gorgeous blue, cloudless, and the temperatures in the high 70s. Fortunately we went prepared for just such a climate, so the tripping around the City to its fascinating sites was done in comfort.

Day Two was a full day tour of the City and the majority of its attractions. Frank, our local tour guide, was "a walking book of Knowledge" and we would all have received an A plus grade in American History by the end of his eight-hour dialogue. Frank took us to so many of Washington's famous attractions: the National Mall, Capitol Hill, the White House (of course, far, far more exciting on TV than it is in reality) Embassy Row, the brilliant heart-warming Vietnam Veteran's memorial, Washington Memorial, the Canadian Embassy, the Basilica of the National Shrine of the Immaculate Conception, Union Station (now converted to a tourist attraction), to name just a few.

All the sights were beautiful and worthy of our admiration. Jean was particularly fascinated by the Basilica, far superior to any Cathedral in Canada or any that we have seen in Europe (except possibly the Vatican itself).

This was indeed a wonderful outing around the Capitol and we were most impressed by the cleanliness everywhere, despite the zillion bodies roaming all the area. And no horn blowing! Unbelievable, but true.



On Day Three we were told to get out and do our own thing... So we went to the Smithsonian Castle and branched out from there to a variety of the institutions museums. There are nineteen museums under the Smithsonian umbrella and each is magnificent. The tour guide suggested that we allow at least three hours per museum. Our first choice was the Museum of American History and we spent three hours on just one floor, so we cut that short and headed to Museum of Nature; a huge mistake, all those people that we had seen before were there and the circle

around the Hope Diamond was five rows deep. We tried to be patient but it would have taken three hours just to see a single room.

Day Four was a return to the Smithsonian and we were smarter in our choices. We felt that children would not be particularly interested in art, or pottery so spent our limited time art the Art museum. Good choice, but again, not enough time to do it justice.

On Easter Sunday we went to The Tomb. A very, very moving, impressive and heart stopping journey to Arlington Cemetery, the Tomb of the Unknown Soldier and the Changing of the Guard. The solemnity, the ceremony and the sincerity of the moment will stay in our hearts forever. The entire Cemetery is incredible- a must see in one's lifetime.

Sunday evening we enjoyed a three hour illumination tour of the City and its fabulous monuments. Iwo Jima, Lincoln Memorial, Korean Monument, and Capitol Hill under the lights to name a few. Again we had a very knowledgeable guide. At the Lincoln Memorial we climbed the steps to stand right at his side. We had the feeling that he was going to make a speech, a truly brilliant monument.

Oh yes, almost forget to mention that while we were out and about in the early part of Sunday evening, the President was overhead in his helicopter returning to the White House for Monday's running of the Easter Egg Roll at the White House. 30,000 tickets were given out for that activity.

The final day was a repeat of Day One again departing at 0730 hours. If one finds excitement at the Duty Free Shopping site, guess that was it for Day Five. The onboard DVD was not of much interest so we snoozed.

Back in Ottawa we assured each other that we must get back to Washington, but never on Easter weekend *or* Blossom Festival weekend. We really did enjoy a most brilliant site. The Cherry Blossoms along the Basin; 6,000 cherry blossom trees in their blooming splendour. Indescribable beauty. *Doris and Jean*

## **From West Africa through Europe to North America**

This is a brief narrative of how we traveled from our native Ghana to Norway and eventually to Canada and became part of the congregation at St. Timothy's.

Shortly after our wedding in Ghana in April 1996, Sam left for Norway. He had been accepted to do graduate studies in Microbiology on a Norwegian Government scholarship at the Institute of Medical Biology in the University of Tromso. I joined him in September 1997, following a prolonged resident visa application process.

That was the first time I traveled outside Ghana. Tromso is a small city located in Northern Norway close to the Arctic Circle and had a population of about sixty-thousand at that time. The entire Norwegian population was about five million.

September was just the beginning of fall, but coming from a part of the globe where it is summer all year round, coupled with the fact that Tromso is within the Arctic Circle, I could barely bear the cold. I started bundling up already. But the worst was yet to come: the snow and the dark-period! I saw snow for the first time in my life in November (1997). By mid-December there was no sunlight at all: twenty-four hours darkness! Never in my wildest imagination had I contemplated spending Christmas in total darkness. So much for the winter!

Given the extreme winter weather conditions we planned to have our kids in the summer months. So we had both Ernest and Eugene in July of 1998 and 2000 respectively. Thus, it was not by accident that we had Edward here in Ottawa in June. In sharp contrast to the winter, there was no darkness in summer: twenty-four hours daylight! The sun was usually still high at midnight. You need extra thick and dark curtains to shut off the sun's rays to create artificial darkness to be able to sleep at night. As if to take advantage of the extra long day, a sporting event, Midnattsol Marathon (Midnight Sun Marathon), was organized in mid-July every summer.

