

Trail trekkers guide

With the arrival of spring, Conservation Halton wants to remind hikers of a book that could serve as an excellent guide for trekking trails in this area.

Halton: Rising, Wild and Beckoning features 160 photographs illustrating various aspects of the 5,500 hectares of conservation land within the region.

The book includes 16 coloured maps

showing scenic drives and trails and a large foldout colour map that can be used as a field guide to explore.

Proceeds from the book, which recently hit the 6,000 copies sold mark, will go to renovate and expand the visitor centre at Mountsberg Conservation Area, near Campbellville. It is available at bookstores in Halton, Hamilton and Mississauga.

Communing through dance

• from JOY on page 9

Most dances use simple movements symbolic of all life, such as circles, spirals, lines and crosses.

"Every time the circle comes together something is different," said participant Janette Ledwith.

The only invited rule is that if mistakes are made in the dance, just laugh.

The dancing centres around music of a variety of different cultures — Greek, Israeli, Celtic, native Indian and North American contemporary.

Participants adorn themselves with colourful attire and sometimes use instruments.

The form of dance started formally in Milton two years ago as part of an International Women's Day celebration at Hugh Foster Hall.

Sacred circle dancing evenings have been held three times since then at the same location. About 30 women attended the last gathering in March, Ms Kiddle said.

The original sacred dance repertoire came from the work of Professor Bernhard Wosien, a German ballet instructor and master teacher at Munich University.

He travelled Europe extensively, collecting dances and music, referring to his work as 'heilige Tanze' or

the highest or holy form of dance, which evolved into sacred dance.

Prof. Wosien brought sacred dance to the Findhorn Foundation Community in 1875, where it has been kept alive, taught and expanded.

Sacred dance continues to be shared within the community as a means of relaxation, celebration and tuning in with the rhythms of the group and the cycles of nature.

Sacred dance traditions and repertoire also go on today throughout Britain and Europe, led by more than 300 facilitators, many of whom have learned directly or indirectly from Professor Wosien's inspiration and teaching.

In North America, the network is said to be young and growing rapidly as more people discover the diverse potential of the dancing.

The next sacred circle dancing evening in Milton will be held April 30 at Hugh Foster Hall (beside Town Hall) from 7:30 to 9:30. Admission is free, however, a contribution toward the hall rental would be appreciated.

Everyone is welcome.

"We don't do a lot of planning. It comes together. It happens," said Ms Ledwith.

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Religious Service Directory

The Milton Christadelphians invite you to come and hear an address on:

SEVEN REASONS WHY JESUS HAD TO DIE

**Hugh Foster Hall
Victoria Square
Milton**

Sunday, April 18th 2:00 p.m.
(God willing)

Milton Alliance Church

2850 Derry Rd. (between the Fire Station and Hospital)
Tel 878-5664 Fax 878-6676

Worship Service (with child care provided) 11:00 a.m.
Sermon Title: "White Knuckled Integrity"
Sunday School for all ages 9:45 a.m.

*** Also please join us on Sun. May 2nd as we begin our 50 Day Spiritual Adventure entitled "Promises Worth Keeping: Resolving to live what we say we believe." Services include dramas, dynamic worship themes and special music. See "Plugged IN" on Cable 14, Sunday, April 18th at 4, 5:30 and 6:30 p.m. for more information)

How To Beat Bitterness

It breaks up homes, estranging husbands and wives. It alienates parents and children. It causes people in the workplace to have difficulty getting along. It interferes with unity in the church. What is this culprit? Bitterness. Bitterness is unresolved anger. It results in feelings of resentment. It involves an attitude that says, "I will not forgive! I will not be reconciled!"

Harboring unresolved anger carries some serious ramifications: relationally, physically, spiritually and emotionally. Bitterness will exact a heavy toll on a person's life. It diminishes the potential for greatness that every individual possesses. Positive, creative thoughts are replaced by negative, destructive ones. Good-hearted individuals become vindictive as swallow a bitter pill.

Sadly many are living with bitterness. The good news is that there is a cure!

