

Reflections

If a June night could
talk, it would
probably boast it
invented romance.



THE NEWSLETTER OF HILLVIEW BAPTIST CHURCH

Volume 4, Issue 5

June 2025

The Origins and Significance of Pentecost - by Pastor Norm Bleick



In the Old Testament, Pentecost is referred to as the Feast of Weeks (Shavuot) and is detailed in texts such as Exodus 34:22, Leviticus 23:15-21, and Deuteronomy 16:9-12. Its name derives from the instruction to celebrate it seven weeks (or fifty days) after the Feast of Passover. The Feast of Weeks was traditionally an agricultural celebration, marking the culmination of the grain harvest. It was a time for the Israelites to express gratitude to God for the bounty of the land. A modern day parallel would be Thanksgiving.

While the Feast of Weeks began as an agricultural festival, it took on deeper spiritual meanings. Over time, Jewish tradition associated Shavuot with the giving of the Torah at Mount Sinai. This connection filled Pentecost with themes of divine revelation, covenant, and communal identity. The Israelites commemorated their covenant relationship with

God, reflecting on their responsibilities as His chosen people. It was also a time for gathering and worship, fostering a sense of unity and shared purpose among the Israelites.

Significance of Pentecost in the New Testament

The New Testament transforms the agricultural and covenantal themes of Pentecost into a moment of profound spiritual renewal. In Acts 2, Pentecost becomes the day on which the promised Holy Spirit descends upon the apostles and other followers of Jesus, gathered in Jerusalem. It is a pivotal moment in Christian history, marking the birth of the Church.

The Pentecost event in Acts fulfills Old Testament themes associated with Shavuot. Just as the Israelites received the Torah at Sinai, symbolizing their covenant, the Church receives the Holy Spirit, signifying a new covenant through Jesus Christ. The first fruits offered during the Feast of Weeks find their parallel in the first con-

verts to Christianity, who represent the spiritual harvest of the gospel.

The Day of Pentecost bridges the Old and New Testaments, transforming an agricultural celebration into a spiritual milestone. In the Old Testament, it was a time of gratitude and covenant renewal; in the New Testament, it becomes the day the Church is empowered by the Holy Spirit to carry forward the gospel.

Pentecost unites themes of harvest, revelation, and community, demonstrating God's enduring purpose and plan for humanity. Through its profound significance, Pentecost continues to inspire believers to embrace the mission of the Church and seek the transformative power of the Holy Spirit in their lives.



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Reflections

Something to Think About! - By Kurt Redschlag

LISTEN TO THE SILENCE

Silence is the most beautiful sound in the world, yet few of us take time to listen to it. So addicted are we to the myriad of sounds around us, that silence has become an almost unknown commodity in our lives. We wake up in the morning to the music of our radio alarm clocks and fall asleep at night to the endless babble of some late-night TV talk show. And in between we allow a thousand and one sounds to hold us captive, while the sound of silence goes unheard and unheeded.

In silence we come face-to- face with our true self

Yet there is nothing more important for our emotional vitality, our mental creativity, and our spiritual viability than disciplined moments of contemplative silence. It is in solitude that we gain strength for meeting the varied demands of life. It is in creative silence that we replenish the empty wells of our inner lives. If we are to gain a better understanding of ourselves and of God, we have to learn to go into periods of "spiritual aloneness," periods of meditative solitude because there is creative power and divine fruitfulness in silence.

But most people are afraid of silence. They find it too threatening. Instead, they will listen to almost anything - long, pointless talk-shows, boring conversations, round-the-clock news, and music, music, music - to avoid the fearful land of silence. And I suspect one of the reasons why we are so afraid to come face to face with silence is

we are, but for what our Creator meant us to be.

