

**southern york region
scheduled events**

**Kingcraft
studio sale**

KING CITY — Kingcrafts Studio will hold the first of three Saturday sales, Nov. 20 to include weaving, quilting, pottery, garden arts, copper enameling, leatherwork, batik and painting. The sales will be held at the studio, 86 Keele St. from 10 a.m. to 3:30 p.m. Craft sales will also be held Nov. 27 and Dec. 4.

Potters hold 3 day sale

NEWMARKET — York Potters' Guild will hold their second annual sale at the Upper Canada Mall Nov. 25-27. There will also be demonstrations on the wheel, handbuilding and a raffle.

Kids films in Richvale

THORNHILL — A Saturday morning film program for children of all ages will be held Nov. 27 from 10:30 to noon at the Richvale Public Library, 54 Pearson Ave. Films to be shown include Laurel and Hardy Murder Case, The Great Toy Robbery and Hot Stuff.

SRVS meets Nov. 18

SCARBOROUGH — SRVS (Save the Rouge Valley System) will hold a general meeting Nov. 18 at 8 p.m. at Hillsdale School, corner of Finch Ave. and Meadowvale Road. Topic of discussion for the evening will be the role of the Parkway Belt in conservation. For further information call 284-6478.

Fashion slides on view

TORONTO — A Pret a porter slide presentation will be shown Nov. 23 at 5:30 p.m. at the King Edward Hotel in Toronto. Tickets are \$7. For information call 923-3112.

Quebec cinema, Lefebvre

TORONTO — Meet producer director Jean-Pierre Lefebvre at York University's Glendon College Nov. 24 at 2:15 p.m. when he will speak about the Quebec cinema. Glendon College is located at 2275 Bayview Avenue.

Centennial seminar Nov. 27

SCARBOROUGH — Centennial College will present a seminar Nov. 27 from 9:30 a.m. to 4 p.m. on "Mental Illness and the Law". Topics to be included in the discussion are lawsuits and the mentally ill, consent to treatment, and mental illness and criminal law. The seminar will be held at the Holiday Inn, Don Valley Parkway. For registration call 694-3345.

Day care nursery

YORK MILLS — York Mills Day Nursery at 22 York Mills Road is now accepting children for day care from 7:30 a.m. to 6 p.m. Children are cared for by staff with early childhood training. Fee per child is \$40 per week. For information call 222-6878 or evenings 292-3030.

Oxfam holds craft fair

TORONTO — Oxfam presents the sixth annual Ontario Craft Fair at the new St. Lawrence Market at Front and Jarvis Streets from 11 a.m. to 10 p.m. Nov. 18 and 19.



**Hey, neighbours, it's time for
REEVES CHRISTMAS
"OPEN HOUSE"!**

- Beautiful Gift Ideas
- Gorgeous Plants
- and our very own staff of "Living Dolls"
- Two days of "good old-fashioned fun"

SAT., NOV. 20
SUN., NOV. 21

HOURS: MON. — FRI. 8 A.M. - 9 P.M.
SAT. 8 A.M. - 6 P.M. SUN 10 A.M. - 6 P.M.

Reeves
8700 ISLINGTON AVENUE NORTH
(2 miles north of Highway 7)
PHONE 851-2275

**Street people are feet
people.
They're neat people
who meet people.
Why not join up? Take a
walk.**



Ina Pocknell Award Winner

Debra Coles was the recipient of the Ina Pocknell Award last week, a certificate and \$300 cash prize awarded for outstanding service by a member of the York Central Hospital's Junior Auxiliary. Presenting the

award above is Barry Hayes, chairman of the board, on the right Lois Jempson, president of the auxiliary and on the left, Joan Paton, past president.

Meditation affords rest and silence

By E. L. Anderson, Pastor
Richmond Hill Seventh-Day
Adventist Church

For at least 4,000 years man has been searching for serenity through meditation. In the 1970's a surge of interest in a dozen or more varieties of meditation has swept the western world. How can the Christian best relate to the current blend of old and new?

Although Maharishi Mahesh Yogi's populist movement in Transcendental Meditation has been taking the country by storm in the 70's, the Society of Friends dates its practice to George Fox's insight in 1646, and the Zen enthusiast dates his to Bohidharma who lived 1,400 years ago. The Old Testament records Isaac, the son of Abraham practicing some form of meditation as early as the 19th century B.C. (see Genesis 24:63).

