

# CGI Canada Newsletter

**What Matters the  
Most in Life?**

***Should You Be Celebrating  
Easter if You're a Christian?***

***Washing The Feet***

**15 Tips Every Woman Should  
Consider Before She Says "I Do"**

**Sabbath Service  
info for April**



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# EDITOR'S NOTE



Welcome to the April edition.

As we welcome a New Biblical Year and prepare our hearts and minds for the Spring Holy Day season, let us take the opportunity to be thankful for the many blessings poured out this past year. Sadly we've lost some brethren, but we've also joyfully welcomed new life into the church. We look forward to a refreshing Spring season with lots of new opportunities to come together, serve our God and each other!

Our featured article **What Matters the Most in Life?** by Elder Horane Smith provides some interesting answers, and **Should You Be Celebrating Easter if You're a Christian?** by Caroline D. addresses the myth of Easter. Be sure to read **Washing The Feet** - a 2007 Infuse Magazine article by Jeff Reed, followed by **15 Tips Every Woman Should Consider Before She Says "I Do"**. Enjoy our **Member Spotlight**, pics of **Sis Sheila's 92nd Birthday celebration**, and **Brunner Hill Blessings**. Then try out a **recipe** by Sandee Willshaw, see pics of **CGI Ottawa activities**, and a **poem** by Lila Salazar.

If you have an interest in providing Content for the monthly newsletter please contact me at the email below. I'd love to hear from you!

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*Psalms 18:30-31 "As for God, His way is perfect; The word of the LORD is proven; He is a shield to all who trust in Him. 31 For who is God, except the LORD? And who is a rock, except our God?"*

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**Maria McLaughlin**

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# What Matters the Most in Life

Elder Horane Smith

I asked AI this question, not that I'm depending on it to give me any direction but to get a world view as this intelligence mechanism often gives. **What Matters the Most in Life?**

As the **New Testament Passover** and the **Days of Unleavened Bread**, draw nearer, we must grasp what we are trying to achieve or accomplish during these "appointed times."

The fact is if we are going to be striving to put sin out of our lives as we leave Egypt behind; we must set our pathways right. We must decide what is important for you and what is not. AI said this in response to my question:

***"According to most perspectives, what matters most in life is strong, positive relationships with family and friends, personal health and well-being, a sense of purpose or meaning in life, and the ability to experience love and connection; essentially prioritizing the quality of your relationships and your inner peace over material possessions or external achievements."***

From the list, two important items on that list jump out at me... (1) A sense of purpose or the meaning of life and (2) your inner peace over material possessions. The first point directly relates to the followers of the risen Christ i.e. what's our purpose here and what is the meaning of life? Are we just living for living sake because God gave us the breath of life or we just live and die as we have no control over death?

We are born. Our parents take care of us as a baby into our teenage years; we study, get an education and a profession, get married, and begin to live on our own. We buy a house if we can, a car(s), and we start a family. Every morning, we wake up often tired, get the children ready for school, look forward to enjoying our meals, accomplishing some things at work, return home to spend some time with the children, and get ready for the next day. There are times when we take a vacation with the family, and try to find something to watch on television or some other form of leisure. You continue that cycle until retirement; fulfill your bucket list, get sick, and die? Some of us live to our allotted times of 70 years and more; others die before. That's it? Life?

What should matter to us most during our sojourn here on this journey called life? The AI answer is interesting because the other item from the AI list falls exactly within the framework of what life is about for most people. The AI suggestion is...try to have inner peace over material possessions. All of what I just captured in a few seconds about our physical life falls into the category of material possessions or aspirations. The AI gives us a view of the temporariness of life. Here today, gone tomorrow. The **Book of James** says life is like "vapour" and **Isaiah** says it's like grass – it withers and dies.

**Johann Wolfgang von Goethe (1749–1832)** German poet, playwright, novelist, scientist, statesman, theatre director, critic, and amateur artist was regarded as the greatest and most influential writer in the German language. He said this: **Things which matter most must never be at the mercy of things which matter least.** It's about the choices we make in this life – the choice between what is important and what is not. (continued on the next page)



# What Matters the Most in Life cont'd

We have a limited time to choose the right pathway when God calls. It's not about *gaining the whole world and losing our own souls*, as **Matt. 16:25** warns us. Those are the material possessions the AI told us about; they will vanish in due time, they're temporary. Let's then put the spiritual matters above the physical matters.

