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SUMMER RETREAT REFLECTION

Questions:

1. Why did you decide to come to the retreat?
2. What did you think about the retreat's theme of change?
3. How did you find the small group discussions?
4. What did you do during free time?
5. What was the most memorable moment of the retreat for you?

Bob Kim's answers:

1. Why did you decide to come to the retreat?

My family loves our retreats and as sad as it might sound to some, we block off the retreat weekend every year. We love our St. Tim's family and it's hard to meet new people and catch up with the familiar faces on Sundays. The retreat gives us the time to truly catch up and bond with new people. Also our lectures are so thoughtfully prepared for us and so meaningful...how can you not go?

2. What did you think about the retreat's theme of change?

The topic was great and is relevant to everyone. Change is one of the hardest things to do and/or accept.

3. How did you find the small group discussions?

I love our small group time. I have been given the privilege to lead a small group for many retreats now. It's such a great honour to lead such a diverse group of people. Every group has been different but the amazing part is how vulnerable people allow themselves to be. How each person is willing to share a piece of their soul to a bunch of people, and some of those people might be friends but some may be complete strangers. What is even more amazing is witnessing how God works within the group and how the other group members share their similar stories and how in the end we all realize that we are different but we are all similar in our struggles.





4. What did you do during free time?

I spent my time with my family. We played hide and seek and then went for a family swim!

5. What was the most memorable moment of the retreat for you?

Besides the small group sharing and meeting and learning about new people and learning something about the people I already know...what I liked best was the walk thing we did the last night. I can't remember what we called it...but I really loved the idea, the journey itself and how it made me feel so light after the journey was finished. Thank you to all the people who made the walk a success. I still wonder what happened to that Charlie Brown Christmas looking tree with all the prayer ornaments? Kekeke!

Maeng Hong's answers:

1. Why did you decide to come to the retreat?

I wanted to attend Rev. Kim's seminar on Change and to enjoy the good times to be had with the great people of St. Tim's.

2. What did you think about the retreat's theme of change?

Great - so pertinent to each one of us. Exploring reasons why we want to change, what impedes us from making that change, and practical ideas on embracing change was both helpful and hopeful. I experienced much change after this retreat.

3. How did you find the small group discussions?

Enlightening. I love the bonding that takes place in a small group setting and getting to know a bit better the people behind the faces. It's also a wonderful way to be introduced to new people.

4. What did you do during free time?

Took a nap. I wanted to be bright and alert to enjoy the evening seminar and the campfire.

5. What was the most memorable moment of the retreat for you?

God's awesome presence in the wholesome, good-natured camaraderie during the cardboard boat race - we were his happy, playful children. Also the piquing of new senses and experiences at the Spiritual Pilgrimage.

James Hong's answers:

1. Why did you decide to come to the retreat?

I wanted to have fellowship with other church members, while having a retreat experience. I hadn't gone on a retreat for a long time.





2. What did you think about the retreat's theme of change?

The theme is very relevant, because everyone is constantly changing. The present is always changing, and there is always room and time to become better people.

3. How did you find the small group discussions?

Small group discussions were the best part of the retreat. There are not many opportunities where I could share and listen to other church members' stories and struggles of all walks of life. These discussion times allowed this to happen, that wouldn't otherwise occur on a normal Sunday.

4. What did you do during free time?

I went swimming in the canal, played soccer and took a nap.

5. What was the most memorable moment of the retreat for you?

The boat making and racing game was the most memorable for me. Building the boat together as a team was fun and challenging, while paddling the boat that our team made was also fun. Watching the other teams was entertaining too.

Leslee Chung's answers:

1. Why did you decide to come to the retreat?

I came to the retreat to be refreshed and reenergized. I came because there is always an inspiring message, always great fellowship and always so much laughter!

2. What did you think about the retreat's theme of change?

Change is a bittersweet concept. I am both fearful and drawn to it. I thought the theme was very applicable to my daily life and struck places in me that I've buried for years. It inspired me to want to have that desire to change.

3. How did you find the small group discussions?

The small group discussions were like having that great conversation with people you've never met. It was ongoing, there was laughing, sharing, and the atmosphere was light and encouraging. I felt very comfortable to open up.

4. What did you do during free time?

During my free time I tried to redeem myself from last year's unsuccessful fishing attempt. I wanted to relieve myself from the shame of catching no fish to the so-called fishing master, Remo Park. Unfortunately, my record is still zero.

5. What was the most memorable moment of the retreat for you?





The most memorable moment of the retreat was when a select few were forced into hand-made cardboard boats and tossed into the lake to fend for their lives. I think it goes to show how incredibly blessed our community is to have such a supportive and encouraging bond with one another, but also how incredibly "mean" (for lack of a better word) we are to chant for people to sink!

Sharon Song's answers

1. Why did you decide to come to the retreat?

My husband, Paul, and I have been attending St. Tim's for a couple of years now and I felt the retreat would be a good opportunity to get to know members of the congregation more. The theme of change is something I thought would be important for my spiritual journey as well. I attended church retreats when I was in junior high and high school but my motivations were more about hanging out with friends than spiritual growth. Also, some credit is owed to Deb's persuasiveness.

