

TOLL ROAD TO SUCCESS

An airline passenger struck up a conversation with a stranger who was sniffing, apparently due to a recent head cold.

"Look at me!" the healthy one boasted. "Never a day's sickness in my life, and all due to simple food. Why, from the age of twenty to that of forty I lived an absolutely simple, regular life -- no pampering, no late hours, no extravagances. Every day, in fact, I was in bed regularly at nine o'clock and up again at five in the morning. I ate a plain meal at noon and, after that, exercised for an hour, then..."

"Excuse me," interrupted the sniffing stranger in the next seat, "but what were you in for?"

That regimented life does sound too much like a prison sentence.

Some people can go overboard with a rigid routine. I once went on a near-starvation diet just to drop a few pounds. In two weeks I lost five pounds and the will to live.

Self discipline is important to happiness, but a rigid routine may not be the answer.

Mark Twain gave some advice about discipline. "Do one thing every day you don't want to do," he suggested. I think I can do that. One thing I've been putting off. One thing I always said I "ought" to do, but never made the effort.

I believe that doing something important that we don't want to do every day is a price we pay for success. Call it discipline. Call it duty. Call it paying your dues, for that may be what it really is.

And the other part is this: leave some time to do something you WANT to do, too. Paying your dues gets you where you want to go. Then having fun along the way makes the journey worthwhile.

For me, the "road to success" has been more like a toll road. If I pay that small, daily fee, I can go most anywhere I want. And when I leave enough time for fun, I enjoy the ride. -- Steve Goodier

#27

As the deer pants for the water

Psalm 42

As the deer pants for the water
so my soul longs after you;
You alone are my hearts desire,
and I long to worship you.

Refrain:

*You alone are my strength, my shield;
to you alone may my spirit yield.
You alone are my heart's desire,
and I long to worship you.*

You're my friend
and You are my brother,
Even tho' You are a King.
I love You more than any other,
So much more than anything.

Refrain

I want You more than gold or silver,
Only You can satisfy.
You alone are the real joy giver,
And the apple of my eye.

Refrain

Upcoming at St. Andrew's . . .

- **Sept 7** – Worship Planning Committee
- **Sept 9** – Choir Practice, 7:30
- **Sept 14** – Session, 7:00 p.m.
- **Sept 15** – Board of Managers – 7:30
- **Sept 16** – C.A.R.E. Committee Meeting 4:30

Working together in harmony keeps us moving forward.

Life is too short to waste time hating anyone.

Don't take yourself so seriously. No one else does.

CHECK OUT THE BULLETIN BOARD

THE CRIST FAMILY in concert, Oct. 23, 2010 ,
7 p.m. at The Metropolitan Bible church, Ottawa.

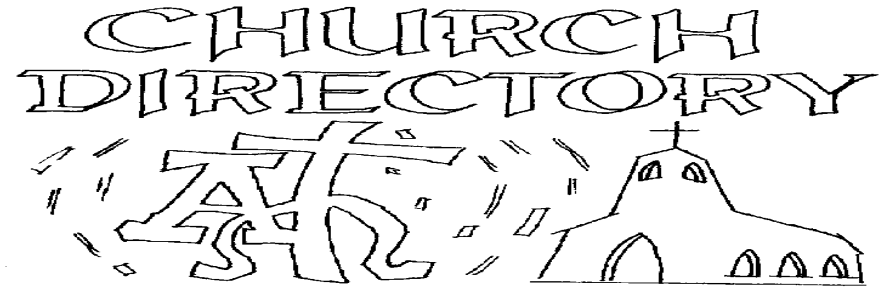
Part-Time Chaplaincy Administer wanted for Carleton
University Ecumenical Chaplaincy.

Christian Salvage Mission, looking for Bibles, music etc.

Goulbourn Male Chorus, looking for singers, rehearsals
beginning September 20.

WOCRC'S (Western Ottawa Community Resource Cen-
tre) is looking for drivers to deliver meals and transport
seniors and adults with physical disabilities.

“ARISE” School of Dance, It's a Christian Dance School
in the Ottawa area that teaches girls and boys from 3 to
adult how to use dance to worship the Lord . Contact
613-836-0714



St. Andrew's Photo Directory

September 30, October 1 and 2, 2010

Several years ago a photo directory of our congrega-
tion was made available, free of charge, to all who
had their pictures taken. Now it is time to update the
directory for 2010.

Thursday September 30th, Friday October 1st and
Saturday October 2nd have been booked with
Prestige Images Inc. who will come to St. Andrew's
and take pictures of our congregation and their fami-
lies. Once the book is produced it will be available to
each person free of charge.

Special packages of your chosen photo can be
purchased at a cost lower than a studio if you
wish.....there is absolutely no obligation to buy any
product and there will be no sales pressure whatso-
ever. About six volunteers will be needed for the
photo shoot.

Watch for this fun event and look forward to some-
one calling you to set up your appointment.

Information from Hilary Dick - 831-4442

You are only poor when you want more than you have.