Around for centuries

If various forms of meditation have not only been around for centuries and have spanned vastly different cultures, why the sudden interest in it today?

One plausible answer is the meditation affords a short space of rest and silence in a society filled with tension and noise. Rhythmic relaxation promises to renew the exhausted body and spirit.

Dr. Herbert Benson of the Harvard Medical School in his book "The Relaxation Response" documents lowered blood pressure, lowered metabolic rates, decreased levels of blood lactate, and decreased drug use in those who meditate. No one today denies the physical benefits of regular meditation but what about its spiritual effects?

Meditation forms derived from non-Christian cultures have attempted to de-religionize them by removing many of the specific trappings of eastern cultures. Nevertheless, transcendental meditation etc. assume a view of reality that is at odds with Biblical religion.

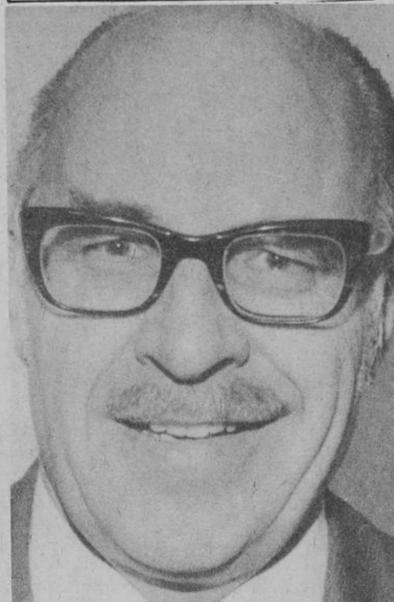
Reality perceived

For example, practitioners of most forms of eastern meditation are taught that reality is truly perceived when the human soul is freed from the body, its material prison. A blending into oneness of existence is stressed and the things that society strives for are childish. Further, he is taught to empty himself of his own desires and feelings.

Whatever technique is used to achieve this personal emptying, it waxes a red flag in front of Biblical Christians. Jesus warned against attempting spiritual growth merely by emptying.

His cryptic parable of the displaced demon (Matthew 12:43-45; Luke 11:24-26) certainly implies that an evil habit cannot be conquered simply through negatives. Biblical mediation does not in-

from the churches



Pastor E. L. Anderson
... meditation benefits the spirit

volve stripping the mind and leaving it naked. Further, the body is seen not as a prison but as the essential part of man which allows him to enjoy the wonderful things God has created. The Bible speaks of the body as being the temple which is not to be defiled but used to glorify God (1 Corinthians 3: 16, 17; 6:20, II Cor. 6:16). The Bible supports human industriousness and condemns only that which violates the law of love for humans and for God. And the Biblical God is intensely personal.

Come to Church Every Sunday
DIRECTORY OF RELIGIOUS SERVICES FOR THE WEEK

ANGLICAN

ST. MARY'S ANGLICAN
Yonge St. at Vaughan Rd.
Richmond Hill
RECTOR
Rev. Bernard Barrett
884-1394

Rev. Fred Jackson
884-2418
SUNDAY, NOVEMBER 21, 1976

8:00 a.m. Eucharist
10:30 a.m. Worship Services
Church School Kindergarten & Nursery School

WEDNESDAY
10:00 a.m. EUCHARIST
7:00 p.m. EUCHARIST

BAPTIST

PREACHING THE OLD BOOK
THE NEW BIRTH
THE PRECIOUS BLOOD
AND THE BLESSED HOPE
AT

WELDRICK ROAD
BAPTIST CHURCH
Corner of Weldrick Road
and Bathurst Street

Rev. B.T. McSpadden
Pastor: Phone 884-7859

10:00 a.m. — Bible School Classes
for all ages
11:00 a.m. — Morning Service
7:00 p.m. — Evening Service
Prayer meeting Wednesday
at 8:00 p.m.
An Old Fashioned Country Church
on the Edge of the City

**ST. JOHN'S
BAPTIST CHURCH**

75 Oxford Street
(Member Baptist Convention
of Ontario and Quebec)
Rev. Dana H. Lamb
B.A. B.D. Minister

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
WELCOME!

Advertising

makes it
perfectly clear!

