A Month After Christmas

January is a good month to reflect upon change! New Year's Resolutions cause us to aspire towards better things in a New Year! Our dreams keep our hopes alive! Yet, it is our commitment to improvement that will make the difference!

Whatever your resolutions may be, I would encourage you to pack them in hand, to pick them up if they've fallen and to partner with someone to help you and to hold you accountable! Good friends will always make us better!

A good friend sent me this poem! I laughed as I read through it! If you are anything like me, you'll appreciate the spirit with which it was shared! Enjoy!

'Twas the month after Christmas, and all through the house

Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd tasted At the holiday parties had gone to my waist.

When I got on the scales there arose such a number!

When I walked to the store (less a walk, more a lumber).

I'd remember the marvelous meals I'd

prepared;

The gravies and sauces and beef nicely rare, The wine and the rum balls, the bread and the cheese

And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt And prepared once again to do battle with dirt-

I said to myself, as I only can

"You can't spend a winter disguised as a man!" So - away with the last of the sour cream dip, Get rid of the fruit cake, every cracker and chip

Every last bit of food that I like must be banished

'Til all the additional ounces have vanished. I won't have a cookie--not even a lick. I'll want only to chew on a long celery stick.

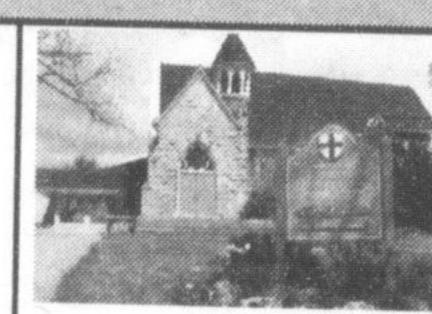
I won't have hot biscuits, or corn bread, or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore---But isn't that what January is for? Unable to giggle, no longer a riot.

Happy New Year to all and to all a good diet!

Seize your opportunities at the beginning of this New Year! Make changes in your life that will change you and allow you to be the best that you can be! Discover how a local church could help - visit one this week! Service times and locations are published in the Religious Directory below to help you!

Submitted by Rev. Dan Rogge, Pastor of Milton's New Life Church.



St. George's Anglican Church

> this community for 150 Years

Join us this year in a celebration of ... The preaching of God's word in this church on the escarpment since 1856. Come and meet us, we will be very pleased to meet you.

RECTOR: Rev Canon Charles Masters

January 15th, 2006, Services 8:30 am **Morning Prayer**

10:30 am Holy Communion - Traditional Service

10:30 am Morning Prayer in the Family Room

Nursery and Junior Sunday School

7051 Guelph Line at Derry Road

(Tel) 905-878-1363

Visit our web site www.stgeorgeslowville.org



Invites you to our weekly Sabbath services at Hugh Foster Hall, 43 Brown St. Milton Sat. 9:30 a. m. - Sabbath School Sat. 11:00 a.m.- Divine Service

FREE BIBLE SCHOOL

Discover the amazing Bible answers to life's perplexing questions, and the secret to a happy life.

For FREE BIBLE LESSONS, write: P.O. Box 23012, 55 Ontario St., Milton, Ont., L9T 5B4. On the INTERNET, http://www.vop.com and

www.amazingfacts.org/bibleschool/schoolmain.asp PASTOR: AJ DaCosta 519-835-8301 For more information about our service and program, please call.

824 THOMPSON RD. S., MILTON

Senior Pastor Children Assistant/Worship Youth

Rev. Dan Rogge Natalie Rogge Esther Kessler Clinton Kruger

9 a.m. - Early Worship Service 9:30 a.m. - All Ages Sunday School 10:45 a.m. - Second Worship Service

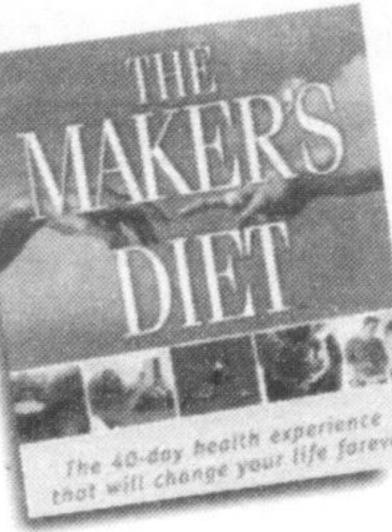
LETTERS LEFT BEHIND New Year's Resolutions Worth Keeping

6:30 p.m. - Concert of KIDS Prayer & Praise PRAISE STANDING

IN THE GAP A NEW YOU FOR A

NEW YEAR! Wednesday at 7:00 p.m.

A complete wellness program that helps you achieve your optimum level of personal health!



For more info: www.newlife-milton.org or call (905) 878-3358

We welcome you to ...

ST. PAUL'S UNITED CHURCH

123 Main St. E., Milton

ONE CONGREGATION. 2 GREAT SUNDAY WORSHIP STYLES AT 10:30 AM.