2. What did you think about the retreat's theme of change?

I found the theme of change very relevant to my life. Rev. Kim's seminars really spoke to me and helped me realize that purposeful change is a slow journey that takes time, motivation as well as the grace of God.

3. How did you find the small group discussions?

I liked the opportunity to get to know people that I may not have had a chance to meet on Sundays. It was also nice to share and hear points of view from an intergenerational group. Once we got more comfortable with one another, we were able to be more transparent and authentic about the successes and struggles in our lives.

4. What did you do during free time?

I watched soccer and played lawn bowling. It was an intense boys vs. girls match where unfortunately the girls lost and had to serve dinner to the boys later that day.

5. What was the most memorable moment of the retreat for you?

I really liked the evening "spiritual journey" as well as sitting around the campfire at night.





SOUTH AFRICA EXPERIENCE

BY PRISCILLA JOUNG

This past mission trip to South Africa was my first, and I am so thankful that God sent me at this time with this particular group of people. We experienced many things that we would not be able to experience in Toronto, while serving the people of South Africa in Khayelitsha and Qebe. One of the key messages that I kept with me during our flight there was that we were going as servants in the name of God. We were going to learn from the people of South Africa, not to change their ways nor tell them right from wrong.

I had struggled with the fact that I was the youngest member of the group and that when we got to South Africa, I would be closer in age to the children we were serving than to my team members. A fear came over me that I would not be able to serve as well as my teammates, and that I would become a burden to the team. I arrived in South Africa with excitement and anticipation for what was to come, but also with doubt and fear. Thankfully, this doubt was washed away when I met the coordinators of African Leadership and the children of Khayelitsha. The coordinators had joined African Leadership when they were my age, and they are still continuing to expand God's kingdom in South Africa with such love and confidence.

They showed me that age does not matter, as long as you love God, you love the people and are able to share God's love with the people. They helped me to be confident in what I do in the name of Christ.

The youth of Khayelitsha and Qebe really inspired me to be shameless and fearless in my faith. Previously, it was hard for me to tell my friends that I was a Christian, because teens can have many assumptions regarding Christians. God showed me through the youth in Qebe that being a Christian is no shameful thing. The youth boldly came to Sunday School to help with whatever they could do and led the younger children very well. They showed me that we are capable of doing so many things at this age, and that I should do the most that I can, while I can.

The people of South Africa are such wonderful people, and I am so very thankful that God gave our team the opportunity to see all the amazing things that He is doing thousands of kilometres away from home. We all learned many lessons and brought back many messages in our hearts. Please pray with us so that we may all be able to keep those messages in mind while we continue our journey as lifetime missionaries. For the kingdom! Ubukumkani!





HI-C RETREAT 2014





2014 ST. TIM SOFTBALL AWARDS

1) The Rev. Yoon Award: Joe Park

The recipient of this award has shown incredible composure in times of panic. Their attitude is unwavering and infectious to the entire team.

2) The Rev. Son Award: Nathan Kim

This award goes to an individual that embodies the essence of being a leader. They have sacrificed time, energy, and sweat for the success of the team and is naturally respected by their peers.

3) Rev. Chung Award: Michelle Kim

The recipient of this award has demonstrated consistent positive sportsmanship. Their passion is drawn from the love of the game and they contagiously captivate others to share their positive spirit.

4) Rev. Kim Award: Phil Lee

The recipient of this award has excelled in all areas of the game. They have exhibited exceptional athletic skill while humbly encouraging other teammates. They are considered the Most Valuable Player of the year.

1) Best Dressed Award: Hannah Neon Paik

2) Most consistent batter (male): Simon Park

3) Most consistent batter (female): Deb Chang

4) Most Improved Player Award (male): Daniel Park

5) Most Improved Player Award (female): Ashlee Chung

6) Rookie of the Year Award: Jonathan Chung





JAMIE OLIVER'S PERFECT ROAST CHICKEN RECIPE

**Recipe recommended by
Phil Lee*

To prepare your chicken

Take your chicken out of the fridge 30 minutes before it goes into the oven. Preheat your oven to 240°C/475°F/gas 9. There's no need to peel the vegetables – just give them a wash and roughly chop them. Break the garlic bulb into cloves, leaving them unpeeled.

Pile all the veg and garlic into the middle of a large roasting tray and drizzle with olive oil. Drizzle the chicken with olive oil and season well with salt and pepper, rubbing it all over the bird. Carefully prick the lemon all over, using the tip of a sharp knife (if you have a microwave, you could pop the lemon in these for 40 seconds at this point as this will really bring out the flavour). Put the lemon inside the chicken's cavity, with the bunch of herbs.

