

# One world faith

From the Spiritual Assembly of the Baha'is of Richmond Hill

"God hath sent down his messengers to succeed to Moses and Jesus, and he will continue to do so 'till the end that hath no end'; so that his grace may, from the heaven of Divine bounty, be con-

tinually vouchsafed to mankind." — Baha'u'llah

Today the Baha'i World Faith is winning followers among all peoples of the East and West. Would you like to know about it?

If you are of the Christian Faith which had its birth in the year 1,

your prophecy concerning the return of Christ in the glory of the Father has been fulfilled. His new name in this day is Baha'u'llah, which means "The Glory of God".

If you are of the Jewish Faith which had its beginning about 1330 B.C., your prophecy of the coming of the Lord of Hosts has also been fulfilled in Baha'u'llah, "The Glory of God".

If you are a Muslim, whose faith dates from 622 A.D., you will find that your prophecy concerning "The Great Announcement" likewise has been fulfilled with the appearance of Baha'u'llah.

If you are of the Buddhist Faith, which began about 500 B.C., your prophecy, too, about the coming of the Fifth Buddha has found fulfillment in Baha'u'llah, "The Glory of God".

If you are a Hindu, dating the beginning of your Faith to about 2,000 B.C., your prophecy concerning the return of Krishna has at last been fulfilled by the same new Prophet, Baha'u'llah.

If you are of the Zoroastrian Faith, which dates back to 1,000 B.C., you also will find that Baha'u'llah fulfills your awaited coming of the Shah Bahram.

After all these centuries, do you not think it is time for God's messenger to come again?

Baha'is believe that He has come, the One Who fulfills the promises of all the Prophets, and that He has released the spiritual power which will unite all mankind in one universal faith and establish peace and brotherhood.

In the Baha'i Faith you will find the pure teachings of the new prophet Baha'u'llah, to Whom followers of all religions are turning for spiritual guidance.

World order — You will also discover in His teachings laws and ordinances of world order and the establishment of a higher world civilization.

Its foundation has been firmly laid by the martyrs and heroes of the Baha'i Faith, and the assurance of its victory has been carried by the Baha'is around the world.

12 teachings Here are some of the

## from the temple

teachings given by Baha'u'llah for this New Day more than 80 years ago:

1. The oneness of mankind.
2. Independent investigation of truth.
3. The foundation of all religions is one.
4. Religion must be the cause of unity.
5. Religion must be in accord with science and reason.
6. Equality between men and women.
7. Prejudice of all kinds must be forgotten.
8. Universal peace.
9. Universal education.
10. Spiritual solution of the economic problem.

11. A universal language.
12. An international tribunal.

**Spiritual centre**  
Baha'u'llah is the focal centre toward Whom the followers of all religions may now turn for spiritual guidance, and through Whose teachings the high level of civilization foretold by all the Prophets will be established throughout the world.

A new divine order has been ushered in. You can help establish it.

"That which the Lord hath ordained as the sovereign remedy and the mightiest instrument for the healing of the world is the union of all its peoples in one Universal Cause, one Common Faith." — Baha'u'llah.

anne wanstall

## Nutrition Obesity and exercise

Too many calories and too little exercise combine to cause weight problems — but some people just can't "go it alone".

Canada's greatest nutritional problem today is the imbalance of energy intake and energy output. Even with increasingly higher food prices, our affluent society faces the consequence of the increased mortality risks of obesity.

A pound of body fat is equivalent to about 3,500 calories. If a person wants to lose a pound of body fat a week (and this is a reasonable amount to lose), either he or she must spend an extra 500 calories a day by walking at a moderate speed for an extra two hours a day, running hard for half an hour, playing tennis vigorously for an hour, eating 4 1/2 ounces less sugar, or drinking three pints less of beer a day, or any suitable combination of these calculations.

Modern evidence suggests that an obese baby is likely to grow into an obese adolescent and an obese adult.

