

Meditorial

By Rev. Jim Paul

Psychiatry has come a long way from Sigmund Freud and his "mind bending" couch. Today the marketplace is overrun by practitioners peddling their own distinctive remedies for the mind. There is, to name a few, psychotherapy, psychoanalysis, bio feedback, behavior modification and primal scream therapy—that is where the patient is taught to vent their frustrations by voicing childlike screams. My one year old daughter has mastered the "primal scream therapy", and yet, it doesn't seem to bring any peace into her little world, nor the world of her parents. I know she could offer this therapy at a fraction of the present rate of \$40 a half hour, but would it sooth a troubled mind? Granted, there are some valuable psychiatric remedies, but for the most part, the one seeking relief from worry, fear and depression seldom finds it after many months of counselling. The most disturbing fact is that there are more psychiatrists who take their lives each year than any other professional group in society.

In the Bible, our Great Creator has left a blueprint for mental health. Apostle Paul states in Philipians 4:6 "Don't worry over anything whatever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God, which transcends human understanding, will keep constant guard over your hearts and minds as they rest in Christ Jesus". Prayer, simple prayer, is God's answer for the troubled mind. Joseph Scriven, was in complete harmony with God's word in his famous hymn "What A Friend We Have In Jesus", when he wrote, "O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in prayer." When was the last time you prayed to God? I'm not speaking about some flippant prayer thrown in His face when we want something. Prayer that brings peace to our deepest being is one that humbly surrenders the control of our life to God the one who made us.

There lies at your hearts door a direct telephone line to the Greatest Psychiatrist in the World. Why not use it today?

Furniture needed—

Refugees expected soon

While church members in the area are busily refurbishing and furnishing a home in Kenmore for Viet Nameese refugees, impatience is growing at the slowness of the Immigration Department in providing information.

The latest refugee arrivals, two adults and two children were expected "in January or February". January has come and gone and February is well on the way and "we're waiting on Immigration for information," said Alice Colver of Winchester, a member of the committee.

Etta Hill is treasurer of the refugee fund. On behalf of the refugees, she is asking for furniture to furnish the home in Kenmore, where it is expected the refugees will be located.

Among items needed are:

Bedding for three beds; a kitchen table with four chairs, living room furniture, a couch, two chairs; a rug 9 x 12 or an oval rug; coffee table, an end table, two lamps; an electric stove, 24 in. wide; a refrigerator, three dressers or chests of drawers; a garbage can; three odd chairs for bedrooms, a washing machine; a toaster and cutlery.

Cooking utensils, a fry pan, a

cutting board, kitchen knives, a teapot, wooden spoons, a spatula, two or three saucepans; a steam iron, a carpet sweeper or electric broom, some toys, clothing suitable for two adults and two children, and a radio.

So far the amount of furniture and utensils has been just a trickle. People who have furniture or other goods to donate, call 774-3470 or 774-6020.

The four churches involved are the Harmony Committee Church, Ormand Baptist Church, Osgoode Baptist Church at Vernon, and Castor Valley Baptist Church. Dan Cover is chairman of the group.

BLOCK PARENTS

In the last issue of the Castor Review we mistakenly reported that people interested in participating in the Block Parent program should contact Christine Edmunston and Jackie King. If interested parties want to join, they should of course contact Christine Edmondson, 445-2817 and Shirley King, 445-5748. We apologize for any inconvenience.

DO IT YOURSELF CLEAN YOUR CARPETS... THE PROFESSIONAL WAY

Rent the fantastic new Up & Out Hydro-Mist Machine for superior carpet cleaning. Loosens and removes dirt, previous shampoo residue, and up to 90% of the moisture in just one step. Save money... get results just like a professional!



AVAILABLE FOR RENTAL
4 HOUR—8 HOUR—
OR OVERNIGHT BASIS

LORAL HOME HARDWARE

Ted Lehowski, Prop.
RUSSELL, ONT., 445-2171

Castor Valley Baptist Church



Minister—Rev. James Paul, ph. 821-2144
Meeting in the Russell Public School
9:30 a.m.—Family Worship Service
Nursery and Children's church provided
10:30 a.m.—Coffee and Conversation
11:00 a.m.—Family Bible School
7:30 p.m.—Evening Service of Worship
in the Kenmore Church

GARY R. BARNES B.A., LL.B.

Barrister, Solicitor & Notary
RUSSELL, Ontario
KOA 3B0
445-2177

OTTAWA, OFFICE: 325 Dalhousie Street,
Suite 900

RUSSELL HYDRO

Due to an increase in wholesale power from Ontario Hydro, Russell Hydro System has found it necessary to increase rates to residential customers by 12% and to general service customers by 11.4%.

—These rates will take effect March 1, 1980.

RESIDENTIAL

•Minimum bills	\$4.00
•kwh — 1st Block	\$7.20
•kwh — 2nd Block	\$3.70
•kwh — Balance Block	\$2.95

GENERAL

•Demand over 59 kw	\$2.50
•kwh — minimum bills	\$4.00
•kwh — 1st Block	\$7.20
•kwh — 2nd Block	\$3.70
•kwh — 3rd Block	\$3.45
•kwh — Balance Block	\$2.20

Flat Rate — Water Heater	\$17.70
Sentinel Lighting	\$11.46
Street Lighting	\$10.40

*Keith M. Boyd — Secretary Treasurer

BRUNET SALES TAX FORD \$ALE



Until March 2, prov. Sales tax has been removed from new 1979 models. Buy now while they last!

PARC Industriel Embrun 443-2021
443-3222

CELLULOSE SAVES YOU MOST

- From Freezing Winter Winds
- From Rising Fuel Bills
- From Unwanted Heat Loss

AERO J.C. SALES

Sales Department

- Over 30 yrs. of Experience
- FREE Heat Loss Inspection of your home
- Complete Weatherization of your home — Windows, Doors Etc.

Cellulose Insulation

- Higher "R" value
- Fire & Moisture Resistant
- Lightweight Free-Flowing
- Rodent Resistant
- CMHC Approved
- Ultimate Consumer Protection (controlled under Hazard Product Act)

CANADIAN HOME INSULATION PROGRAM (CHIP) provides up to \$500.00 assistance in insulating homes built before 1961.

John Firkin

Sales Representative
744-2511
744-2512
Home 224-1762