

## ESSEX

### Christian Reformed

You are invited to attend our worship services at 10 a.m. and 6 p.m. with Pastor Fred Heslinga. Nursery is provided.

GEMS and Cadets meet Mondays from 7-8:30 p.m.

Coffee Break Ladies Bible Study meet on Tuesdays at 9:30 a.m.

For information on any or all programs here in this church call 776-5071.

### Essex Retirees

Computer lessons are available to seniors at the Centre on Tuesday, Thursday and Friday from 9-12. Please call 519-776-9000 to book your appointment.

We now have Scrabble on Wednesdays from 10 a.m. to 12 p.m.

Monday Pepper winners were Jean Jenner, Cecilia Edwards, a tie for most Peppers between Betty O'Neill and Julia Drouillard, booby prize to Barb Camlis.

Tuesday Pepper winners were Lois Tapping, Louise Perrault most Peppers, Cecilia Edwards won the booby prize.

Thursday Bridge winners were Euta Johnson and Floyd Cascadden. There will be no Bridge next week.

### Holy Name

Happy 59th anniversary to Mr. and Mrs. Francois Beneteau. God bless you both.

Sweaters (men sizes medium or large) are being collected at St. Mary's Church for immigrant men returning to work from Mexico. Please drop off any new or gently used sweaters before Jan. 31. Sponsored by St. Mary's Mission Club.

CWL membership for 2007 are due.

K of C Fish Fry on Fri. Jan. 26 from 4:30-7 p.m. with takeout available.

Lifeteen will take place on Sun. Jan. 21. Mass is at 7 p.m. and all are welcome. Life Night will follow.

High School Conference

will take place on Fri. Feb. 2 to Sat. Feb. 3 at Villanova High School. Please see Claire if you would like to register.

Real Men and Daughters of Eve will be having a young men's group and a young women's group for all high school students. It will be six weeks running Tues. Jan. 30 to Mar. 6 from 6:45-9:15 p.m. To register or get more information contact Kyle, shafer@uwindsor.ca or Chrisandra, chrisandrabondy@hotmail.com

All those children in grade 2 who will be preparing for the Sacraments of First Holy Communion and Reconciliation will need to attend a meeting on Thurs. Jan. 18 at 7 p.m. in the church.

As this new year starts, 2007, I thought I would share with you this poem.

Around the corner I have a friend,

In this great city that has no end.

Yet days go by and weeks rush on,

And before I know it a year is gone.

And I never see my old friend's face,

For life is a swift and terrible race.

She knows I like her just as well,

As in the days when I rang her bell.

And she rang mine. We were younger then,

And now we are busy, tired women.

Tired with playing a foolish game,

Tired with trying to make a name.

"Tomorrow" I say, "I will call on Jan

Just to show that I'm thinking of her."

But tomorrow comes and tomorrow goes,

And the distance between us grows and grows.

Around the corner, yet miles away,

"Here's a telegram, Miss".

"Jan died today."

And that's what we get and deserve in the end,

Around the corner - a vanished friend.

Tell that friend that you love and care about them.

- Therese Lecuyer

### St. Paul's Anglican

If you know of someone who should be added or removed from the prayer list, please contact the office.

Parish Council (Wardens and Treasurer for both churches) will meet on Wed. Jan. 24 at 7 p.m. at St. Paul's.

NEEDED: Are you comfortable working with numbers and a computer? If so then we have the job for you. A treasurer is needed at St. Paul's. If you can spare a few hours a month, please contact the church office.

Vestry meeting on Sun. Jan. 28 at 11:10 a.m. Please bring a bag lunch.

Midweek BCP Morning and Evening Prayer Services on Wednesdays at 9:30 a.m. and 7 p.m. at St. Paul's. All are welcome.

Thank You Bank contributions for January will be given to the Canadian Cancer Society.

### Salvation Army

Transportation is available for a ride to Sunday school, call 776-4628. We also have a chairlift.

Bible Study at 9:45 a.m. Church at 11 a.m.

Home League on Tuesday at 7:30 p.m. All women are welcome.

Wednesday Iler Lodge 6:30 p.m.

Band practice on Thursday at 7 p.m. Corps Council at 8 p.m.

### Essex United

Thurs. Jan. 18 at 2 p.m. the evening UCW will be joining the afternoon UCW at Iler Lodge for their meeting. 7 p.m. SSC dodgeball in the gym.

Scouting: the Beavers are still in need of one Beaver leader and one Cub leader. If you can help please call 519-961-9093.

Sun. Feb. 18 Annual Meeting.

Tues. Feb. 20 Shrove Tuesday Pancake Supper.

## BROOKER

Gene Gemmell of Sterling spent the weekend with his mother, Norma Gemmell.

We extend our sympathy to the Newman family on the passing of Doris Humber last week.

Doug Cowell is home from the hospital. Continue to remember him in prayer.

Please remember your special gift for the Bible Club Missionaries and the Fill the Barn Project.

## GESTO

The Greater Windsor Concert Band will be taking the Gesto service on Sun. Jan. 21 at 9 a.m. Snack after.

Bible Study will be returning Tuesday at Gesto and Wednesday at Bethel-Maidstone, both from 7-8:15 p.m.

Sat. Jan. 20 Roast Beef Supper at Bethel-Maidstone at 6 p.m. For tickets call 735-8411.

Gesto Elders meet on Sun. Jan. 21 at 7 p.m.

An Ecumenical Service - Prayer for Christian Unity will be held at Bethel-Maidstone on Wed. Jan. 24 at 7 p.m.