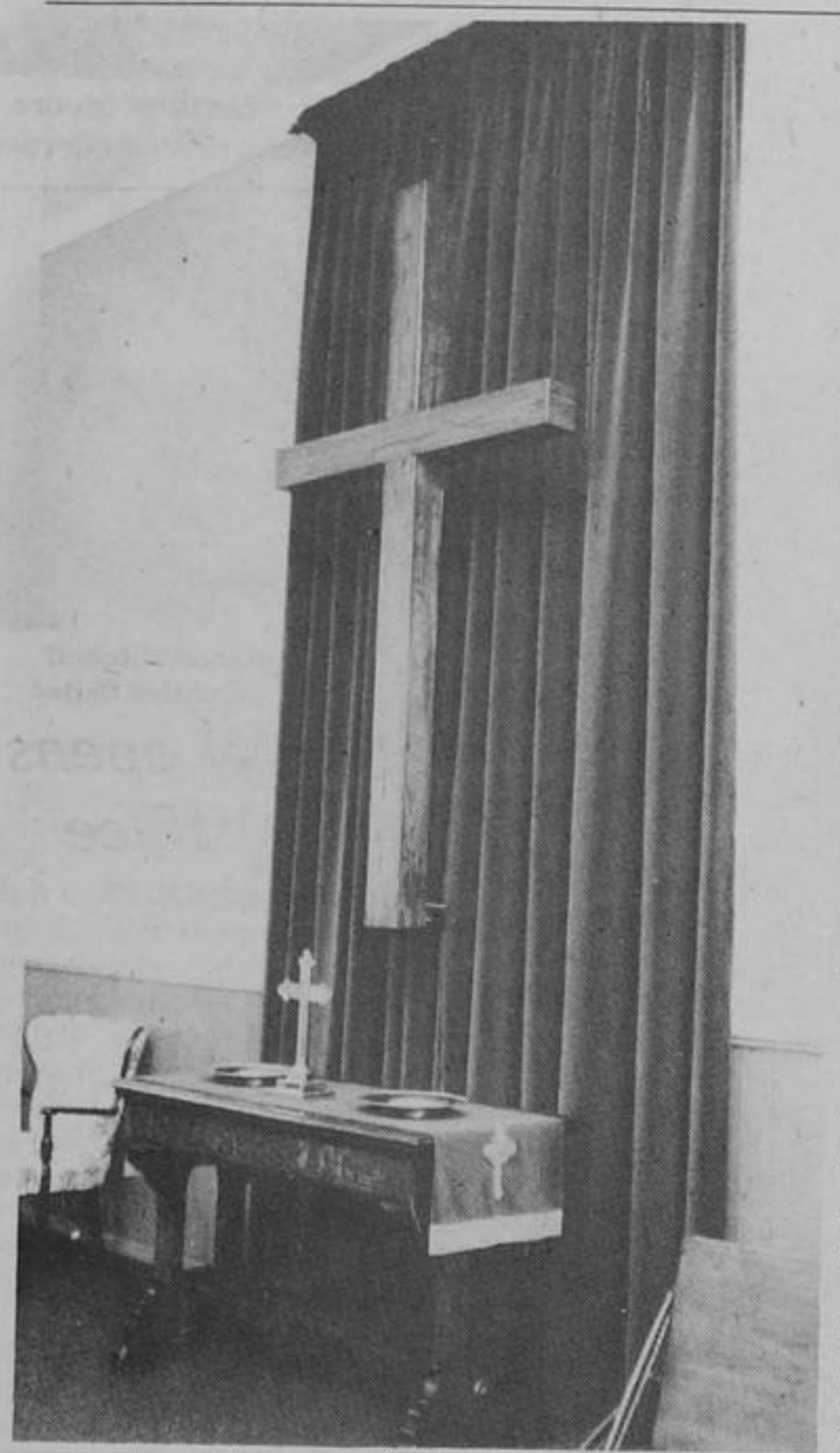
Once obesity takes a hold, it becomes very difficult to reduce. The important thing, therefore, is not to start.

Uncontrolled slimming offers its own dangers, especially by adolescent girls. It can lead to anorexia nervosa (a nervous loss of appetite), which almost certainly needs hospital treatment and can be fatal.