God's appointed times, **The Passover and Days of Unleavened Bread** remind us about sin and the need to put it out of our lives. When we are deciding what should matter most in our lives, we cannot forget or overlook our weaknesses or what causes us to sin. Jesus, the Christ, has already paid the penalty for our sins, but that doesn't mean we sin whenever we want because Jesus has already paid the price. It doesn't work that way. The Word of God says in **Isa. 59:1-2**, "**Behold, the Lord's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: 2 But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.**"

We must choose what matters to God; what matters to God will be what truly matters to us in this life. **The Holy Bible** tells us what matters to God. **Eccl. 12: 13-14**, "**Let us hear the conclusion of the whole matter: Fear God and keep his commandments: for this is the whole duty of man. 14 For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.**"

We must seek to put God above everything else in our lives – above our spouses, children, family, jobs, and careers. If we put these things before Him, we are committing idolatry; we are breaking His Commandments, which is a sin. Sin separates us from God. What really matters then?

**Phil. 1: 10** tell us, "**For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. 11 Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God.**"

**Job 14:10** sums up our destiny if we choose God above everything else. "**10 But man dieth, and wasteth away: yea, man giveth up the ghost, and where is he? 11 As the waters fail from the sea, and the flood decayeth and drieth up:**

**12 So man lieth down, and riseth not: till the heavens be no more, they shall not awake, nor be raised out of their sleep. 13 O that thou wouldest hide me in the grave, that thou wouldest keep me secret, until thy wrath be past, that thou wouldest appoint me a set time, and remember me!**

**14 If a man die, shall he live again? all the days of my appointed time will I wait, till my change come. 15 Thou shalt call, and I will answer thee: thou wilt have a desire to the work of thine hands. 16 For now thou numberest my steps: dost thou not watch over my sin? 17 My transgression is sealed up in a bag, and thou sewest up mine iniquity.**"

The supreme sacrifice of the Christ is about forgiving our transgressions, our sins that lead to death. Job recognized it from way back; in our modern age it is still relevant, and for the future it's even more meaningful.

We now have every reason to make **YAHWEH** the most important priority in our lives!

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# Should You Be Celebrating Easter if You're a Christian?

Image courtesy of Brian Wegman @ Unsplash.com Article by Carolyn D.

As a kid, I grew up attending a Presbyterian church, taking part in holidays such as Easter and Christmas, and attending church services on Sundays.

That's what most Christians do, right?

I was taught that Jesus died on a Friday and was resurrected on Easter Sunday morning. That was also the reason given to me as to why we celebrated Easter, along with the Easter Bunny, who brought chocolate eggs for me to find.

Do you see anything wrong with this picture?

The Easter Bunny is rather obvious to most people, and they admit that they do this "for the kids" and further admit they know it has nothing to do with Jesus.

But what about the fact that the death and resurrection of Jesus are associated with Easter in the first place? Did you know these are two entirely different things and that one has absolutely nothing to do with the other at all?

If you have ever questioned these "traditions" and wondered why you're doing them or what they're about, then you've come to the right place!

## Where's Jonah?

There is a key Bible verse in the gospel of Matthew that links the prophet Jonah to the body of Jesus Christ that I want you to pay close attention to:

***"For just as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth" (Matthew 12:40).***

Three days AND three nights. With me so far?

**Question:** If Jesus died on Friday and was resurrected Sunday morning, was He in the heart of the earth for three days and three nights?

How is a day described according to scripture?

And God said, ***"Let there be light," and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. (Genesis 1:3-5)*** (continued on the next page)



# Should You Be Celebrating Easter if You're a Christian? cont'd

**Answer:** No. From the time Jesus died on the cross to the time he supposedly rose on Easter morning (Sunday) is one full day plus a half day. Friday evening and Saturday evening equal two nights, not three.

Is Jesus a liar?

Was He speaking in parables?

The answers are no and no.

If your church teaches that the Sabbath was changed to Sunday and you would like to know why, please consider reading our free PDF publication online by clicking this link: [Who Changed the Sabbath to Sunday?](#)

**What are you really celebrating?**

If you do a little digging into history you will discover some interesting bits of information.