Jan. 15, 10:30 a.m. SUNDAY WORSHIP

Worship in Graham Hall supported by music from our Worship Band

Worship in the Sanctuary supported by music from the St. Paul's Choir Preworship Hymn Sing at 10:15

Supervised Nusery Care from 10:15 a.m. Church School 10:45 a.m.

Theme: 'The 4 Friends' Gospel Unit for grade 6-8 Coffee & Conversation after the services Sat. January 21, 7:30 p.m. - Concert

"VOICES OF SHOWTIME"

Male ensemble performing show tunes from the 30's, 40's & 50's. Tickets at the church office or 905-878-6807.

Sat. January 28, 7:45 p.m. CARD-A-RAMA NIGHT Bridge, Euchre, Prizes! All Welcome!

\$10 (tax receipt issued) Come Worship With Us!

Rev. John Benham & Rev. Gerry Hofstetter Church office: (905) 878-8895 www.stpaulsmilton.org

SUNDAY, JAN. 15 10:00 a.m.

Series: Money Sex & Power "The Dark Side of Money"

www.thesanctuary.ca/milton NEW HOME 905.257.3987

Milton Sports Centre 605 Santa Maria Blvd. (Derry Rd., west of Hwy. 25)

GRACE ANGLICAN CHURCH Clergy:

Rev. Dr. Mark McDermott Rev. Carole Langlotz **Father Mark Curtis**

317 Main St. E the Church on the Hill 905-878-2411

Sunday Services

8:00 am -

Holy Communion Sung Eucharist, followed by coffee hour. Service includes "Kids' Spirit"

Call the church office or visit www.gracechurchmilton.com

Wheelchair Access through Parking Lot www.gracechurchmilton.com





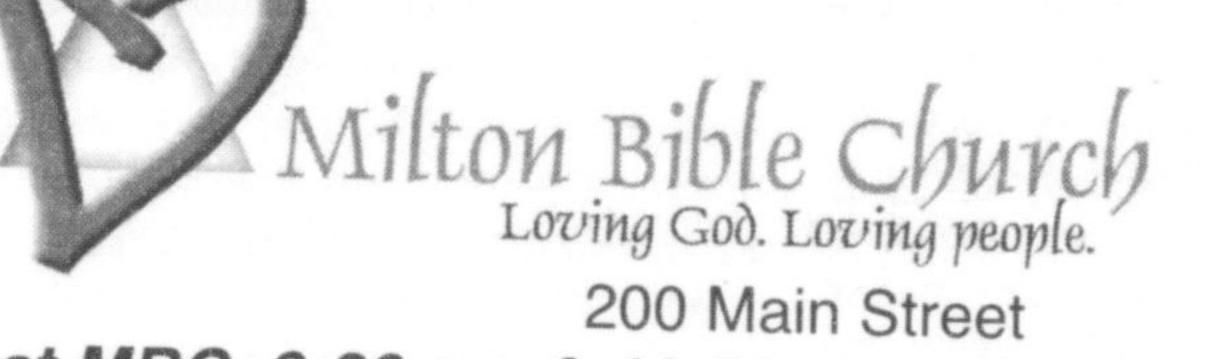
103 Martin Street 905-878-1629 Pastor Walter H. Isaak

10:00 a.m. - Sunday School 11:00 a.m. Morning Worship 6:00 p.m. - Evening Service

Thursday

7:00 p.m. Bible Study & Prayer Captain's Crew for Children 4-12

"You'll always find a friend at Graceway" www.gracewaybaptist.org



Sundays at MBC, 9:30 am & 11:00 am, Worship Service Children's Ministries Running Concurrently

10:30 am Coffee & Conversations

(We serve Tim Hortons Coffee)

Senior Pastor - Jim DeMarsh · Youth Pastor - Mark Strickland

A Felllowship Baptist Church

905-876-3586

KNOX PRESBYTERIAN CHURCH WELCOMES YOU

170 Main St. E., Milton 905-878-6066 Interim Moderator - Rev. Harry Klassen Director of Music Ministries - Sonja van de Hoef

Sunday Worship 10:30 a.m. Youth Small Group (Grades 7-12) 9:15 am

Children's Worship (Age 3 - Grade 6) 10:30 am

Nursery "Growing together in the grace of Christ"

Wheelchair access and washrooms provided so that all may come and worship. Access off Mary Street.



Pastor Jack Ninaber

Growing in Grace Bible Study 9:00 am Connections Café (in the foyer) 10:00 am

Sunday Worship Service 10:30 "Purifying Hope"

www.southsidemilton.org 905-878-5664

Located on Derry Rd., between the Sports Centre and the Hospital

ISRAEL,

THE CHOSEN RACE

MILTON GOSPEL HALL

306 Ontario St. N. • 878-3873

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

Christ was once offered to

bear the sin of many.

- Hebrews 9.28

The Milton Dawn Christadelphians warmly invite you to a presentation:

Sunday, January 15th 2:00 pm (God Willing)

> Hugh Foster Hall 55 Brown Street, Milton (Next to Town Hall)

www.milton.biblelight.org