Any case of extreme obesity or extreme loss of weight, particularly in adolescence, requires medical treatment. Fad diets are not the answer and can be extremely dangerous. Recognized weight reduction classes help to teach students the value of high protein, low calorie diets. They also give the student an opportunity to have a sense of togetherness, an essential in the lonely business of taking off weight.

Unfortunately, most of them do not stress the added value of exercise in weight reduction.

Combined, the two will take off the pounds and firm up the flab.



(Photo by Hogg)

## Dedicate Cross

CARRVILLE — At Carrville United Church Easter morning, a ceremony of special significance took place when a cross and altar hanging were dedicated.

The cross and dossal were dedicated in memory of William and Arthur George, and were placed in the church by his daughters, Mary Read and Carol Ann Norbyguard.

The cross, which is five feet tall and made of oak, is the work of Rev. A.J. Higgins of Victoria, a former minister at Carrville United.

Following the service, Mary and Gordon Read were host and hostess at a luncheon at their home

in Clairville.

Stewards meet — When the committee of Stewards met last week, the main topic of discussion was selection of colors for redecoration of the church.

Sale plans — Plans for a plant and bake sale were made when members of Carrville United Church Women met at the home of the group's president Eleanor Veitch.

The sale will be held the evenings of May 13 and 14 at the church. Plants will be priced at 65 cents and up.

The date was set for the church's annual strawberry supper. This event is scheduled for June 22.

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## south york region scheduled events

### Spinners and weavers

**WILLOWDALE** — The Toronto Spinners and Weavers are having their fifth annual exhibition, Fibre to Fabric, 1976, at the historic Gibson House, 5172 Yonge St. behind Willowdale Post Office opening Thursday and continuing to May 30. Members of the guild, which was established in 1939, will display their work and compete for awards. Many items will be for sale. Open daily 9:30 a.m. to 5 p.m., Sundays and holidays noon to 5 p.m. Adults 50 cents, children and seniors 25 cents. Opening reception Thursday 7 to 9 p.m. Admission \$1.

### Lodestar of life

**TORONTO** — Echanakar, the ancient science of soul travel is holding a seminar Saturday and Sunday at the King Edward Sheraton Hotel, 37 King St. East. The theme of the seminar is Eck: Lodestar of Life. There will be a free public lecture and panel discussion from 9:30 a.m. to 12 noon Saturday.

### Hits of the fifties

**MAPLE** — An evening of games and dancing Saturday at Maple Arena, Keele St., Maple will feature hits of the '50s from 9 p.m. to 1 a.m., wheels of Fortune and 21 from 8 to 11:30 p.m., prizes galore and European delicatessen buffet. Proceeds to the Maple Minor Hockey and the Maple Scouts. For tickets call June Hills, 832-1057, or Don Hasselfelt, 832-2534.

### Arias and folksongs

**WILLOWDALE** — Misha Raitzin, a leading tenor with the Tel Aviv Opera will appear in Beth Tikvah Synagogue, 3080 Bayview Ave. south of Finch Ave. at 8 p.m. Sunday. Raitzin recently completed a tour of West Germany, South Africa and Mexico and has given concerts in about 20 European cities. He will perform operatic arias and folksongs in Hebrew and Yiddish. For tickets call Beth Tikvah Synagogue, 221-3433.

### Benefit concert

**TORONTO** — The works of Locatelli, Martini, Chopin, Beethoven and De Falla will be featured in a benefit concert being given by Cellist William Findlay and pianist George Brough Sunday at 8:30 p.m. in St. Lawrence Centre, 27 Front St. East. Proceeds will go to Toronto Waldorf School, 9100 Bathurst St. north of Highway 7. A cellist with Toronto Symphony, Findlay is donating his time and talents in appreciation of the assistance parents and family of the school extended to him and his family following a robbery and fire in his home.

Non-profit organizations planning programs of interest to readers in Southern York may submit items for this column to Social Editor Margaret Lade, "The Liberal", 10101 Yonge Street, Richmond Hill, 884-8177 or 881-3373. Deadline is 5 p.m. on Friday.