As Jesus Christ bore the weight of th world upon His shoulders and was dying upon the cross of Calvary, He was offered wine mixed with gall. That bitter drink contained a minor sedative, and would have numbed the pain that Christ was experiencing. Although it would have helped to medicate his torture, Jesus spit out the bitter liquid after tasting it and recognizing it for what it was. He refused to go to the grave with any bitterness in his life.

Instead, the Saviour spoke the liberating words: "Father, forgive them ..." He knew that forgiveness brings healing. It brings health. It brings wholeness.

Is there someone that you need to forgive? Don't be like the woman who was bit by a rabid dog many years ago. It was before they had antidotes against rabies and it meant certain death. When she was informed that the dog that bit her was rabid, the woman immediately got out a piece of paper and began to

compile a list of people's names. When asked about her list, the woman replied, "These are the people I plan to bite before I die!" How many people do we know that are like that? Individuals who have been destroyed by bitterness?

Beat bitterness! Spit it out and release blessing. Forgive one another and allow healing to flow through your life. You may say, "It will take a miracle!" *The Lord can sill work miracles!* A relationship with Jesus does make a difference!

Consider visiting a local church this week, and take the first step towards wholeness! Make and a appointment to speak with the Pastor ... he is there to help you!

Submitted by Reverend Dan Rogge, Senior Pastor of New Life Church, Milton

HOLY ROSARY PARISH

<http://www.golden.net/~wts/hamilton/p-holyrosary-m.html>
878-6535 (T.T.Y. 878-9044)

HOLY ROSARY CHURCH
139 Martin Street
Mass at 5:30 pm Saturday
9:00 am, 10:30 am & noon Sunday

OUR LADY OF VICTORY MISSION
Milton Heights
Mass at 10:30 a.m. Sunday

ST. PETER'S CHURCH
9th Line & Britannia
Mass at 9:00 a.m. Sunday
Rev. Earl Talbot, P.P.

NEW LIFE

6620 THIRD LINE, MILTON "Only 1/2 km South of Derry Rd."
Phone: (905) 878-3358
Church Affiliated with the Pentecostal Assemblies of Canada

Senior Pastor — Rev. Daniel Rogge
Children — Mrs. Natalie Rogge
Youth/Worship — Mrs. Esther Kessler

Sunday, April 18, 1999
9:45 a.m.
SUNDAY SCHOOL FOR EVERY AGE

10:45 a.m.
MIRACLES WITH A MESSAGE



**THE DAY HE
WORE MY
CROWN**

Large screen
presentation
with Pizza Bash
to follow!

6:30 p.m.

CAPTIONING PROVIDED FOR
DEAF/HARD OF HEARING EVERY
SUNDAY MORNING AT 10:45 AM

FESTIVAL OF FASHION

April 30th at 7:30 p.m.

See new Spring/Summer Fashions!
Tickets available for \$10/person!
Proceeds to benefit Breast Cancer
Research & Women's Ministries!

FAMILY NIGHT - WEDNESDAY 7 P.M.

"ENLARGE YOUR CIRCLE OF LOVE"



VICTORY BIBLE CHURCH

Has church just been a waste of time for you in the past?

Has church ever answered the real issues and questions of life such as jobs, marriage, families or finance?

VBC is a church where you can not only know how to get to heaven, but where you can also know how to handle the issues of life here on earth.

Check out Pastor Charles Boyce Wednesday evenings on Cableworks 14 in his "Wisdom for the Week" segment on the cable tv show "Plugged In!" (5:30, 6:30, 7:30)

10:00 A.M. — MORNING WORSHIP
MILTON LEISURE CENTRE
(BOARD ROOM)

(separate services for children 9 years and under)
"Living A Victorious Life By The Word Of God"

