

Hindsight is 20/20!

This month has been a very special one in the life of Pastor Ian. I was asked to be the guest speaker at the South Bay United Church anniversary, celebrating 132 years of service in the community. In addition, I was invited to take the service of worship on Sunday 27th. June, at Bloomfield United Church, while Rev. Sandra Farrow enjoyed a study leave. For me, a three and a half year absence from ministry, due to illness, has now begun to be ended. During my period of absence I have traveled a long and sometimes very winding road. It has been a testing time for me, my dear wife Irene and our family, who have had to confront issues that I would not wish on anyone.

On the positive side, we have all gained a wonderful new perspective on life and all that it means. The words "Don't sweat the small stuff" are front and center for us as we seek to take our lives one day at a glorious time, being mindful of the fact that change is always lurking just over the horizon. I wish that I could pass on my experiences to others, helping them to avoid the pain and suffering we have experienced, much of which I believe was avoidable had I taken action, perhaps ten or fifteen years ago.

Hindsight is a wonderful thing which none of us possess when we need it...however.....we can learn from the hindsight of others if we so choose. It is said that the trouble with being a parent is that by the time you're experienced, you're unemployable, and I guess there is some truth in that. When I was younger I never realized just how clever my own parents were, and now I can't tell them as they are long departed their earthly home.

So what can we learn from others that 'Pastor Ian' thinks is so important? First and foremost we can learn that 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

working order (sadly there are some exceptions), and many of us travel through the years of our childhood and youth, into early adulthood, not paying much attention to its need for regular check-ups and servicing. Early signs of potential problems to come are seen in the number of overweight young people in Canada and North America; signs that our diet leaves a lot to be desired; signs that regular health-giving exercise has been omitted in favor of TV and other sedentary activities. I hasten to add that many of our young people are active in sports and other healthy activities which will serve them well in later life, provided they maintain their interest and participation.

Middle age creeps up on us and by now the die is cast for most of us. We are either active or inactive and our waistline is the measure of that. We make many and various excuses to account for this. My own were pressure of work, business lunches and too many nights away from home living on hotel food. Still I did not get it until one night, after a particularly delicious steak dinner at a local hotel which shall remain nameless; I suffered a gall bladder attack. They tell me that childbirth is painful. I cannot believe that it is any more painful than a gall bladder getting its own back for years of fatty neglect. It was a very slippery downhill slope for me after that event; a ski run of Olympic proportions which I could have perhaps avoided, even at that late stage, with a sudden and draconian change in my lifestyle and diet. Hindsight is 20/20!

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

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