

ESSEX

Christian Reformed

Join us for worship on Sunday at 10 a.m. with Pastor Fred Heslinga. It is Cadet Sunday and our boys will be participating in our worship service. Sunday school for 3-11 yr. olds. Nursery is provided. You are invited back for our 6:30 p.m. service as we continue with our Alpha Video program.

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

Ladies Bible Study meet on Tuesdays from 9:30-11:30 a.m.

Church School on Tuesdays from 7-8 p.m. for students 12 yrs. and up.

Youth meet on Sundays from 7-9:30 p.m.

For information on any or all programs call 776-5071.

Essex Retirees Social Club

Scrabble has been introduced at the Centre. The group plays on Wednesdays at 10 a.m. (may change depending on the majority). We appreciate the help of Virgery Cascadden in convening this activity. Please call the office (519-776-6689) if you are interested.

We have started a Men's Strengthening Group once a week and believe that some of the women may be interested in some exercises using the weights. The women's strengthening exercises would be held on Mondays at 9:30 a.m. following our regular exercise class. Please call to put your name on the list of interested participants.

Wed. Jan. 31 at 3 p.m., a representative from Windsor Regional Hospital will give a presentation on "Blood Conservation". If you expect to be scheduled for surgery in the near future, this information will be especially important to you.

We are also looking into having a respirologist visit the Centre to talk about what can be done to improve your breathing and test your lung capacity. If interested, please call the office and add your name to the list. If there is enough interest, we will look into it further.

We would also like to thank Michelle Mitchell for the excellent job she did in organizing the Health Fair. It was well attended and there was a wealth of information available for your home reading.

The Monday Pepper winner was Louise Perrault (17 Peppers) with most Peppers going to Eileen Ames and the booby prize went to Wayne Hanson.

There was no Pepper on Tuesday due to the Health Fair.

Wednesday Pepper winner was Jean Jenner, most Peppers going to Bob Matthew and the booby prize went to Beulah E. (Cecilia

Edwards).

There was no Bridge this week and Bridge for Jan. 25 is also cancelled.

Holy Name

Once again this year we are off to the Steubenville Youth Conference on the weekend of June 29-July 1. Information is now available. Reserve your spot now.

Middle Earth meets Wed. Jan. 24 for a "Food Fun" game night. Registration forms will be available for the Jumpin'N' Party night.

We will be having a young men's group and a young women's group for all high school students. It will be on Tuesday nights Jan. 30 to Mar. 6 from 6:45-9:15 p.m. To register or get more information contact Kyle, shafer@u.windsor.ca or Chrisandra, chrisandra@hotmail.com.

Thank you to all who supported our youth through the breakfast last week. The next one will be on Feb. 11.

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

Happy birthday to a very special lady, Cecilia Burling, on celebrating her 92nd birthday.

Come join in this time of Prayer for Christian Unity on Wed. Jan. 24 at 7 p.m. at Bethel-Maidstone U.C. Rev. Kevin George will be the presider.

Is God calling you to serve as a priest? Come and See on Feb. 9-11 at St. Peter's Seminary in London. Open to men 17 yrs. and older. Contact Fr. Matt Kucharski at 519-948-7798 or email vocations@rcec.london.on.ca

- 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.

A treasurer is needed at St. Paul's. If you are interested please call the church office.

Come and join us for a hymn sing starting Sun. Jan. 28 at 11 a.m. (prior to service) led by Tony Moore.

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

Thank you to the volunteers who were able to come into the office and help compile the vestry report booklet. Copies are available.

Essex Ministerial Service for Christian Unity on Wed. Jan. 24 at 7 p.m. a Bethel-Maidstone U.C. Rev. Kevin George will be preaching. Refreshments and fellowship to follow. Donations of desserts are welcome.

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

Salvation Army

Transportation to Sunday school is available call 519-776-4628.

A chair lift is available at the church.

Alternate Wednesdays

6:30 p.m. at Iler Lodge.

Open House in memory of Tim Hartley on Sat. Jan. 27 at 2 p.m.

Brampton Youth Band March 3 concert and will take part in the church service on Sunday the 4th.

