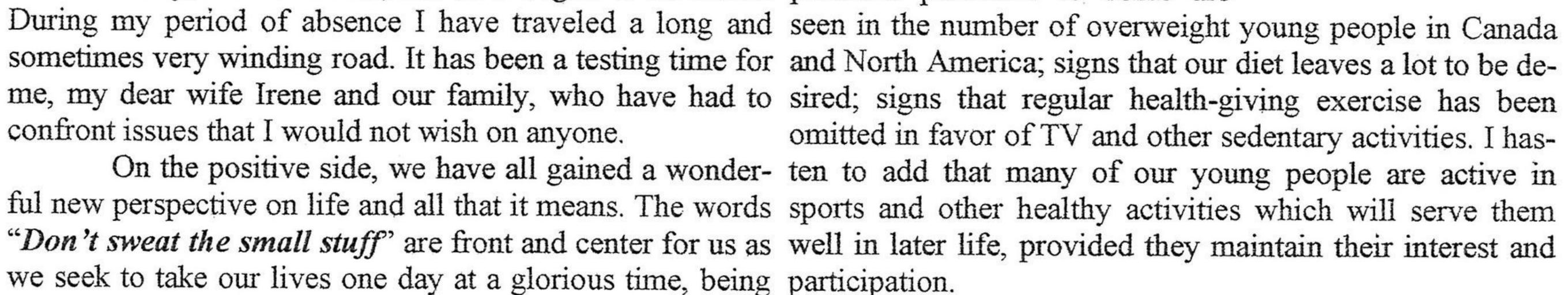
## Hindsight is 20/20!

This month has been a very special one in the life working order (sadly there are of Pastor Ian. I was asked to be the guest speaker at the some exceptions), and many of us South Bay United Church anniversary, celebrating 132 travel through the years of our years of service in the community. In addition, I was in-childhood and youth, into early vited to take the service of worship on Sunday 27th. June, at adulthood, not paying much atten-Bloomfield United Church, while Rev. Sandra Farrow en- tion to its need for regular checkjoyed a study leave. For me, a three and a half year absence ups and servicing. Early signs of from ministry, due to illness, has now begun to be ended. potential problems to come are

we seek to take our lives one day at a glorious time, being participation. mindful of the fact that change is always lurking just over Middle age creeps up on us and by now the die is

they are long departed their earthly home.

thinks is so important? First and foremost we can learn that in my lifestyle and diet. Hindsight is 20/20! we are not indestructible. When we arrive into this world we are given a vehicle in which to travel. We call it our body. Most of are blessed to receive a model that is in fine



the horizon. I wish that I could pass on my experiences to cast for most of us. We are either active or inactive and our others, helping them to avoid the pain and suffering we waistline is the measure of that. We make many and varihave experienced, much of which I believe was avoidable ous excuses to account for this. My own were pressure of had I taken action, perhaps ten or fifteen years ago. work, business lunches and too many nights away from Hindsight is a wonderful thing which none of us home living on hotel food. Still I did not get it until one possess when we need it...however.....we can learn from night, after a particularly delicious steak dinner at a local the hindsight of others if we so choose. It is said that the hotel which shall remain nameless; I suffered a gall bladder trouble with being a parent is that by the time you're ex- attack. They tell me that childbirth is painful. I cannot beperienced, you're unemployable, and I guess there is some lieve that it is any more painful than a gall bladder getting truth in that. When I was younger I never realized just how its own back for years of fatty neglect. It was a very slipclever my own parents were, and now I can't tell them as pery downhill slope for me after that event; a ski run of Olympic proportions which I could have perhaps avoided, So what can we learn from others that 'Pastor Ian' even at that late stage, with a sudden and draconian change

Why am I telling you all of this? Why am I risking

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