## Come to Church Every Sunday

### DIRECTORY OF RELIGIOUS SERVICES FOR THE WEEK

<h4>ANGLICAN</h4> <p><b>ST. MARY'S ANGLICAN</b> Yonge St. at Vaughan Rd. Richmond Hill</p> <p>RECTOR Rev. Bernard Barrett 884-1394</p> <p>Rev. Fred Jackson 884-2418</p> <p>SUNDAY, MAY 2, 1976</p> <p>8:00 a.m. — EUCHARIST 10:30 a.m. — EUCHARIST Worship Service, Church School and Nursery.</p> <p>WEDNESDAY 10:00 a.m. and 7 p.m. — EUCHARIST</p> <p><b>FAMILY EDUCATION PROGRAM</b> Sundays 9:15 a.m. to 10:15 a.m.</p> <p><b>STARTING MAY 9TH</b> Courses Specially for Families and for individuals.</p> <p>Choose Your Course as Listed on Church Notice Board.</p> <p><b>ANGLICAN EMMANUEL CHURCH (RICHVALE)</b> 15 MacKay Drive 889-6789</p> <p>8:00 a.m. — Holy Communion</p> <p>10:00 a.m. — DICK EDMUNDS' TESTIMONIAL</p> <p>A special invitation is extended to all members of the community to pay tribute to Richard Edmunds. He has been an outstanding leader over the years in the fields of music, church, horticulture, scouting, Lions International, etc. We will be honored with the presence of Mayor H. D. Schiller, the Hon. Alf Stono, and many other leaders in our community.</p> <p>Plan on attending.</p> <p>A public reception will follow the Testimonial Service.</p>	<p><b>ST. JOHN'S BAPTIST CHURCH</b> 75 Oxford Street (Member, Baptist Convention of Ontario and Quebec)</p> <p>Rev. Dana H. Lamb B.A. B.D., Minister</p> <p>SUNDAY 9:45 A.M. — Church School For Bus. Ministry, call 881-2818 11:00 A.M. — Morning Worship WEDNESDAY 7:30 P.M. — Mid-Week Bible Study "The Hours of Worship are Precious"</p> <p>WELCOME!</p> <p><b>RICHMOND HILL PRESBYTERIAN CHURCH</b> Minister Rev. William Wallace 884-1831</p> <p>Organist &amp; Choir Director Mr. Richard Phillips</p> <p>SUNDAY, MAY 2, 1976</p> <p>11:00 A.M. — Morning Worship 7:30 — SPECIAL CHORAL SERVICE combined choirs. Guest soloists.</p> <p>Beverly Bell — Soprano Mark Dubois — Tenor Douglas England — Cello Dorothy Phillips — Organ Music by Handel, Haydn, Gounod, Harris.</p> <p><b>UNITED</b></p> <p><b>RICHMOND HILL UNITED CHURCH</b> Yonge &amp; Centre Streets 884-1301</p> <p>Minister — Rev. Robert Shorten</p> <p>173RD ANNIVERSARY WORSHIP Sunday, May 2nd 11 a.m. — GUEST MINISTER — Very Rev. Dr. A. B. Moore, Theologian, Teacher, former President and Vice-Chancellor of Victoria University, and (Moderator of the United Church of Canada in 1971-72). Theme — "GOD'S SURPRISING CHOICE"</p> <p>AN ANNIVERSARY LUNCHEON follows worship in the C.E. auditorium, for friends and members of the church family. Come and meet the Moores.</p> <p>AT 7 p.m. — DIVINE WORSHIP, District 5, The Masonic Order. Everyone is welcome to share in this evening service. Theme — "THROUGH THE RUBBLE" — Rev. Bro. D. Bruce Suitor, District Chaplain</p> <p><b>ST. MATTHEW'S UNITED CHURCH</b> Crosby St., Richmond Hill</p> <p>Minister: Harold T. Martin, B.A. M. Div. Organist: Mrs. Gloria Park.</p> <p><b>GOOD FRIDAY: 8:00 P.M.