Pastor Charles Boyce
(905) 875-2162

Email: cboyce@interhop.net

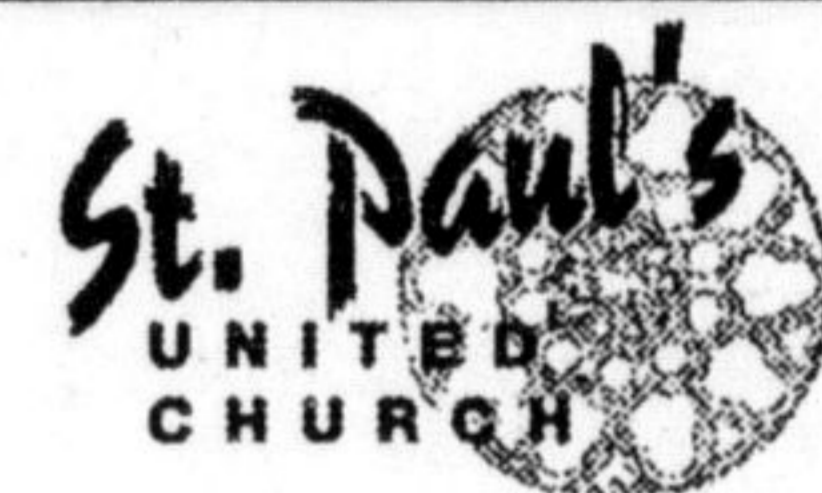


The Salvation Army Church
Milton
100 Nipissing Road, Unit 3

Pastors:
Captains Dan and Wendy Broome

SUNDAY SCHOOL - 9:30 AM
MORNING WORSHIP - 11:00 AM
Weekly Programming for all ages
For more information please
Call 876-2420

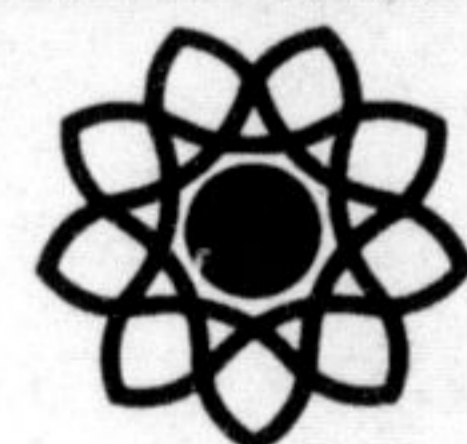
The Ladies Fellowship Group presents "An Allegory in Wool" with Shepherdess Dorothy Wight. Tuesday, May 4, 1999, 7:30 pm. Dessert and Coffee to follow.



**123 MAIN ST.,
MILTON, ONT.**
Ministers: Rev. Bob Hyde
Rev. John Benham
Director of Music
Judy Hunter

SUNDAY APRIL 18, 1999

10:30 a.m. Worship
and Church School Classes
SERMON TITLE: ABANDONED NOT
Dedication of Lift - Lobby
Ribbo cutting by Susan Hunt and Leonard McNeil
Nursery Care Available
Visit our Website:
<http://www.globalserve.net/~stpaulsmilton/>



BAHA'I

"If you desire with all your heart friendship with every race on earth, your thought spiritual and positive, will spread; it will become the desire of others, growing stronger and stronger, until it reaches the minds of all men."

- from the Baha'i writings

LOCAL:878-0011
REGIONAL:1-800-433-3284
GLOBAL:www.bahai.org

MILTON GOSPEL HALL

306 Ontario St. N. • 878-2022

10:00 a.m. — The Lord's Supper
11:45 a.m. — Sunday School
6:30 p.m. — Gospel Service

Wednesday 7:30 p.m.
Prayer and Bible Study

What must I do to be saved?
Believe on the Lard Jesus Christ
and thou shalt be saved.
Acts 16.30, 31



MILTON



Come share in a Christ centered, bible believing, friendly fellowship at the Hugh Foster Hall Brown and Mary Streets.

SATURDAYS
Bible School - 9:30 am
Divine Service - 11:00 am
905-846-0729

Grace Anglican Church

317 Main St. E., Milton
the Church on the Hill 878-2411
Rev. Dr. Mark McDermott

SUNDAY SERVICES
8:00 a.m. - Holy Communion
9:10 a.m. - Informal Eucharist
10:30 a.m. - Sung Eucharist
Nursery Program,
Church School & Coffee Hour



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