Potluck luncheon and fellowship after the morning service on Sun. Feb. 4.

Irish Stew and Fellowship Night on Sat. Mar. 17. Everyone is welcome.

Please pray for our sick and shutins.

Essex United

Sun. Jan. 28 regular worship service at 10:30 a.m. 7 p.m. SSC volleyball. 7:30 p.m. Murder Myster Rehearsal.

Thurs. Jan. 18 SSC dodgeball in the gym at 7 p.m.

The sign up sheets for readers and greeters are on the main bulletin board.

The week of Feb. 18 is busy. Sunday is the Annual Meeting. Tuesday is the Pancake Supper. Wednesday is Ash Wednesday. Please keep these dates in mind.

BROOKER

Erin Jones of London was home over the weekend visiting with her parents Steve and Kim.

Those on the prayer list this week are Kim Jones, Doug Cowell and Margaret Robinson.

Pastor Steve will be holding classes leading to baptism and church membership for anyone who is interested. Please speak to him or phone the office as soon as possible.

MAIDSTONE CROSS

St. Mary's Mission Group is working on a new project, collecting men's sweaters for the Mexican migrant workers until the end of January. If you have any to donate, please leave them at the back of the church.

St. Mary's Altar Society will have religious articles on sale the last weekend of the month. Thanks to Mrs. Theresa Pare who takes care of the sales. Also thanks to Liz Vanhoorne who tabulates the Zehrs' tapes which have been submitted.

On Sat. Feb. 10 at the 7 p.m. mass, St. Mary's Parish will honour Christian marriages by celebrating those who will have reached significant five year milestones in the year 2007, for example: 1st, 5th, 10th up to 50 years and beyond. Fr. Dave will bless the couples at mass and the Altar Society will provide refreshments at the hall for the couples and their families. A sign up list will be at the back of the church until Feb. 4. In five years all married couples will have been honoured.

Plan to attend the Church

Unity Octave Celebration at Bethel United Church on Wed. Jan. 24 at 7 p.m. with Rev. Kevin George as guest speaker.

COZY CORNERS

Bethel-Maidstone

On Wed. Jan. 24 there is an Ecumenical Service - "Prayer for Christian Unity" being held at Bethel-Maidstone at 7 p.m. Everyone is welcome.

Tai Chi will be held on Fri. Jan. 26 at 10 a.m. at B-M. If you are interested you will be welcome, it's free.

The annual church meeting is on Sun. Jan. 28 following the service and after a soup and sandwich luncheon.

Community Social Time for the area at B-M will be on Sun. Jan. 28 from 1-3 p.m. Everyone is welcome.

The U.C.W. meeting will be held on Mon. Feb. 12 in the hall at 7 p.m. (new time). The speaker will be Rev. Lilian speaking on Palestine.

Get well wishes to Marcy MacKenzie, Gary Coomber, Richard Kosan, Olly Triolet and anyone else who is not well at this time. Please remember these friends in your prayers and with a card.

The Stewards would like to thank all the folks who supported their roast beef dinner last Saturday night as well as all those who helped prepare, serve, baked and cleaned up.

- Beverly Holland

WOODSLEE

Golden Links card game winners on Fri. Jan. 19 were Madeline Diesbourg, George Diesbourg, Lloyd Dewhirst, Joanne Diesbourg, Patty Sylvester, Don Sylvester and Thomas Allison. Door prizes went to Blanche Vector and Garnet Galloway. The next card party is on Fri. Jan. 26 at 7:30 p.m.

The winners of the Woodslee Friendship Club's Jan. 15 card party were the McMurren brothers. Dave

got the highest score and Don got the most lone hands. The lucky ladies were Mary Demars for highest score and Diana Dennis for most lone hands. We play euchre every Monday at 1 p.m. Please join us at the Dr. Millen Centre. The new officers for the Club were also elected. President Donna Roubos, Vice President Joanne McMurren, Secretary Clare Renaud, Secretary Donna Eyraud and Card Secretary Ethel Allison. A monthly potluck is held the second Friday of every month. We have started a game night following the supper. Call 519-975-2634 for particulars. If you are interested in dart tournaments call the above number.

