Ever wonder why you are carrying a heavy load?

You lost your job. You were in a car accident. Your daughter ran away from home. A loved one just died. Your spouse has been diagnosed with cancer. Your best friend is getting a divorce. . . the list is endless.

Adversity affects us all. None of us can avoid life's challenges. Life is hard, but God is good! How we handle heavy load set before us profoundly impacts those we love. Consider:

Brenda was a young woman who was invited to go rock climbing. Although she was scared to death, she went with her group to a tremendous granite cliff. In spite of her fear, she put on the gear, took hold on the rope, and started up the face of that rock.

contact lens. Well, here she is on a rock ledge, with hundreds of feet below her and hundreds of feet above her. Of course, she looked and looked and looked, hoping it had landed on the ledge, but it just wasn't there. Here she was, far from home, her sight now blurry. She was desperate and began to get upset, so she prayed to the Lord to help her to find it.

When she got to the top, a friend examined her eye and her clothing for the lens, but there was no contact lens to be found. She sat down, despondent, with the rest

Well, she got to a ledge where she could take a

breather. As she was hanging on there, the safety rope

snapped against Brenda's eye and knocked out her

of the party, waiting for the rest of them to make it up the face of the cliff.

She looked out across range after range of mountains, thinking of that Bible verse that says, "The eyes of the Lord run to and fro throughout the whole earth." She thought, "Lord, You can see all these mountains. You know every stone and leaf, and You know exactly where my contact lens is. Please help me."

Finally, they walked down the trail to the bottom. At the bottom there was a new party of climbers just starting up the face of the cliff. One of them shouted out, "Hey, you guys! Anybody lose a contact lens?"

Well, that would be startling enough, but you know why the climber saw it?

An ant was moving slowly across the face of the rock, carrying it.

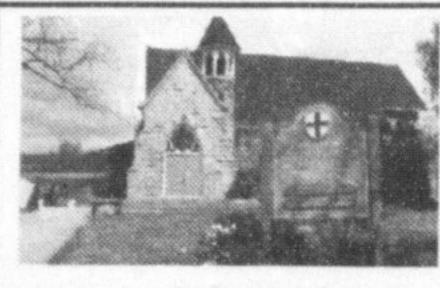
Brenda told me that her father is a cartoonist. When

she told him the incredible story of the ant, the prayer, and the contact lens, he drew a picture of an ant lugging that contact lens with the words, "Lord, I don't know why You want me to carry this thing. I can't eat it, and it's awfully heavy. But if this is what You want me to do, I'll carry it for You."

If we wonder why we are faced with a heavy load of adversity, I think it would be good to learn to say, "God, I don't know why you want me to carry this load. I can see no good in it and it's awfully heavy. But, if you want me to carry it, I will." You can do it! God will help you if you let Him!

To learn more about turning your stress into a success, visit a local church this week. Consult the directory below for service times and locations.

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



St. George's

Anglican Church Our Ministry has been serving 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** March 19th, 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 5:00 pm Evensong

7051 Guelph Line at Derry Road (Tel) 905-878-1363 Visit our web site www.stgeorgeslowville.org 5.

THE CROSS OF CHRIST

The Milton Dawn Christadelphians warmly invite you to a presentation:

Sunday, March 19th 2:00 pm (God Willing)

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

www.milton.biblelight.org

CHURCH OF CHRIST

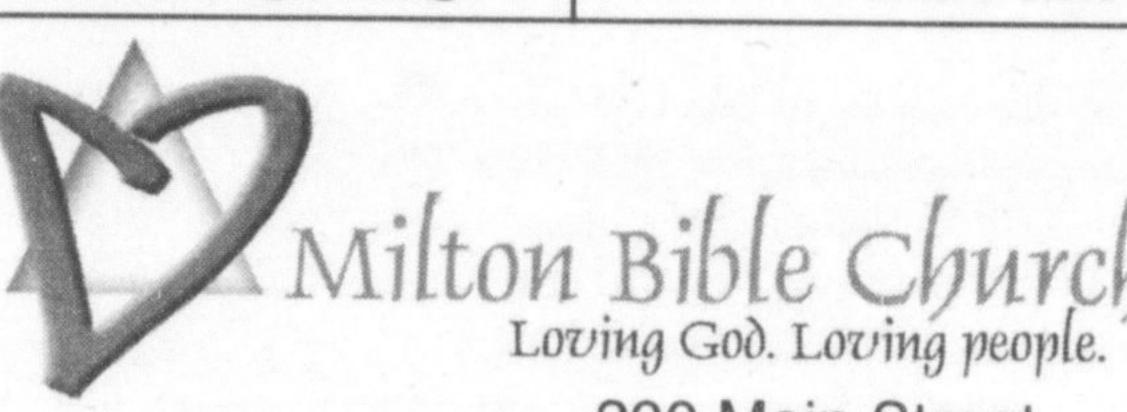
1412 Britannia Rd. West, Milton, On L9T 2X8 905-875-2939