CANADIAN ADVERTISING ADVISORY BOARD

LUTHERAN

ST. PAUL'S LUTHERAN
10131 Bayview Avenue
J.S. DAUPHINEE, PASTOR
9:30 a.m. — Sunday Church School
11:00 A.M. Worship Service

ZION LUTHERAN
(2 miles south of Maple)
Rev. James S. Dauphinee
Vice-Pastor — 884-5264

9:30 a.m. Worship Service
10:30 a.m. Sunday Church
School

Presbyterian

RICHMOND HILL
PRESBYTERIAN
CHURCH
Minister
Rev. William Wallace
884-1831

Organist & Choir Director
Mr. Richard Phillips

9:45 a.m. Sunday School
11:00 a.m. Morning Worship

Monday - 6:30 - 8:00 p.m.
Explorers Group
Girls ages 9 - 11

**THORNHILL
PRESBYTERIAN CHURCH**

271 Centre Street
The Rev. J.B. Burns, M.A., B.D., Ph.D.
SUNDAY, NOVEMBER 21st - Trinity 23
Adult Bible Class - 9:30 AM
Divine Service 11:00 AM
(Church School children in church)
Presbyterians 12:15 PM
Short Evening Service 7:00 PM
VISITORS WELCOME

Pentecostal

Charismatic Services at Richvale
Community Centre - Bond Road.
Pastor F. Amond
851-0358

(Aff. with the Pentecostal Assemblies
of Canada)
10:00 a.m. — COOKIE'S BIBLE HOUR
• Lively singing
• Puppets and quizzes
• Scripture chorus
11:00 a.m. — PRAISE SERVICE
7:00 p.m. — CHARISMATIC SERVICE
ALL WELCOME.

UNITED

RICHMOND HILL
UNITED CHURCH
Yonge & Centre Streets
884-1301

Morning Worship - 11 A.M. Nov. 21
CATHY PACE will preach
(Infant Nursery and Church School
for young people 3 to 14 years)

7:30 - 9:00 P.M. "Praise and Practice"
Evening Worship and Study for Adults

New residents and visitors welcome

**Other
Denominations**

BETHEL CANADIAN
REFORMED CHURCH
148 Thornridge Dr.
Thornhill
Minister
Rev. D. VanderBoom
M.Th. — 889-5225

SUNDAY, NOVEMBER 21, 1976
Service at 10:30 a.m. and 5:00 p.m.

RICHMOND HILL
FREE
METHODIST CHURCH
212 Hillview Dr.
884-5029
Rev. Robert C. Quick
884-6629

SUNDAY, NOVEMBER 21, 1976

9:45 a.m. Sunday School
For free bus service call above
numbers.

11:00 a.m. Morning Worship Service
Nursery and childrens church
provided.

7:00 p.m. Evening Fellowship Hour

Wed. 7:00 P.M. — FAMILY NIGHT
Activities for every family member.

Thurs. 9:30 A.M. — Ladies Coffee Cup
Bible Study

"A CORDIAL WELCOME AWAITS YOU"

RICHVALE
BIBLE CHAPEL
24 Oak Ave. Richvale
SUNDAY, NOVEMBER 21, 1976

9:30 a.m. — The Lord's Supper
11:00 a.m. — Family Bible Hour
1:00 a.m. — Sunday School
Kindergarten to Grade 6. Bible
School for Grade 7 and up
7:00 p.m. — Evening Service

TUESDAY
8:00 p.m. — Bible Study and Prayer

CONCORD
CHURCH OF CHRIST
Concord Rd. & No. 7 Hwy
A Church of The
New Testament Order
A. E. Atkinson
Minister — 669-1831
A Young — Sec.
669-2784

SUNDAY SERVICES
11:00 a.m. — Bible Study and
Morning Service
7:00 p.m. — Communion Service

WEDNESDAY
8:00 p.m. — Bible Study

SUNDAY 12:30 p.m.
Watch "The Herald of Truth"
T.V. Channel 3, Barrie

THE
MISSIONARY CHURCH
GORMLEY
Rev. Cecil Rosenberger
887-5846

SUNDAY, NOVEMBER 21, 1976

9:50 — Sunday School
11 a.m. — Worship Service
7:30 p.m. — Hymn sing

A WARM WELCOME
TO EVERYONE

Unicef



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children they help**

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TORONTO, ONT. M4S 2L8
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**\$900,000 for
renovation at YCH**

RICHMOND HILL — Renovation to the original hospital building at York Central Hospital is expected to start by the end of the month as the Ministry of Health has now made \$900,000 available for the work. The hospital will be responsible for raising \$450,000.