</b> The Drama Group presents "Joseph of Arimathea" assisted by the Choir.</p> <p><b>EASTER SUNDAY</b> 7:00 a.m. — Sunrise Service on the Church Lawn. Breakfast at the Church. 11:00 a.m. — Service of Celebration</p> <p>COME AND WORSHIP WITH US</p>	<p><b>RICHMOND HILL BAPTIST CHURCH</b> 50 Wright St.</p> <p>Rev. E. Corbett, Pastor Mr. G. Whitmore, Asst.</p> <p>883-1834 — 884-3091 223-8247</p> <p>9:45 Sunday School, all ages 11:00 a.m. Pastor E. Corbett 7:00 p.m. Pastor E. Corbett</p> <p>— TUESDAYS — 5:30-8:30 P.M. FAMILY NIGHT Programs for Nursery, Happy Hour, Junior Boys, Christian Service Brigade, Pioneer Girls, Youth and Adult Studies.</p> <p>PRAYER MEETING 8:00-8:30 P.M. — Everyone Welcome —</p> <p><b>THE MISSIONARY CHURCH GORMLEY</b> Rev. Cecil Rosenberger Pastor — 887-5846</p> <p>SUNDAY, MAY 2, 1976</p> <p>NEIGHBOURS' SUNDAY Special Singing all Day by the Howard Baker Family, 7:30 p.m. — Summer Camp Presentation</p> <p>Weekly Home Bible Studies A WARM WELCOME TO EVERYONE</p> <p><b>LUTHERAN</b></p> <p><b>ST. PAUL'S LUTHERAN</b> 10131 Bayview Avenue</p> <p>J. S. DAUPHINEE, PASTOR</p> <p>9:30 a.m. — Sunday Church School 11:00 a.m. — Worship Service</p> <p>ZION LUTHERAN (2 miles south of Maple) Rev. James S. Dauphinee Vice-Pastor — 884-5264</p> <p>SUNDAY, MAY 2, 1976</p> <p>9:30 a.m. — Worship Service 10:30 a.m. — Sunday Church School</p>	<p><b>CONCORD CHURCH OF CHRIST</b> Concord Rd. &amp; No. 7 Hwy.</p> <p>A Church of The New Testament Order</p> <p>A. E. Atkinson Minister — 669-1831 A. Young — Sec. 669-2784</p> <p>SUNDAY SERVICES 9:45 a.m. — Bible School Classes for All Ages 11:00 a.m. — Morning Service 7:00 p.m. — Communion Service</p> <p>WEDNESDAY 8:00 p.m. — Bible Study</p> <p>SUNDAY 12:30 p.m. Watch "The Herald of Truth" T.V. Channel 3, Barrie</p> <p><b>RICHVALE BIBLE CHAPEL</b> 24 Oak Ave., Richvale</p> <p>SUNDAY, MAY 2, 1976</p> <p>9:30 a.m. — The Lord's Supper 11:00 a.m. — Family Bible Hour 11:00 a.m. — Sunday School Kindergarten to Grade 6. Bible School for Grade 7 and up. 7:00 p.m. — Evening Service</p> <p>TUESDAY 8:00 p.m. — Bible Study and Prayer</p> <p><b>RICHMOND HILL FREE METHODIST CHURCH</b> 212 Hillview Dr. 884-5029 Rev. Robert C. Quick 884-6629</p> <p>SUNDAY, MAY 2, 1976</p> <p>9:45 a.m. — Sunday School 11:00 a.m. — Morning Worship Wednesday 7 p.m. — Family Night Thursday 9:30 a.m. — Ladies' Coffee Cup. Bible Study.</p> <p>YOU ARE WELCOME</p> <p><b>RICHMOND HILL SEVENTH-DAY ADVENTIST CHURCH</b> 80 Elgin Mills Road W.</p> <p>Pastor: E. L. Anderson 884-0451</p> <p>SATURDAY 9:30 a.m. — Sabbath School 11:00 a.m. — Divine Worship</p> <p>"O Come let us worship... The Lord our Maker." Psalm 95:6</p> <p>VIEW: "IT IS WRITTEN" 9:00 a.m. Sunday, Channel 22 9:30 a.m. Sunday, Channel 11 Listen to "The Voice of Prophecy" Sunday 10 a.m. CKFH</p>
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Other Denominations  
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SUNDAY, MAY 2, 1976  
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