Silence deepens our communion with God

In silence we not only come to terms with ourselves, it is also a doorway to a deeper understanding of God. While God can speak to us at all times and in all kinds of circumstances, he very often speaks to us in silence. That's why God in-

**"ONLY IN THE SACREDNESS OF INWARD SILENCE DOES THE SOUL TRULY MEET GOD. THE STRENGTH OF RESOLVE WHICH AFTERWARDS SHAPES LIFE, AND MIXES ITSELF WITH ACTION, IS THE FRUIT OF THOSE SACRED, SOLITARY MOMENTS. THERE IS DIVINE DEPTH IN SILENCE. WE MEET GOD ALONE."
-F.W. ROBERTSON**



"Be STILL and KNOW that I am GOD!"

because in the mirror of silence we come face to face with our true self, with the person that we really are. In silence we are confronted by our authenticity. Indeed, silence may reveal the bankruptcy of our inner being. As a result, we have become masters at avoiding times of silence. It is therefore vitally important that we find the courage to periodically dwell in the land of silence, for it is here, as was the experience of David, that we can have a heart-to-heart talk with our soul (Psalm 42:5). It is in such times of quiet, Spirit-directed introspection that we can see ourselves not only for what

vited us to "Be still, and know that I am God" (Psalm 46:10a). Indeed, there are tidings from the eternal Spirit that will come and go unnoticed, unless we have won the grace of being still. F.W. Robertson expressed it so eloquently when he wrote, "Only in the sacredness of inward silence does the soul truly meet God. The strength of resolve which afterwards shapes life, and mixes itself with action, is the fruit of those sacred, solitary moments. There is divine depth in silence. We meet God alone."

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Listen to the Silence

(Continued from page 2)

I have discovered over the years that God's beautiful nature provides me with the ideal setting in which to experience such times of meditative solitude. I find that as I silently walk under some arched cathedral of the woods, or sit beside some babbling mountain stream, or gaze upon some majestic snow-capped mountain peaks, the ears of my soul can better discern the voice of God. For me such places of solitude quiver with the presence of God and, as Blasé Pascal confessed, "strike awe in me." Here I enjoy my deepest encounters with God.

The prophet Elijah found this to be true in his life. He discovered that God does not generally speak to us in the wind or in the earthquake or in the fire, that is to say, he does not necessarily speak to us in the loud, the blatant, the showy, the spectacular, but rather, he speaks to us in "a gentle whisper" (1 Kings 19:11-12). Indeed, God often speaks to us the loudest and clearest when he comes to us on wings of silence.

The need for silence in our corporate church life

And just as periodic moments of silence, of solitude are needed in our personal lives, may I suggest they are also needed in our corporate church life. From beginning to end the worship services are planned, programmed, and filled with the sounds of our human voices. And rightly so,

because God has chosen to speak to us through people - the minister, the musicians, the Scripture readers, and so on. They are his chosen instruments, his ordained heralds. But our worship of God does not need to be limited only to talking and doing. Perhaps the occasional inclusion of some creative periods of silence, of listening, of waiting would add a much needed dimension to our corporate worship of God. It would allow worshippers to silently ponder in their hearts the awesomeness of the God they are worshipping. The prophet Habakkuk reminds us, "The Lord is in his holy temple; let all the earth be silent before him" (Habakkuk 2:20). I am convinced there are times when nothing would be more sacred and more worshipful than silence.

There is another way in which churches could incorporate some meaningful moments of silence into their corporate worship. I recently came across a statement by Ralph Waldo Emerson in which he said that for him there was nothing more beautiful than the silence in the sanctuary before the service began. As he said, "In the silent period before the service began, I experienced a sense of awe and reverence in the presence of the holy." That insight resonated with me. Yes, I must admit, my heart yearns, it truly does, for such silent moments just prior to the worship services. It would bless my worshipping heart if we as

worshippers could discipline ourselves and get into the habit of entering the sanctuary at least five minutes before the service starts, and then sit in uninterrupted silence as we prepare our hearts and minds to worship our holy God. No talking and visiting with one another (we can do that before and after the service), no testing the microphones (that should be done beforehand), no distracting last-minute activities on the platform.

After all, we have come to worship the God who is above all gods, thus surely we can discipline ourselves to take a few moments before the formal service begins to individually focus on the God we are about to worship corporately. Sadly, many people show more respect in a concert hall than they do in a church sanctuary. Perhaps during this quiet time we could silently read and meditate on the "Call to Worship" scripture passage indicated in the bulletin. This would help to sensitize our hearts to hear the "still small voice" of God. Yes, the Lord is in his holy temple, therefore let us reverently be silent before him for a few uninterrupted moments so the ears of our hearts can more clearly discern his voice when he speaks to us. I hope you too will consider this something to think about.