There are two possibilities on the true origin of Easter.

One comes from a pagan myth called, "The Descent of Inanna (Ishtar)":

***When Tammuz (Inanna's husband) dies, Ishtar is grief-stricken and follows him to the underworld. In the underworld, she enters through seven gates, and her worldly attire is removed. "Naked and bowed low" she is judged, killed, and then hung on display. In her absence, the earth loses its fertility, crops cease to grow and animals stop reproducing. Unless something is done, all life on earth will end.***

***After Inanna has been missing for three days her assistant goes to other gods for help. Finally one of them Enki, creates two creatures who carry the plant of life and water of life down to the Underworld, sprinkling them on Inanna and Damuzi, resurrecting them, and giving them the power to return to the earth as the light of the sun for six months. After the six months are up, Tammuz returns to the underworld of the dead, remaining there for another six months, and Ishtar pursues him, prompting the water god to rescue them both. Thus were the cycles of winter death and spring life.***

Source: [The Ancient Pagan Origins of Easter](#)

**Note:** The Sumerian goddess Inanna is called outside of Mesopotamia by her Babylonian name, "Ishtar". In ancient Canaan Ishtar is known as Astarte, and her equivalents in Greek and Roman mythology are known as Aphrodite and Venus.

The other possible pagan origin of Easter is a celebration of Eostre, goddess of Spring, otherwise known as Ostara, Austrá, and Eastre.

Celebrated at Spring Equinox on March 21, Ostara marks the day when light is equal to darkness, and will continue to grow. As the bringer of light after a long dark winter, the goddess was often depicted with the hare, an animal that represents the arrival of spring as well as the fertility of the season.

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# Should You Be Celebrating Easter if You're a Christian? cont'd

In Germanic mythology, it is said that Ostara healed a wounded bird she found in the woods by changing it into a hare. Still partially a bird, the hare showed its gratitude to the goddess by laying eggs as gifts. Source: [The Ancient Pagan Origins of Easter](#)

## Passover, not Easter

The death of our LORD and Savior has **NOTHING** to do with a rebirth of the earth in spring, renewal, or fertility. However, it does have to do with the **Holy Day of Passover**.

If you like cute animals like bunnies, then consider a lamb. Would that suffice? *The next day, he (John the Baptist) saw Jesus coming toward him, and said, "Behold, the Lamb of God, who takes away the sin of the world! (John 1:29)*

In the book of Exodus, the Israelites were instructed by God to keep the Passover. They were to take a year-old male lamb without blemish, kill it at twilight, and roast it whole. The blood from the lamb was to be put on the two doorposts and the lintel of the house in which they ate (**Exodus 12:2-6**). The lamb that was sacrificed was symbolic of Jesus Christ. He became that sacrifice when He died on the cross. He was killed at the exact same time as the Passover lamb was sacrificed. Through the shedding of His blood, death will pass over us, and we will inherit eternal life.

As followers of Jesus Christ, we partake in the LORD's supper, which consists of a ceremony of foot washing, eating a portion of unleavened bread, and drinking wine (a small portion). At the end, we all join together and sing a hymn. This is the example Jesus left for us Christians in all four gospels.

We believe the words of Jesus when He said He would be in the earth three days **AND** three nights, thus disproving the authenticity of the celebration of Easter connected to the death of Jesus.

God's Holy Days have nothing to do with anything pagan or occult. As Christians, we should have nothing to do with such things.

The world is full of deception, so it is good and right to question things if they don't seem right to you. Do not participate in pagan traditions to please others. Seek to please your Heavenly Father and Him only.

Remember what the Bible tells us, "**Test all things; hold fast what is good.**" (1 Thessalonians 5:21)

If you have more questions about Passover and Easter please check out our free booklets here: [How was Passover Replaced by Easter...And Who Did it?](#)

Should Christians Observe Easter?

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# Washing THE FEET

By Jeff Reed

Last year I entered a local film festival. I had created a short film with my brother and our small production team. It was our first narrative short film and I felt confident going in that we should receive at least one prize. I figured it would be hard for someone to make a film better than ours, but I thought there might be a remote possibility. The first film premiered. "Ours was better," I thought and I felt even more confident. Then it happened. They played a film that was better than ours. It was actually much better. Next they played a film that was better than that one. Several more films played, and then our film followed.

