

CLERGY COMMENT

Life Complicated By Many Stresses

by REV. W. R. CAIRNS
Mountainview Baptist Church

If you have never been plagued by fears, anxieties and cares, if worry is a stranger to you then you don't need to read any further. This writer has nothing to say to you. But contrariwise, if your life is constantly invaded by tension and stress, if you are a victim of unshakable fears and anxieties, if you know something of the physical malady associated with deep-seated worry, then perhaps it may be worth while to read on.

E. Stanley Jones, in his excellent little book "Abundant Living" writes, "Worry or fear is a kind of atheism. A person who worries says, 'I cannot trust God. I'll take things in my own hands, result? Worry, frustration and an incapacity to meet the dreaded thing when it does come.'"

The first thing we should clearly fix in our minds is that worry is not only a kind of atheism, it is also fruitless and futile, not to mention its damaging effects upon our health.

Dr. Charles Mayo from the famous Mayo Clinic in Rochester writes, "Worry affects the circulation, the heart, the glands and the whole nervous system and profoundly affects the health. I have never known a man to die from overwork but I have known many who died from worry."

Some thoughtful person once produced the following interesting statistics. Our worries about events that never happen account for approximately 40 per cent of our anxieties. Worries about decisions made and cannot be altered account for about 30 per cent of our fears. Worries about possible sickness which never materialize add a further 12 per cent. Concern about our children and their welfare provide another 10 per cent. Anxieties with any real foundation amounts to about 8 per cent. In other words approximately 90 per cent of our anxious forebodings are completely groundless.

NO DEARTH OF TEXTS

There is no dearth of texts for any pastor who attempts to deal with this subject from the pulpit (and no scarcity of interested listeners). The Bible abounds with exhortations and encouragements that would discourage our ruminating this bad habit. Read for instance Psalm 27. Read it slowly, thoughtfully and reverently. But before you do, ask God to reveal His truth and the lesson you need for today as you read. If you have paid attention to what you have read then you have noticed that the inspired writer says, "Trust in the Lord" (verse 1). Faith cures fretting. It is a good many years ago since I entered a home and saw a plaque on the wall which read: "If you worry you don't trust. If you trust you don't worry." And I confess there have been a great many occasions in my own life when I've had to reflect on the wisdom of those words.

"Trust in the Lord at all times," wrote the psalmist on another occasion. This is the secret of peaceful, contented living. The life that refuses to be disturbed by outward circumstances is the life that has learned to take God at His word.

But again, if you have read Psalm 37 carefully then perhaps you have noticed the words, "Trust in the Lord" (verse 7). A modern translation renders these words, "Leave it to the Lord and be patient." How prone we are to question God when life seems unjust. How much we are like the patient who said to the nurse in hospital, "I wish God had never made me," to which the nurse quickly replied, "But you're not made, you're being made." Jesus once said to His followers, "What I do thou knowest not now, but thou shalt know hereafter."

Finally the writer says, "Wait on the Lord" (verse 34). To hush the spirit, to be patient before Him, to wait His time for clearing away the difficulties, that is what we should aim at. Easy? Of course not. But God's order never varies. It is only as we trust Him and rest in His purposes for us that we can wait for His plans to unfold.

Dr. H. E. Fosdick tells of the gentleman who once said to him: "All disaster and trouble color's life." "Yes," said Fosdick, "And I propose to choose the color." "I. E. Fosdick could talk like that because he knew God and knew He was a God who could be trusted. That is the way to overcome worry, fear and anxiety."

"Trust Him when dark clouds assail thee;
Trust Him when thy strength is small,
Trust Him when to simply trust Him,
Seems the hardest thing of all.

Trust Him, then, through cloud and sunshine;
All thy cares upon Him cast,
Till the storms of life are over;
And the trusting days are past."



CELEBRATE HER SAINT'S DAY (Herald Photo)

Seven Mexican students gathered to celebrate Janeth Cu's saint day. Her middle name is Carmen after the virgin of Carmen. In Mexico the people celebrate their saint days as well as their birthdays. Students in the group are from the left, Silvia Rodriguez, Paul Bonzalez, Nacho Ruiz, Janeth Cu, Eduardo Hardy, Teresita Celis, and Laura Gonzalez. The party took place at the home of Mr. William O'Reilly, 38 Haylawn Cres. The group is spending time in Georgetown as part of a program organized by the Experiment in International Living.