> Sunday School Classes 10:00 am

Worship & Communion 11:00 am

Thursday Bible Study 7:00 pm

Minister Steve Corbett



200 Main Street 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 Fellowship Baptist Church

905-876-3586

A Church for Your Heart, Mind & Spirit™ SUNDAY, MAR. 19 10:00 a.m.

Money, Sex & Power: **Current Series: Power** "Experiencing God's Spirit"

www.thesanctuary.ca/milton 905.257.3987 NEW HOME Milton Sports Centre

605 Santa Maria Blvd. (Derry Rd., west of Hwy. 25) GRACE ANGLICAN CHURCH

Clergy: 317 Main St. E Rev. Dr. Mark the Church on the Hill McDermott 905-878-2411 Rev. Carole Langlotz

Sunday Services

8:00 am Said Eucharist

Father Mark Curtis

10:00 am -Sung Eucharist including

"Kids' Spirit" Program followed by coffee hour

10:00 am -Said Eucharist

> Wheelchair Access through Parking Lot www.gracechurchmilton.com

KNOX PRESBYTERIAN CHURCH WELCOMES YOU

170 Main St. E., Milton 905-878-6066 Interim Moderator - Rev. Harry Klassen Supply Minister - Rev. Nader Awad 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 "Growing together in the grace of Christ"

St. Patrick's Tea (\$5.00) & Bake/Craft Sale Saturday, March 18th, 12 - 2 pm

Mary Street entrance

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

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

There is one God, and one mediator between God and men, the man Christ Jesus

1st Timothy 2.5

ADVENTIST Invites you to our weekly Sabbath services at

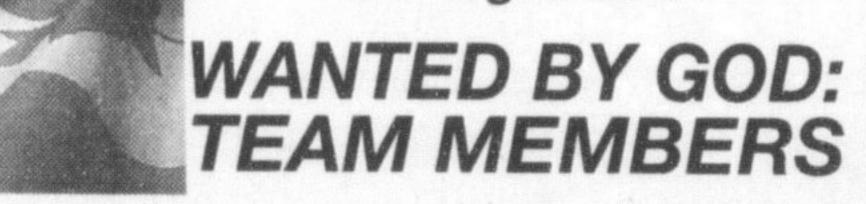
Hugh Foster Hall, 43 Brown St. Milton Sat. 9:30 a. m. - Sabbath School Sat. 11:00 a.m.- Divine Service

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 Rev. Dan Rogge Children Natalie Rogge Assistant/Worship Esther Kessfer Youth Clinton Kruger 9 a.m. - Early Worship Service

9:30 a.m. - Sunday School for All Ages 10:45 a.m. - Second Worship Service *Service Captioned for Deaf/Hard of Hearing New Series Begins:

How Big is God?



6:30 p.m. - Movie Presentation THE LEAST OF THESE

Featuring **Father Mark Curtis** & Esther Kesslor Only \$15

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!

Sun. March 19, 10:30 a.m. MISSION SUNDAY

Guest Speakers in Both Services "Friends of the Orphans Canada"

Worship in Graham Hall supported by music from our Worship Band

Worship in the Sanctuary

supported by music from the St. Paul's Choir

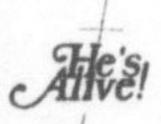
Supervised Nursery Care from 10:15 a.m. Church School - Seasonal Movie at 10:45 am No Gospel Unit this week due to March Break Coffee & Conversation after the services

> Sun. March 26, 7:30 pm 'An Evening of Hope'

Come Worship With Us!

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

GRACEWAY BAPTIST CHURCH



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

Community Church

905-878-5664 Located on Derry Rd., petween the Sports Centre and the Hospital

Pastor Jack Ninaber

Romans Bible Study 9:00 am Connections Café (in the foyer) 10:00 am Sunday Worship Service 10:30 a.m.

"The Art of Reaping" in the series "Organic Church"

Downpour - Apr 7-8 at Copps Coliseum A watershed event for all who are thirsty for God. Visit www.downpour.org to register.

www.southsidemilton.org