We weren't the filmmaking geniuses that we had imagined ourselves to be. In fact, we still had a lot to learn. It was a very humbling experience.

There is an African proverb that says, "Whatever accomplishment you boast of in the world, there is someone better than you." This is very true. There will always be someone smarter, more talented, better looking, with more money, and a better job than you. Accepting this inevitable fact gives us a type of human humility. But this is not the humility that God expects us to have.

Jesus Christ was the most powerful man ever to walk the face of the earth. There was no one better than Him. He was the Creator of the universe, owner of everything, a member of the Godhead who chose to become flesh and blood. Yet, He was also the most humble man who ever lived.

Paul, writing to the Philippians, expressed Christ's humility by writing, "*Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross!*" (Philippians 2:6-8).

The ultimate expression of His humility was His selfless death for us. The goal of His life was to make it possible for us to inherit eternal life. He was not seeking His own glory but because of this "*God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven*

*and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*"

The humility of Christ was present because of His total commitment to serving others. He states this clearly in Matthew 20:28 "*just as the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many.*" There are several examples in the gospels where we can see this humility displayed.

The greatest example occurs the evening before He was to be betrayed. Jesus shared a Passover meal with His disciples. During the meal He filled up a basin with water and wrapped a towel around Himself. He began washing each of his disciples' feet and dried them with the towel. This was a service that would normally be done by the least trained servants. Because of this, it was considered one of the lowliest duties a servant could perform. Here we have the God of the universe performing a nasty, stinking job that was reserved for the least competent servant. It wasn't merely a ritualistic or symbolic foot washing.

I imagine that when He was finished, the disciples had extremely clean feet—I would guess the cleanest their feet ever were. Afterward He said, "*Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.*"

We are to be like Christ in how we serve others. By serving, we will learn true humility.

I had the opportunity to visit with the local Infuse group in Detroit and visit an urban garden they are responsible for. It was planted in an abandoned lot and the produce is available for anyone in the neighborhood to take. It takes them considerable time and dedication to maintain the garden. By doing this they are essentially "washing the feet" of the community. Service leads to humility.

Before Paul gave the example of Christ in Philippians, he tells us, "*Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.*" Let us all follow that example. Ω



# 15 TIPS EVERY WOMAN SHOULD CONSIDER BEFORE SHE SAYS "I DO"



Is it LOVE or INFATUATION? Here's some important tips for single Christian women to consider before taking that next step...

## 1. HE RESPECTS YOU

Respect can be shown in the way he treats you, such as in the way he speaks to you. For example, does he talk to you politely, listen empathetically as you share something emotional, and apologise when a mistake is made?

In the presence of others, respect can be demonstrated not just in the way he treats you and speaks to you, but also in terms of the types of topics that are brought up. For instance, if you said or did something which he disliked, he waits until there is a chance to talk about it with you privately, instead of bringing it up immediately in front of colleagues, friends, or family members, which might embarrass you.

## 2. HE TRUSTS YOU

A healthy relationship requires trust. This means that if he loves you, he will not need the passwords to all your social media accounts or access to every single one of your texts. Instead, there is mutual respect between the two of you, as well as trust that the boundaries of your relationship are not being violated. An example of boundaries would be when both parties agree on what is acceptable behaviour with others, and the types of behaviour that might be defined as cheating. In a healthy relationship, there is no need for one person to try and gain control over the other – both partners are viewed as equals and treated as such.

## 3. HE PRIORITIZES YOU

At one point or another, we have all missed an event invite or left a text on read, when the reality is that it was never really a priority for us. If a person loves you, they let you know that you are a priority to them. There are many ways in which this can be done, such as by sending a text when they miss you or showing it using actions by setting aside time for you. Of course, all their other commitments do not just magically disappear into thin air. Nevertheless, they will do their best, given the circumstances.

## 4. HE SHOWS EMOTIONAL INTEREST IN YOU

If he loves you, the relationship will be more than just enjoying your company. It is a good sign if he is keen to build an emotional bond with you and is willing to be vulnerable emotionally. This can be shown when he shares his innermost thoughts or feelings with you, which others in his life might not have had the privilege of knowing.

