



## CHURCH SERVICES

### TERRACE BAY

**ST. MARTIN CHURCH - Rev. P.L. Cahill**  
 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**  
 COMMUNION - 1st Sunday of the month  
 WORSHIP SERVICE - 9:45 a.m.  
 SUNDAY SCHOOL - to Grade 6 - 9:45 a.m.  
 CONFIRMATION CLASS - 6:30 p.m. Sunday

**TERRACE BAY GOSPEL ASSEMBLY - Pastor John Leari**  
 SUNDAY SERVICES are held in the Public School Auditorium  
 SUNDAY SCHOOL - 10:00 A.M.; SUNDAY SERVICE - 7:00 P.M.  
 WEDNESDAY EVENING BIBLE STUDY - 7:30 P.M.  
 For further information - Phone 824-2991

### 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**  
 COMMUNION - 1st Sunday of the month  
 WORSHIP SERVICE - 11:15 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.

### "YOU - CAN BECOME CALM"

By: Ed Kenney B.Sc.Kin.

What is the "Royal Road" in life? Easy - it is the enjoyment of inner calmness in your day to day life. To cope with stress and strain, both, inwardly and outwardly does not come easy to most of us. However, there are techniques to improve your "SELF".

Within the limited space of this column you will receive a spark that may ignite a better and better "you". Having read this article is your first step towards that goal.

So Start NOW!

Visualize yourself walking down a forest path. In a clearing, ahead of you, the path forks to the left and also to the right. On the left path you see yourself as you are today with all your negative aspects. That is, the things you do not like about yourself. Now on the right path see yourself in a positive manner, completely happy, healthy and full of enthusiasm. This is the way you have always dreamed yourself to be.

Now - simply decide which path you will take.

DO IT! - Walk down the path you choose. That's all there is to it!

You are now on your "road" to a new "you" - better and better every day, in every way.

You could say that this is just too easy. Well, it is just that simple to be able to improve your own life to however you wish it to be.

This short technique is but a small sample of an intensive "self-development" course being offered by myself on October 22nd and 23rd, at the Recreation Centre. Your reaction to my column by way of comments to the Terrace Bay News Department or myself at 824-2243 will be greatly appreciated.

I hope to write future articles on subjects such as: Nutrition and Diet, Family Counselling, Education, Stress, Fears, etc.

Thank you for reading and sharing this article with me.

Happy to Be,  
 In Life to Live.  
 Ed Kenney.

(signed)



## BIRTHS

Born to Mr. and Mrs. George Comeau of Terrace Bay, a boy on September 27th.

Born to Mr. and Mrs. Danny Godin of Schreiber, a girl on October 2nd.

## TERRACE BAY NEWS

PUBLISHERS

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