This portion of the renovation will include the change in the mechanical and air handling equipment in the penthouse and vertical shafts in the original building which are now worn and obsolete, providing new locker rooms and completely updating our labour and delivery areas.

Later, as money becomes available, the balance of the building will be completed, including the areas for the new services of audiology and the in-vitro part of our nuclear medicine

program. The balance of this program at the present time is estimated to also cost approximately \$1,350,000.

The renovated building will meet all the current standards taking into account all the changes in the laws since the building was opened in 1963 and the changes and improvements in medical knowledge and technology. Building activities should be completed by March 31st, 1977. The balance of the building program will take about six months after the final authorization is received to proceed with it although it can be broken into six or seven separate small projects if the need so dictates.

When the original building is renovated the hospital will have 401 beds with the services needed to maintain them.

**Hill Block Parents
over 250 members**

RICHMOND HILL — After four months of operation, the Block Parent Program in Richmond Hill now has passed the 250 member mark.

Applications are still being received as the program spreads to Oak Ridges, Hillcrest and Richvale.

Block Parents are concentrating on informing children as to how the program works while the program's education committee has supplied area

schools with teachers manuals to instruct students about the program.

Block parent booths can be seen this month at bazaars around town and information sheets are available at banks and grocery stores.

Volunteers for the program are still needed. Interested persons are asked to contact the public or separate schools in their area or contact a local Block Parent representative.

TOWN OF RICHMOND HILL
MUNICIPAL ELECTIONS
PROXY VOTING

Notice is hereby given, pursuant to Section 39 of The Municipal Elections Act, (1972), as amended, that the last day for making application to the Town Clerk for a Certificate to vote by Proxy is November 30, 1976.

Applications for such certificates may be made at the Town Clerk's office during regular office hours, 8:30 a.m. to 4:30 p.m. and until 5:00 p.m., on Tuesday, November 30, 1976.

C.D. WELDON
TOWN CLERK
November 17, 1976

TOWN OF RICHMOND HILL
MUNICIPAL ELECTIONS
ADVANCE POLL

Pursuant to the Municipal Elections Act an Advance Poll will be held on:
SATURDAY, NOVEMBER 27, 1976
between the hours of 11 a.m. and 8 p.m. at the following locations:

**TOWN OF RICHMOND HILL
COUNCIL CHAMBERS
10266 YONGE ST.**

Only persons who are entitled to vote at the Municipal Election and who expect to be unable to vote on polling day in their respective polling subdivisions may record their vote at the advance poll.

C.D. WELDON
TOWN CLERK.
November 17, 1976

TOWN OF RICHMOND HILL
MUNICIPAL ELECTIONS
DECEMBER 6, 1976
VOTING CERTIFICATES

If your name was omitted from the Preliminary List of Electors and you were unable to attend at the Revision of the List, you may now, if qualified, obtain a Certificate which will entitle you to vote by applying, in person, at the office of the Town Clerk, Town Hall, during the following times:

MONDAY TO FRIDAY 8:30 A.M. TO 4:30 P.M.

A person entitled to be an elector if, at any time during the period commencing on September 7th, 1976 and ending on October 12th, 1976, he or she is:

(a) resident in the municipality;
(b) a Canadian citizen or other British subject, and
(c) of the full age of eighteen years, or will attain the age of eighteen years on or before polling day.

OR
IF NOT RESIDENT IN THE MUNICIPALITY;

(a) is the owner or tenant of land in the municipality or is the spouse of such owner or tenant
(b) a Canadian citizen or other British subject, and
(c) of the full age of eighteen years, or will attain the age of eighteen years on or before polling day.

If you have become a Canadian citizen since October 12, 1976 and have the above qualifications, you may also PERSONALLY obtain a Certificate to vote from the Town Clerk if you provide certification of citizenship. You cannot take the Declaration mentioned below before the Deputy Returning Officer on Election Day.

If you are a qualified voter on Election Day and your name was omitted from the Voters' List, you are eligible to vote, provided that you take a Declaration on the prescribed form before the Deputy Returning Officer in the polling subdivision in which you qualify, and that you satisfactorily identify yourself to the Deputy Returning Officer.

C.D. WELDON
TOWN CLERK
November 17, 1976