## 5. HE LETS YOU KNOW THAT YOU ARE ON HIS MIND

When a person loves you, they find ways to tell you that they are thinking about you. This could be by dropping you a text in the middle of his workday, or by asking how your day is going. Words are not the only way in which he can express his love, though. Other examples include delivering food to your office or home, surprising you with a random, but thoughtful gift even though there is no special occasion, spending quality time together, or holding your hand while the two of you are walking.

## 6. HE UPDATES YOU ABOUT HIS LIFE

Another way to tell that you are on his mind is if he updates you even when he does not need to. For instance, he might drop you a text to let you know what he is doing, what his day is like, or how he is feeling at a particular moment. He may also let you know in advance if he may take a longer time to reply to your texts at times, such as if he is catching a movie with friends, for example. The intention behind this is important; the purpose is not to report every detail or to keep tabs on a partner's movements at all times but rather, to keep each other in the loop because you care for one another.

## 7. HE IS INTERESTED IN DISCUSSING A FUTURE WITH YOU

How do I know if a man loves me? The common themes are respect, trust, communication, and showing you how important you are to him. When we love a person, we naturally think about our future with them in it. This might not necessarily mean wedding bells, though. It could even be casual remarks to you regarding the type of house they envision themselves living in the future or places abroad that they hope to explore with you one day.

(continued on the next page)



## 15 TIPS EVERY WOMAN SHOULD CONSIDER BEFORE SHE SAYS "I DO" cont'd



### 8. HE CONSIDERS YOUR WELLBEING

We care about the wellbeing of the people who are important to us. This can mean anything from learning to speak their love language to trying to change our habits that may annoy our partner or have a detrimental effect on them.

### 9. HE SUPPORTS YOUR INDIVIDUAL GOALS

Another way to tell if he considers your wellbeing is if he supports the individual goals you have. While couple goals are important, so are individual goals. Goals can be related to one's education, career, finances, health and fitness, spirituality, and self-development, for example. When it comes to your personal goals, does he offer encouragement and support, or does he dismiss and minimize them?

### 10. HE IS PROUD OF BEING IN A RELATIONSHIP WITH YOU

If your partner loves you, they have no qualms telling other people about their relationship with you. Social Media has become one of the effective ways of doing this, as long as you are both comfortable with using it in that way. Not everyone likes their photo on social media and we should respect each other's individual preferences. Of course, there may be some very practical reasons why they have not done so, such as parental disapproval or job-related requirements or concerns. Given the limitations, however, are they happy to share with their close friends, for instance, about you?

### 11. HE REMEMBERS THE SMALL THINGS

He remembers the small but important things. This could be anything from how much sugar you put in your coffee or tea to which days will be your busiest at work this month. While most of us are unable to remember all the details of what our significant other says, these little things let you know that he has been paying keen attention to you.

### 12. HE MAKES DECISIONS WITH YOU

If he loves you, he respects your autonomy and values your input in decision-making. Therefore, before deciding on things that can potentially affect both of you, he asks you what you think. Basically, you have a say, because you matter to him that much.

### 13. HE IS WILLING TO COMPROMISE

Naturally, both of you will not agree on everything. Some degree of give-and-take is necessary for any relationship to work. Does your partner always need to have his way, or is he willing to hear you out and negotiate a compromise from time to time?

### 14. HE IS WILLING TO HAVE TOUGH CONVERSATIONS

We all know that relationships take effort, and effort goes beyond fancy surprises. Neither is it all about the stereotypical flowers, chocolates, and the like. A man who loves you and wants to spend their future with you will put in the extra effort to have the "tougher" conversations, for the sake of improving the relationship, despite how uncomfortable they may initially feel. In other words, it is not always a bed of roses when the two of you are together, and that's okay. An example would be being willing to calmly delve deeper into the possible underlying causes of a recurring disagreement. Easier said than done for sure. The aim should always be to try to resolve issues immediately or as soon as possible before anger and resentment develops. Couples counselling can also be helpful in navigating these topics, especially when emotions run high.

### 15. HE IS RECEPTIVE TO FEEDBACK

Relationships are complex and it is safe to say that we will not always get it right. Sometimes, we may unintentionally say or do things that affect our partner negatively. If a person loves you, they listen empathetically when you bring up something that affected you. They will also be willing to discuss it with you to find ways to alleviate the situation in the future.