COTTAM

Prayer for Christian Unity Service on Wed. Jan. 24 at Bethel-Maidstone U.C. at 7 p.m. The theme is, "He even makes the deaf to hear and the mute to speak".

The Annual All-You-Can-Eat Spaghetti Dinner and Salad Bar, hosted by the C.E. Committee of Cottam U.C., will be on Sat. Feb. 10. Watch for further details.

Teen Challenge, members will be at Cottam U.C. on Sun. Feb. 11 to give testimony of how God is changing their lives.

Soup Luncheon for the Heart and Stroke Foundation of Ontario will be at the Essex High School on Wed. Jan. 31 from 11 a.m. to 1 p.m.

If your group has an event coming up call Helen McLeod at 839-5351.

Cottam United

On Sat. Jan. 27 help is needed to collate annual report books at 9:30 a.m.

On Sun. Jan. 28 there will be a Breakfast for Sunday school children and parents at 9 a.m. Call Sharon if you plan to attend. Also the Youth Group will be preparing and leading the worship. After church the Youth invite you to gather for lunch. All free will offering from the lunch will be used to support Youth Winter Camp. There will also be junior church for children in JK to grade 4 and

nursery class.

If you are on a committee, please let your chairperson know if you intend on remaining for 2007. If you are not on any committee, please prayerfully consider coming on board. Please speak with Pastor Kim or call the church office.

On Sun. Feb. 4 the annual Congregational Meeting will be in the old hall at 12:30 p.m.

On Mon. Feb. 5 there will be Bible Study at 7 p.m.

Happy birthday blessings to Barbara Bullock, Jamie Lowe and Karen Colenutt on Jan. 17, Lillian Wright on the 19th, Helen McLeod on the 26th, Abby Armstrong on the 29th, Pam Osborne on the 31st, Patty Logan and Sara Osborne on Feb. 1, Sarah Logan on the 2nd and Matthew Morand on the 3rd.

Trinity Anglican

Midweek BCP morning and evening prayer services are being held at St. Paul's on Wednesdays at 9:30 a.m. and 7 p.m. Everyone is welcome.

If you know of anyone who needs to be added or removed from the prayer list, please let the office know.

Vestry Meeting will be on Sun. Feb. 4.

Sacrament of Baptism will be on Sun. Feb. 18. If you wish to have your child baptized, please contact Rev. Loretta at the church office.

Happy birthday this week to Barb MacLean.

GESTO

We want to praise the Greater Windsor Concert Band for leading us in our service on Jan. 21, inspiring us in joyful worship.

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

Tai Chi will resume at Bethel-Maidstone on Fri. Jan. 26 at 10 a.m.

Community Social Time at Bethel-Maidstone on Mon. Jan. 29 from 1-3 p.m. Everyone is welcome.

Gesto's annual meeting will be on Sun. Feb. 4 at 7 p.m.



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

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.

News Brief taken from Mind, Mood & Memory, December 2006 issue:

Multiple Short Walks Better than One Long Walk for Lowering Blood Pressure - Good news for busy people: Three to four short sessions of exercise a day may be more effective in lowering blood pressure than one long stint, researchers reported. High Blood pressure is a risk factor for brain-damaging stroke. The scientists' investigation of 20 people with high blood pressure compared the effects on the subjects of four 10-minute walks a day to one 40-minute walk, and found that both forms of exercise reduce blood pressure levels by the same amount. But smaller doses of exercise were associated with decreased blood pressure levels for a period of 11 hours, while longer walks lowered blood pressure for just seven hours!

9 Fascinating Facts About Your Brain 1. There are approximately 100 billion neurons in the brain. 2. The typical neuron has 1,000 to 10,000 synapses. 3. There are 0.15 quadrillion synapses (junctions between a nerve cell and another cell) in the brain's cortex. 4. Although the adult brain is 2% of total body weight, it consumes 20% of the oxygen in the blood. 5. About 20% of blood flowing from the heart travels to the brain. 6. The adult brain weighs about 3lbs. 7. An estimated 77-78% of the brain is water. 9. The brain has no sense of pain.