The majority of Norwegians belong to the Lutheran Church which is the State Church. As one would expect, the Church is funded by the State. With respect to my religious background, both of my parents were Presbyterians; hence I am a dyed in the wool Presbyterian. Sam was raised in the Anglican tradition through the influence of his dad but his mom was a Methodist. However in Tromso where we lived, besides the Lutheran Church, the only other churches present were Methodist, Catholic and about two or three evangelical denominations. The Presbyterian and Anglican Churches didn't exist over there. Under the

circumstances we chose to worship with the Methodists. Thus, Ernest and Eugene were both baptized in the Methodist Church in Norway.

At some point we thought raising our kids in Norway would make them complete strangers if we visited our extended family in our native Ghana where English is the official language. We therefore decided to move to an English-speaking country. We considered Canada because we had some friends here and moreover at that time Canada was touted as the best country in the world to live in at (2001) according to the United Nation's human development index. We applied to come to Canada as landed immigrants and so in 2002 we landed in Ottawa as permanent residents. Ernest and Eugene were four and two years old respectively. (Ironically for the past three years including this year, Norway has been adjudged the best country in the world to live in).

Shortly after our arrival, Sam went back to Norway to take care of some unfinished engagements. He was away for one year. While he was away I decided to go back to my roots- the Presbyterian Church. When he came back he also decided to attend St. Timothy's but he says he'll explain when the opportunity lends itself at another time. In a nutshell that is how we ended up at St. Timothy's.

MEDAASE PII!!! TUSEN TAKK!! THANKS A MILLION! *Dora Asomani*

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### *Special Poem for Seniors*

A row of bottles on my shelf,  
Caused me to analyze myself.  
One yellow pill I have to pop,  
Goes to my heart so it won't stop.

A little white one that I take,  
Goes to my hands so they won't shake.  
The blue ones that I use a lot,  
Tell me I'm happy when I'm not.

The purple pill goes to my brain,  
And tells me that I have no pain.  
The capsules tell me not to wheeze,  
Or cough or choke or even sneeze.

The red ones, smallest of them all,  
Goes to my blood so I won't fall.  
The orange ones, very big and bright,

Prevent my leg cramps in the night.

Such an array of brilliant pills,  
Helping to cure all kinds of ills.  
But what I'd really like to know.....  
Is what tells each one where to go!

There's always a lot to be thankful for if,  
You take the time to look for it.  
For example...

I am sitting here thinking how nice it is,  
That wrinkles don't hurt.....

### *LAUGH A LITTLE EVERY DAY*

It's better than chicken soup.  
At least that's what the chickens say!

## Fellowship Supper, Saturday May 15

Have you ever wanted to spend a Saturday evening in the Lower Hall at St. Timothy's? "Not really," I hear you saying.

Well, you missed an evening of not only fine food from the many countries represented in our Congregation but wonderful fellowship as well. Between the courses, supper and dessert, Molly Olshefsky challenged us to quizzes, "What island is known as 'the spice island?'" "What country flies this flag?" There was friendly competition and much laughter.

After dessert there were songs familiar to some, though I am sure that our friends from Liberia and Ghana had not heard them before!

Ernie McArthur came dressed as a Swagman and led us in "Waltzing Matilda." I had never heard that song through to the end before.

To top off the evening, George Toller joined Annette McCully for a duet singing, "When You Wore a Big Red Rose." Annette got right into the spirit of the song with George and we all enjoyed a special time.

Many thanks again to the Fellowship Committee.

And, the next time the question is asked, be sure to say, "Yes!"



## Soccer in France

St. Timothy's Richard Parker has just recently returned from France after having enjoyed ten fun-filled days playing soccer and sightseeing.

Richard was taking part in the *Mondial pupilles de Plomelin Soccer Tournament*. The tournament is held every year in Brittany in northwest of France; competitors include 72 teams from 26 nations across 4 continents.



Richard and his team the Ottawa Fury played before big crowds. In addition to the thrill of the competition, he had the opportunity to learn and enjoy French culture as he spent a number of days residing with a local family.

On the field, Richard scored three goals in a victory over OMS Nantes (the French team). The highlight of his soccer experience came in scoring a goal against one of the top teams in the tournament, the Paranaense of Brazil. The Fury were able to tie the heavily favoured Brazilian team 1-1, thanks to Richard's goal!





*St. George and the Dragon, by Raphael*

Raphael was born in Urbino, Italy in 1483 at the height of the Italian Renaissance.

Raphael spent his life as a professional painter working on commissions for churches

and patrons. If you look closely at this picture, you will see that he signed his painting on the strap crossing the horse's chest.