### NEXT... WHAT ARE YOU BRINGING TO THE RELATIONSHIP? 🤔

Now that you have your check list of some of the things to look for to tell if he loves you, do you have what it takes to be his partner for life? Next month we'll look at THE SECRET THING MEN WANT MORE THAN LOVE (AND HOW TO GIVE IT TO THEM).

# MEMBER SPOTLIGHT



My name is **Nathan Lindo**, and I am a Registered Nurse with a passion for providing care to individuals of all ages, from the young to the elderly. I take great joy in attending to their daily physical needs while also offering spiritual encouragement and motivation, pertaining to the greater portion of this life.

I have been a member of the CGI Toronto congregation for just over a year, having migrated from Jamaica, where I was a member of the Church of God Worldwide Association (COGWA).

I am married to my beautiful wife, Danique Taylor Lindo who has been a constant source of support, a best friend, and my greatest love.

I find solace in communicating with the Most High, praying daily, and immersing myself in His Word to start each day with guidance and purpose.

In my leisure time, I enjoy playing soccer, which we call football in Jamaica. I also love having meaningful conversations and catching up with family and friends.

## CONGRATULATIONS!



**Tome and Erica Sinco are thankful to God for the arrival of their newest family member... a baby BOY:**

**Zephaniah Skye Dela Cruz Sinco  
Born on Nov. 7, 2024  
7 lb 13oz**

**(Also has 2 dimples like his older sister, Sisi!)**

**Tome and Erica say "Thank You" for all your prayers and well wishes!!**

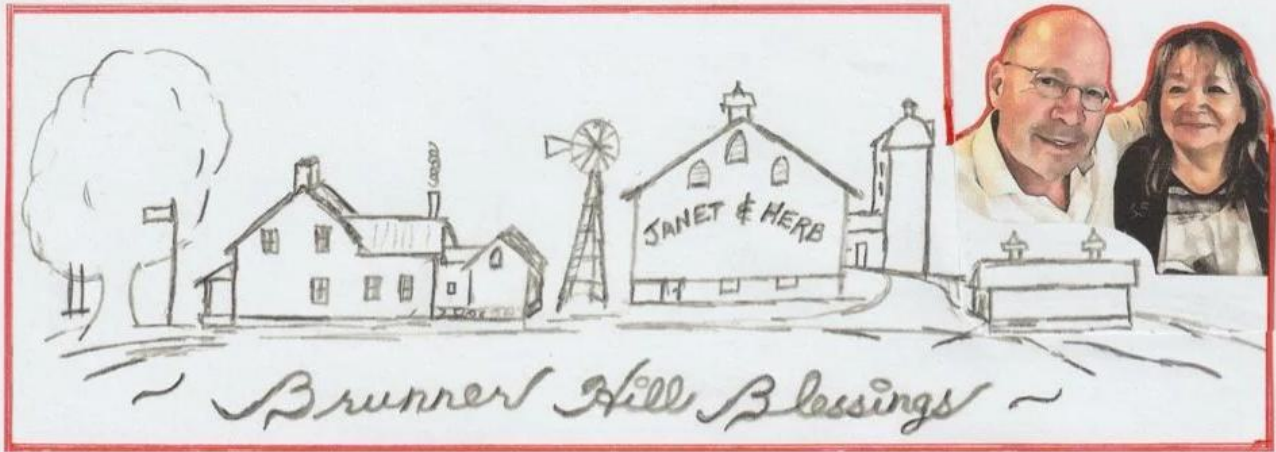


# HAPPY 92nd BIRTHDAY!



A group of 8 brethren from CGI Toronto went to visit with Sister Shiela Sabapathy at Providence Healthcare in Scarborough, and to celebrate her 92nd Birthday on March 22, 2025. The celebration was held on the 3rd floor outside of her unit in a designated area. Sister Shiela is receiving treatment for a recent stroke and we're praying for a speedy recovery and that she can enjoy many more birthdays with us!





By Janet & Herb Jacobs

## May God Bless You!

Below is the "May God Bless You" version of "Happy Birthday to You".



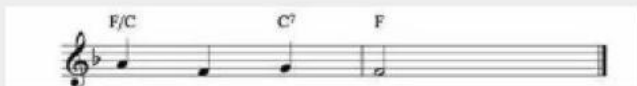
Hap-py Birth-day to you! May



God Bless You! Hap-py



Birth-day Dear Willy. May



God Bless You.