LEGION NOTES

Need For Pride Indicated In People And Associations

by WRIGHT SMITH

Do you remember those early weeks in the forces, how they constantly exhorted us to take a pride in our ship, our regiment or squadron, or whatever arms we happened to be serving in? Much in those days it was easier for men (and women) to absorb that deep pride in their regiment or corps, when so often they joined up together in their own county regiments or companies, and remained together for months and even years.

That pride is still to be seen and heard when old veterans get together. What a pity it is, then, in those days when patriotism seems to be a dirty word, that there is not more of this pride shown in our daily work, in our environment, in fact in all our affairs.

Ah, but you may say, pride is a deadly sin, of course it is if it is accompanied by arrogance and an over-whelming opinion of one's own qualities and merits. There is also the other pride, that which prevents one from doing an unworthy thing, a justifiable pride in one's conduct and surroundings, bringing a feeling of elation and pleasure and the urge to do one's best in all things.

FIERCELY PARTISAN

In those simpler times of our school days we were fiercely partisan. We took pride in our school, our local football or basketball team, our town or village, our county, and everything pertaining to them. One listened to the older folk expressing pride in their work, their craftsmanship, their independence of spirit, their family. Above all we had pride in our country.

What a pity it is that the progress of the years has eroded so much of this cause for pride. The years of the depression must bear much of the blame for sapping away a man's pride, but the modern conditions of life have also much to do with it.

Families have been torn from local roots and spread far and wide to new areas, bringing an

indifference to their surroundings and associations. Mechanization, the production line, frequent changing of jobs, whether in the public or private sector, contribute little or nothing to a pride in craftsmanship. Sport has become so professional and such big business, that pride in sportsmanship has sunk to a low ebb. It seems as though selfishness, greed and envy have taken the place of pride.

It is every man for himself, with an thought of, or our environment, or indeed, on the welfare of our country. Yet we live in more closely-knit communities, and we are more dependent on each other, than ever we were in those more spacious days of slower travel and smaller populations.

Somehow we must rekindle this pride in ourselves and in our local associations. It is Legion policy to foster a

community spirit, and what better nucleus could there be than the local branch, for here are men and women who have shown by their desire to keep alive the spirit of comradeship and compassion for those in distress, the very best ingredients for rekindling that pride of achievement in all the finest things of life.

The 23rd Car Club draw was made on Friday, Aug. 3. Names from the draw were Brian Reynolds, Gord Coulthart, Jasper Green, Ken Grant, Robert Anderson and Don Ward.

Also lucky steak-hunters on the same evening were Sheena Goble, Myra Brayley, Wright Smith, Myra Hall, Dave Bell, Mac McLean, Roy Smith, Bob Rolfe and Larry Ritchie.

Saturday night's music-along report will appear next week. It seems all our sources of information are away this weekend.

EVELYN WALTERS

Was Longtime Georgetown Resident

A Georgetown resident from 1938 to 1971, Evelyn Kate Walters (nee Bailey) died at the age of 85 at Hutton Centennial Manor. She was born in Toronto, and lived there until 1930, when she moved to Paisley.

Funeral service was conducted by Rev. J.A. Coffin, of the Anglican parish at New Harbour, Nfld. Pallbearers were grandsons Harvie Walters of Orangeville, Robert and Kenneth Connor of Toronto, James Hepburn of Georgetown and Dale Carleton of Mississauga, and nephew Harry Moss of Georgetown.

Burial was in the family plot at Mount Pleasant Cemetery in Toronto.

She was married in 1927 to Arthur Walters at St. Chad's Anglican Church, Toronto, where she was a member of the

choir and the women's auxiliary. She continued her affiliation with various Anglican churches. She was also a member of the Mendelssohn Choir, and sang at the Canadian National Exhibition. She enjoyed knitting, sewing,

crocheting and quilting. Her husband predeceased her in July of 1970. And she also was predeceased by seven brothers and six sisters.

Surviving are children Thomas of Seattle, Lillian (Mrs. Robert Connor) of Toronto; Aileen (Mrs. Jim King) of Georgetown, Grace (Mrs. Ron Mallett) of Calgary, and Earl of Cedar Rapids, Iowa, and a sister, Amy (Mrs. W.G. Bell) of Georgetown, and 17 grandchildren and six great-grandchildren.



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Mountainview Baptist Church
Minister: Rev. W. R. Cairns
Organist: Mrs. W. Townsend
10 a.m. Morning Worship
7:30 p.m. Wednesday prayer and Bible study
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Sunday 11 a.m. Morning Service
7 p.m. Evening Service
COME & BRING THE FAMILY

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