



CHURCH SERVICES

TERRACE BAY

ST. MARTIN CHURCH - Rev. A. Fularczuk
 SUNDAY MASS - 8:30 and 10:30 A.M.
 SATURDAY MASS - 7:00 P.M.
 CONFESSIONS - 6:15-7:15 and after evening Mass on Sat.

COMMUNITY CHURCH - Rev. Brian Bigelow
 SERVICE OF WORSHIP - 11:15 A.M.
 HOLY COMMUNION - 1st of the Month
 CHURCH SCHOOL - Grades 5-8 10:00 A.M.
 - Preschool to Grade 4 - 11:15 A.M.
 - Care for Babies

TERRACE BAY GOSPEL ASSEMBLY - Pastor John Leari
 Services are held in the Public School Auditorium
 FAMILY HOUR - 10:00 A.M.
 SUNDAY EVENING SERVICE - 7:00 P.M.

SCHREIBER

HOLY ANGELS CHURCH - Rev. F. Meyer
 DAILY MASS - Mon., Wed., & Fri. - 5:00 P.M.
 Tues. & Thurs. - 7:30 P.M.
 Sat. 9:00 A.M. & 7:15 P.M.
 SUNDAY SERVICE - 9:30 and 11:00 A.M.
 CONFESSIONS - Sat. 4:15-5:15 P.M.; before Sat. evening
 Mass; before Sun. morning Mass & all daily Masses.

ST. ANDREW'S UNITED CHURCH - Rev. Brian Bigelow
 REGULAR SERVICE - 9:45 A.M.
 SUNDAY SCHOOL - 11:00 A.M.

ST. JOHN'S ANGLICAN CHURCH
 1st & 3rd Sunday - 7:00 P.M.
 2nd, 4th, and 5th Sunday - 11:00 A.M.
 Sunday school - 11:00 A.M. - Every Sunday

GRACE BAPTIST CHURCH - Rev. R. Dye
 MID WEEK SERVICE - 7:00 P.M. Wednesday
 SUNDAY SCHOOL - 10:00 A.M.
 WORSHIP SERVICE - 11:00 A.M.
 EVENING PRAYER - 7:00 P.M.

ROSSPORT

ST. BERCHMAN'S CHURCH
 SUNDAY MASS - 1:00 P.M.

SEVEN STEPS TO HEALTH

The continuing goal of the Canadian Cancer Society -- the eventual control of the disease -- will be reached in less time if all citizens put into practice the Seven Steps to Health.

Following these simple rules would prevent some cancers and would mean earlier detection and treatment of others, according to Society officials.

The rules are:

1. Have a medical and dental check-up.
2. Watch out for any change in your normal state of health.
3. Find out about any lump or sore that does not heal.
4. Protect yourself against too much sunlight
5. Do not smoke
6. Have a Pap test
7. Do a monthly breast self-examination.

The Society is an organization driven by a sense of urgency. And rightly so. This year almost 100,000 Canadians will be under medical care for cancer. There will be about 67,000 new cancer cases diagnosed for the first time.

The Society's public education program is designed to teach everyone in the country how to protect themselves by early detection measures and the importance of a health check-up. The message, directed to three main groups -- youth, adults, and industrial workers -- is much the same: perhaps 80 percent of new cancer cases could be prevented. The Seven Steps to Health could save many lives.

We endorse this view without qualification. As more and more Canadians become better informed about cancer, fear is dispelled and a more reasonable and hopeful approach to the disease results.

WOMEN OF THE MOOSE REPORT:

January 18th the Women of the Moose met with Sr. Rgt. Marielle Tardif in the chair. After a lengthy Business meeting, the ladies adjourned to be served a delicious lunch by child care chairman, Jeannie Tychoniak and her committee. Raffle was won by Ghislaine Dosti.

February 1st the Women of the Moose met with twenty-six ladies present. Marielle Tardif Sr. Rgt. presented the new members with corsages. Enrollment was followed by a social hour and lunch was served by Hospital Chairman, Jackie Sopol and her committee.

TERRACE BAY NEWS

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