If you have heard this "Happy Birthday" version before, then Blessings to You. However, when Janet and I went to Peaceful Meadows in Brunner on Monday March 3, 2025, for her mother's Birthday, we had a pleasant surprise when this version was sung. Try it next time and May God Bless You!

Life begins with a lot of help from our Lord, and then with a lot of help

from our parents or caregivers. Well, fast forward 103 years and **Kaatje Wilhelmina "Willy" Van Loo** only needs a little bit of help.



Willy jokingly made sure the cake shown was going to be large enough

and instructed us to be sure to cut the pieces **small** enough, to be sure there would be enough to go around. So, to be sure, son John, brought in the large version - we were not blessed with the occasions where Jesus fed the 4000 and 5000 people. What a miracle that was indeed!

The cake came from **Bartliff's** bakery in Clinton, Ontario and rightly so.

You see, Willy (nee Kikkert) met Albertus Peter "Bob" Van Loo at a Baptist church in the Netherlands where Bob's father was the minister. They married in 1949, a couple years later moved to Canada, and Bob, who was a baker, got a job for the next 35 years at Bartliff's. Bob passed away at the age of 92.

Willy is also the mother of Grace Dubler (wife of Rick Dubler, one of our pastors for our CGI Kitchener congregation), and sons John and Rob.

On Monday, July 15, 2024, Willy became a resident at Peaceful Meadows. Up until then, Willy had her own apartment in Clinton, where she did all her own cleaning (and sometimes, climbing on chairs to wash the windows). I recall bringing a turnip (or rutabaga) one day and

was about to cut it in half. Willy, very lovingly, pushed me aside, took the large knife, and cut it into pieces.



## Are You Ready?

One unique phrase we sometimes hear from Willy, is, "I am ready to close my eyes".

Willy now in her 104<sup>th</sup> year, and with her prayers everyday has explained the real meaning of this to us.

It is worth a visit to Peaceful Meadows - Room 11, and you can even ask about the story on the vintage Bartliff's bread wrappers.

Blessings until next time,

Janet & Herb.



# SWEET UNLEAVENED BREAD RECIPE

by Sandee Willshaw

## Ingredients:

½ cup honey

¾ cup scalded milk

1 egg

¼ cup butter, softened – not melted

2 ½ cup flour

1 tsp cinnamon

1. Preheat oven to 375 degrees
2. In a medium mixing bowl, beat the egg.
3. Then stir in the milk, honey and butter.
4. Continuing stirring while you add the flour and cinnamon.
5. Dust some flour on your kitchen counter.
6. Remove the dough from the bowl and knead it gently on the floured surface until smooth (you may need to sprinkle more flour on your hands if it gets a bit sticky).
7. Pat the dough out flat to ½” thickness.
8. I use a thin “lipped” glass to cut out about 10 round discs (number depends on the size of glass you use). Prick a “design” into the surface of each disc.
9. Place the discs on an ungreased lined baking sheet, and bake in preheated oven for 15 minutes...be sure that the bottoms don't get too browned.

Makes about 10 round discs, plenty for Passover AND the Days of Unleavened bread...(for 2 people)

# CGI OTTAWA CONGREGATION ACTIVITIES...

Submitted by Peter Wilcox



Ottawa Congregation's Local Leadership Meeting and everyone's smiling. The meeting must've went well!!



The Ottawa Congregation at their new temporary location.



Look who popped in for a visit from Nova Scotia to Burlington and Ottawa in between.



Ottawa Congregation choir practice.

# WHAT TRULY MATTERS

by Lila Salazar

Like grains of sand, we grate  
Sharp against the flesh.  
What really matters  
Is the slough that reveals  
The smooth, below the mesh.

Years we spend in division  
In anger, pain and strife...  
What really matters  
Is what we have gained  
From the lessons of life.

We try to shun situations,  
Annoyances that chafe;  
And is that the solution?  
When the potter's wheel  
Must spin: the muck off-rake?

When every aggrandisement  
Must drop to the earth  
And every abasement  
Cleanses the vessel of clay,  
Pointing to the Potter's Way?

We are placed to enable  
Those we love less.  
We are placed to enable  
Those who cause us distress.  
For together, we all will rise...