The Hall family of Colchester North with to announce the passing of their eldest brother, John Hall, formerly a resident of Winnipeg, Manitoba and recently Leamington. A memorial service will be announced later to be at Gesto United Church.

## BAKERVILLE

Weather in our area is lousy. We have had lots more rain and fields look like lakes again. An ice storm threatened on Sunday but fizzled to just rain over night.

Happy birthday wishes on Thursday to Mike Cosgrove and to Michael Fitch who will celebrate #6. Michael is

Len and Nancy's grandson. On Saturday to Katie Hanson as she celebrates #18 and on Sunday to Kevin Nantais who celebrates another.

Happy anniversary on Thursday to Ken and Berneice Hillier as they celebrate another year and also to Joe and Shirley Galos as they celebrate #53 on Tuesday.

The Pleasant Valley Community Club held a Pepper party last Tuesday evening with the winners being Barbara Booker, George Diesbourg, Thomas Allison, Nina Towle, Keith Dresser and Helen Slavik. If you enjoy playing Pepper or want to learn the game, come on out on Tuesday evening and join in with friends and neighbours.

The regular euchre party winners on Saturday evening were John Simpson, Vera McMurren, Don McMurren, Nina Towle, Bob Matthew, Cecile St. Denis, Herald Ferguson and Cecilia Edwards. Door prizes went to Keith Dresser and Shirley Ouellette.

Get well wishes to Ethel Allison who is a patient in the hospital at time of writing.

Sympathy is extended to the family of Keith Bradt who passed away suddenly on Sunday at the tender age of 39. Keith is the son of Neil Bradt and mother Pat (nee Vektor) who have all lived here in this area. Grandson of the late Murray and Helen Vektor of Iler Lodge Nursing Home. Keith owned Bradt's Masonry business in Essex and will be missed by all.

## PAQUETTE

We are taking meat pie orders. Contact Marlene at 969-1030. Production takes place on Wed. Jan. 24.

Dessert Card Party at St. Stephen's on Thurs. Jan. 18 at 1 p.m.

St. Stephen's Parish Council meets on Mon. Jan. 22 at 7 p.m. Please note

change of date. Redeemer Parish Council meets on Thurs. Jan. 25.

A course on "How to read the Bible - the cultural and historical background of the books of the Bible" begins at St. Stephen's on Thursdays from 7-8 p.m. Jan. 18-Feb. 22.

The following Sundays are available to place flowers on the altar at Redeemer: Feb. 11, 18, 25, Mar. 4, 11, Apr. 1, 8, 15, 29. Please call 737-6230 to confirm your choice.

Bible Study at St. Stephen's on Wednesdays at 7:30 p.m. - studying Matthew.

Confirmation/Baptism on Jan. 21 at St. Stephen's with Bishop Bob Bennett followed by a potluck luncheon at 10 a.m. All other services for that day are cancelled.

On Henry Mergl's last visit to the hospital he needed seven units of blood. If those donating would be kind enough to give in his name to restore the amount to the hospital, it would be very much appreciated.

Church of the Redeemer is in great need of Chancel Guild members. Anyone interested in learning how to set up the altar and the chancel for worship services, please call 737-6677.

Redeemer Vestry Meeting is on Sun. Jan. 28 and St. Stephen's is on Sun. Feb. 4. For both service at 9 a.m. followed by breakfast buffet. Meeting will begin approximately at 10:30 a.m. No 8:15 a.m. service that morning.

St. Stephen's Committee Reports to be included in Vestry Report must be in to Barb no later than Wed. Jan. 24 for distribution on Sun. Jan. 28.

Last week at Redeemer we blessed the brass followers in memory of Ken Bennett and thanksgiving for the gift of the beeswax candles from the Bennett family.

Congratulations to Stacey and Dwayne Martin on the birth of their daughter, Corrin, sister for Croix and Keeley.

- Barb Mactier



William "Bill" Gay

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### ESSEX COMMUNITY SERVICES

Helping, Sharing And Caring For The Community

35 Victoria Avenue, Unit #7, Essex, Ontario  
Phone: (519) 776-4231 • Email: [ecs@essexcs.on.ca](mailto:ecs@essexcs.on.ca)

**ESSEX RETIREES' SOCIAL CLUB NEEDS VOLUNTEERS** - The Retirees' Club is currently looking for volunteers for the following positions: Tour Coordinator, Special Presentation Coordinator, Marketing Materials Distributors, Fundraising/Special Events Helpers, and Meals on Wheels Kitchen help and Delivery Drivers. This is a great opportunity to get involved in the community and lend a helping hand. To obtain a full description of these positions or to apply, please call or drop in today. They are located at 32 Russell St in Essex. Call 519-776-6689 or email them at [www.essexretirees.ca](http://www.essexretirees.ca).

Excerpt taken from Focus on Health Aging:

**Keeping Active Could Help You Live Longer** - Walking, mopping your floor, and even volunteering on a regular basis might prolong your life, according to a study in the July 12 issue of the Journal of the American Medical Association. Researchers at the National Institute on Aging studied the relationship between activity level and risk of death in 302 adults (aged 70-82). Over a two-week period, the researchers measured energy expenditure in the participants, and then followed the group for an average of six years. Participants who were in the top third for energy expenditure had a 69 percent lower risk of death than those in the lowest third. Every 287 kilocalories per day the participants expended (about 75 minutes of activity) was associated with a 30 percent lower risk of death. This isn't the first study to find a connection between increased activity and decreased mortality, and it illustrates one of the many benefits of staying active.