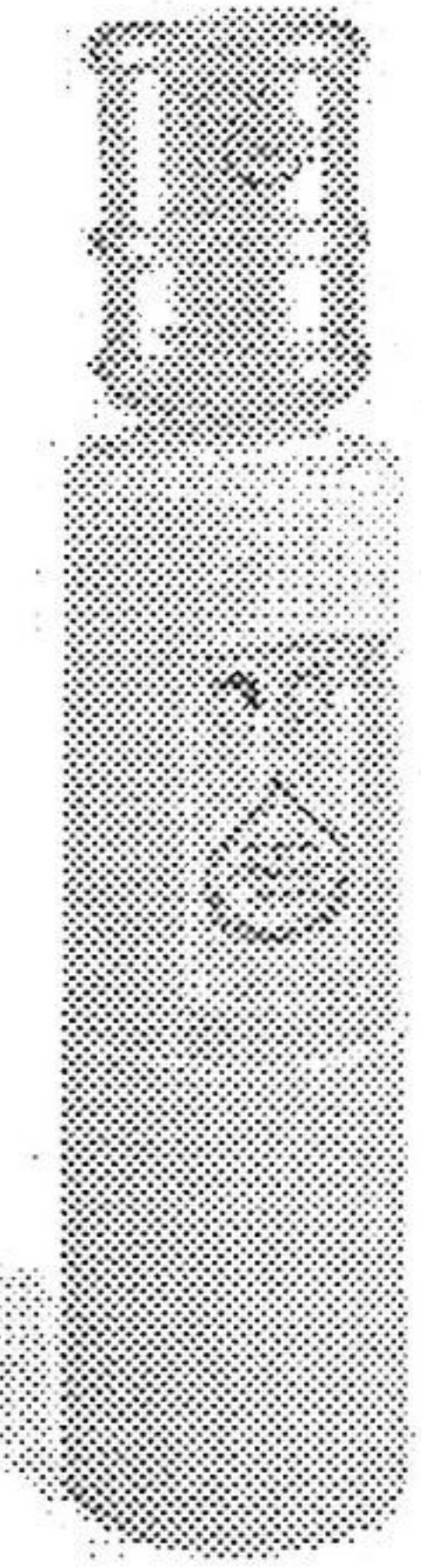


PURE COUNTY BOTTLED WATER



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Filtration process
Sediment filter
Softened
Carbon charcoal filter
Reverse osmosis
Ultra-violet light
Charcoal buffer filter

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Picton K0K 2T0

Hicks' General Store



Milford
476-5258



Groceries
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etc., etc., etc.

WINTER HOURS
MON. - SAT - 7:30 am to 7:00 pm
SUNDAY - 9:00 am to 6:00 pm
Interac, Visa, MasterCard accepted

More Beyond! - *Continued from page 13*

- If it is the satisfaction gained from knowledge, then sign up for that evening course at Loyalist College, or that distance learning program available from almost all colleges and universities across Canada.
- If it is improved physical health, then stop making excuses and start doing something about it, like becoming part of a fitness program at the local Rec Plex, yoga studio or the likes. (Be sure and check with your doc before embarking on a new exercise program)
- If it is improved spiritual health, then speak to a local pastor about your needs (there are plenty of us around), and get yourself on that elusive track of finding inward peace and fulfillment.
- If it is..... and the list can be endless... Only YOU can decide.

The wonderful truth is that each day ☺ is a gift to us to do with what we please, within the framework and limitations of our own lives that are, in many ways, the subject of what we put into them. If we truly believe that "MORE" is what we need in our lives during 2005 and beyond, then let's get started by acknowledging and acting on our part in the process, and leave the rest up to God.

May this year bring you many Blessings.

Pastor Ian.
www.pastorian.com

p.s. I cannot close this article without mentioning the recent events in south east Asia. Mother Nature has reminded us not to take her for granted, and our hearts and prayers go out to all those who are suffering through this natural disaster. It is a quirk of human nature that we are at our best when the worst happens, and those of us who are blessed to live in safer climes now have the opportunity to reach out to our sisters and brothers across the world and show them, (in tangible ways) that we care. It is also a reminder to us that we have, living among us, many who are also suffering in different ways, and also need our help. I close by reflecting on some words of author Jim Taylor who, in talking about the global village in which we now live, said: "The tsunami has raised the need to develop an early warning (seismology network) for the Indian Ocean. I suggest it also raises the need to build and rebuild networks of ordinary people who keep in touch simply because they care about each other."

So during this year, let us be open to asking ourselves the question "how can I show you that I care?" ☺