One day, one day,  
The Book of Life will tell.  
Whether we attained  
Or whether we fell,  
Resisting, that Godly Way

# NT PASSOVER

Evening of APRIL 11, 2025

*The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt. "This is a day you are to commemorate; for the generations to come you shall celebrate it as a festival to the Lord—a lasting ordinance.*

Exodus 12:13-14



@Cgijamaica

# CGI TORONTO FAMILY & FRIEND'S DAY



**The Church of God International, Toronto Congregation will be hosting a 'Family & Friend's Day' on May 3, 2025, starting at 1:30pm.**

Members are encouraged to bring a family member or a friend to an enlightening **"Life After Death"** presentation. Join **Elder Mike James** as he delves into profound topics such as the concepts of **heaven, hell, and the beliefs of the ancients.**

His presentation will address questions such as:

- **Can we still communicate with our deceased loved ones?**
- **What will happen when Christ returns?**
- **What are near-death experiences?**
- **What does the Bible truly say about Heaven and Hell?**

Elder Mike will also address difficult scriptures and provide insights into the second resurrection and the end of the **1000-yr Kingdom of God on Earth.**

**Don't miss this opportunity to gain a deeper understanding and find answers to these thought provoking questions. There will be a potluck after the presentation. Parking is FREE!**



The presentation will be held at:  
2737 Bayview Ave., Toronto, ON  
(Trinity Presbyterian Church premises,  
corner of Bayview Ave. & Truman Road -  
1 block south on Hwy. 401 at Bayview Ave.)

# APRIL SABBATH SERVICES

## Toronto

April 5 - Kenroy Allen  
April 11 - \*PASSOVER  
April 12 - Horane Smith  
April 13 - \*\*First Day of FOUB  
April 19 - \*\*Last Day of FOUB  
April 26 - Bernard Wilson

## Kitchener

April 5 - Rick Dubler  
April 11 - \*PASSOVER  
April 12 - Bernard Wilson  
April 13 - \*\*First Day of FOUB  
April 19 - \*\*Last Day of FOUB  
April 26 - Adam Dubler

## Burlington

April 5 - Murray Palmatier  
April 11 - \*PASSOVER  
April 12 - Jan Kowalczyk  
April 13 - \*\*First Day of FOUB  
April 19 - \*\*Last Day of FOUB  
April 26 - Adrian Davis

## London

April 5 - Bernard Wilson  
April 11 - \*PASSOVER  
April 12 - Rick Dubler  
April 13 - \*\*First Day of FOUB  
April 19 - \*\*Last Day of FOUB  
April 26 - Horane Smith

## Kawartha Lakes

April 5 - Taped Sermon  
April 11 - \*PASSOVER  
April 12 - Stephan Willshaw  
April 13 - \*\*First Day of FOUB  
April 19 - \*\*Last Day of FOUB  
April 26 - Jim French

## Ottawa

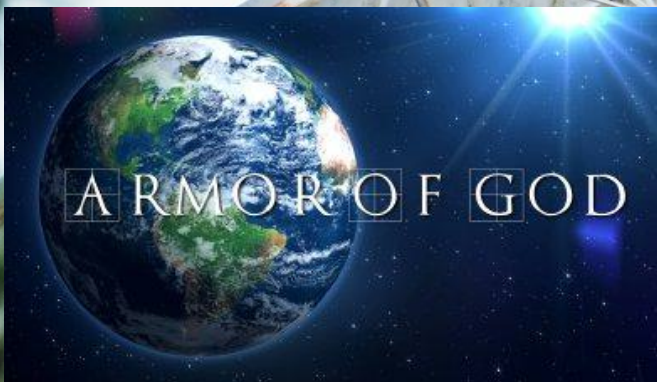
April 5 - Jim French  
April 11 - \*PASSOVER - Jim French  
& David Townson  
April 12 - Peter Wilcox  
April 13 - \*\*FOUB - Jim French  
April 19 - \*\*FOUB - David Townson  
April 26 - Taped Sermon

**Note: \*PASSOVER service - held on the evening of April 11/25**  
**\*\*Feast of Unleavened Bread (FOUB) services - April 13 & 19/25**

**For more info - see the Congregation websites**  
**@ [Cgicanada.org](http://Cgicanada.org)**

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