To cook your chicken

Place the chicken on top of the vegetables in the roasting tray and put it into the preheated oven. Turn the heat down immediately to 200°C/400°F/gas 6 and cook the chicken for 1 hour and 20 minutes. If you're doing roast potatoes and veggies, this is the time to crack on with them – get them into the oven for the last 45 minutes of cooking.

Baste the chicken halfway through cooking and if the veg look dry, add a splash of water to the tray to stop them burning. When cooked, take the tray out of the oven and transfer the chicken to a board to rest for 15 minutes or so. Cover it with a layer of tinfoil and a tea towel and put aside. Now is the time to make your gravy.

To carve your chicken

Remove any string from the chicken and take off the wings (break them up and add to your gravy for mega flavour). Carefully cut down between the leg and the breast. Cut through the joint and pull the leg off.

Repeat on the other side, then cut each leg between the thigh and the drumstick so you end up with four portions of dark meat. Place these on a serving platter. You should now have a clear space to carve the rest of your chicken. Angle the knife along the breastbone and carve one side off, then the other.

When you get down to the fussy bits, just use your fingers to pull all the meat off, and turn the chicken over to get all the tasty, juicy bits from underneath. You should be left with a stripped carcass, and a platter full of lovely meat that you can serve with your piping hot gravy and gorgeous roast veg.

INGREDIENTS

1.6 kg higher-welfare chicken
2 medium onions
2 carrots
2 sticks celery
1 bulb garlic
olive oil
sea salt
freshly ground black pepper
1 lemon
1 small bunch fresh thyme,
rosemary, bay or sage, or a
mixture



UPCOMING EVENTS

Saturday, Sept. 27th, 2014

Women's Group Hiking & Spa
(See Miseon Lee for more info)

Sunday, Sept. 28th, 2014

ESM Elder Election

Saturday, October 4th, 2014

Yard Sale - Taste of Korea & Soulful Sounds

Saturday, October 11th, 2014

BOM Meeting (10:00 a.m.)

Career Night (6:00–8:30 p.m.) in the Fellowship Hall (organized by YA)

Sunday, October 12th, 2014

Thanksgiving Sunday

EDITOR'S NOTE

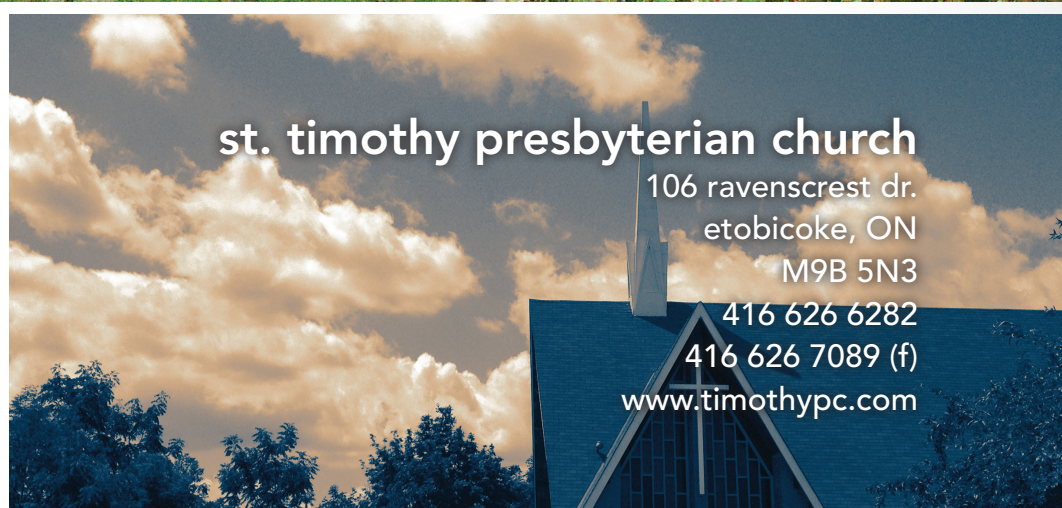
BY RUTH KIM

What a summer it's been! St. Timothy had a packed summer and it all got started with the annual ESM Summer Retreat. As we reflected on our church's theme of 'change' we were challenged to embrace the uncertainty change can bring because it also brings joy and life.

Reading the experiences of members who attended the retreat is a great reminder of what a fun and meaningful time our retreats are for our church.

As Rev. Kim shared with us at the retreat, "A ship in harbor is safe, but that's not what ships are for." Our South Africa Mission team experienced firsthand the joy of stepping out of their comfort zone as they served in Khayelitsha and Transkei. For those of you who did not get to hear Priscilla Joung share her testimony at church, be sure to read about her powerful experience in these pages. We also get to see our Hi-C students on their annual retreat and from the photos it looks like they had a wonderful time!

Finally, throughout the summer, our St. Tim's softball team showed great sportsmanship and fellowship leading to another successful season. What a great way to finish off the summer with a BBQ to thank all their supporters and hand out well-deserved awards. St. Tim's has had a summer full of serving, playing and celebrating! As we always cheer in softball, "**GO ST. TIM'S!!!**"



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