

**SPRING FAITH**

*“We live and die; Christ died and lived!” - John Stott*



Photo by Teri Overton at Lorne Park Baptist Church.

**CHURCHES OFFER MEANINGFUL FUN ON EASTER**



**Teri Overton**

Last year, approximately 80 people gathered at Richard's Memorial Park at 7:30 on Easter morning. They celebrated with music, "He has risen, just as he

said ...", and scripture, and prayer and thoughtful reflection with the waves on the beach.

For over 35 years, Lorne Park Baptist Church (LPBC) has welcomed anyone to the park on each Easter Sunday to praise and reflect on the gift of the risen Lord.

Originally, people gathered in the home of one family from the church. Today, we cover a large portion of the beach at Richard's Memorial Park.

Young and old meet in this place and some will experience it for the first time this year.

If you would like to spend 30 minutes on Easter Sunday to reflect, we welcome you to join LPBC on Easter Sunday.

Everyone, including first-timers, will also be welcome to

attend a light breakfast back at LPBC at 1500 Indian Road, Mississauga.

Services are scheduled after breakfast at 9:30 and 11:15 in the church.

Two days prior, on Good Friday at 10 a.m., the choir hosts an Easter Cantata that shares the message of Jesus and what led him to the cross.

Musically gifted, the choir performs various pieces that help you understand the story.

Annually, the Saturday of Easter weekend, many families from the community come to LPBC for a Children's Easter Party.

*Teri Overton is a leader on the Outreach Board at Lorne Park Baptist Church.*

Each of the churches listed here will make efforts to organize Easter services.

Sheridan Park Alliance Church	2440 Fifth Line West	(905) 823-6520
Mississauga City Baptist Church	3434 Cawthra Road	(905) 275-2189
Lorne Park Baptist Church	1500 Indian Road	(905) 278-7833
Kenmuir Baptist Church	1640 Carmen Drive	(905) 278-0212
Erin Mills Baptist Church	1991 South Millway	(905) 820-7777

They will be happy to meet your needs if you take the time to give them a call.

**CUCUMBERS WAKE YOU BETTER THAN COFFEE**

**From The Internet**

Here are several health benefits that cucumbers deliver to your body:

► Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.

► Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

► Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe and its chemicals will provide a quick and durable shine that not only looks great but also repels water.

► Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

► Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm you fingers or fingernails while you clean.

► Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. Also works great on crayons and markers that the kids have used to decorate the walls!

► Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.



► Cucumbers contain vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, folic acid, vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc.

► Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of

cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!