Silence isn't empty, it's full of answers.

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The Lord is in his holy temple; let all the earth be silent before him (Habakkuk 2:20).

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The Grumps Guide to Joy - by Phil Calloway

How are you doing today? How's your joy level? Do small children run in fear at the sight of you? I hope not. Does your coffee need a coffee before talking to you in the morning? Do lights dim and plants wilt? Does your alarm clock apologize before waking you up? I don't know what that means...

Fine Phil you say, I'm a bit grumpy, but why shouldn't I be? Have you seen the news? Crime is on the upturn; the economy isn't and politicians are on the loose. I can't think of one good reason to smile today. Well, my friend, how about I give you 10? I guarantee you there are things you could be thankful for today.

- 1** You are alive. If you aren't sure about this, just place two fingers directly below your jawline on the side of your neck. Do you feel that? That's called a pulse. You are a wonderful collection of roughly 37 trillion cells, each one as complex as New York City working together in seamless unity. You are a walking, breathing miracle.
- 2** You have purpose. The Bible tells us that we are created in the image of God. You're unique among the created order, made in God's likeness and as long as you have breath, you get to express God's goodness to the world. Way to go.
- 3** You have a sense of humor. Perhaps it's been buried somewhere deep down, but it's still there. God gave it to you, so you have permission to use it liberally to laugh out loud, go looking for clean jokes like this one: I told my wife to embrace her mistakes so she gave me a hug. Well, thank God for humor.
- 4** You live in an unbelievable time. We have the Internet, singing fish, nose hair trimmers, better yet, modern technology. We've got healthcare, water on tap and a roof over our heads. Great reasons to give thanks.
- 5** You've made it through 100% of your bad day so far. If you're in the middle of another one, with God's help, you can get through it too.
- 6** You can change. That's number six. If you're stuck in a rut, remember the apostle Paul's instruction. Be transformed by the renewing of your mind. Don't like the way things are? Change your mind. With God's help, you'll become an even better version of you.
- 7** You are loved by God. John 3:16 says this my friend: God so loved the world, this includes you. No matter where you are or what you've done, you are loved by the Creator.
- 8** God provided a way for you to live forever. For God so loved the world, that he gave his one and only Son, that whoever believes in him shall not perish, but have eternal life. Through faith in God's son Jesus, we get to live eternally. This eternal life includes a joy-filled life here despite the troubles we face.
- 9** God's promises. God will never leave you or forsake you. God will meet your needs. He will fight for you. He will give you rest. He will prepare a place for you in heaven, and nothing will separate you from his love.
- 10** Wow... the best is yet to come. Those who trust Jesus have this confidence. No matter how tough things are, things will get better. Your story has a very happy ending and eternity in heaven will be out of this world.

Are you encouraged yet? I hope so. If you're still a little grumpy, flip off the news and hear another joke:

What do you call a French man in sandals?
Phillipe Floppe.

Saving a Skunk - By Sieg Hollemeyer

This event happened when I was a Sunday School teacher at Salem Baptist Church in Edmonton.

During one summer the church had a Sunday School weekend at Camp Van-Es, a wonderful forested camp near Cooking Lake, southeast of Edmonton. On this particular day the children had some free time from the programs to play and explore on their own. The camp leader and the teachers were meeting in the dining room. Suddenly, a horde of children burst into the dining room yelling, Onkel Siggy, Onkel Siggy! They had seen a skunk in the bush with his head stuck in a glass jar. They obviously wanted me to visit the skunk and take some action. The skunk's head was stuck in the small opening of a tapered glass jar, making it impossible for it to escape. Normally I would have avoided this meeting, but there were 25 children expecting me to rescue the cute and helpless creature. Without a rescue, it would either suffocate or starve to death.

My first thought was to kill it. I came across a tree branch strong and long enough to perform the task. Adequately armed and, with a following of excited children, we searched for the skunk. We finally found him but he moved away with our every step. I told the children to move back and to be quiet. As I advanced towards the



skunk with my stick he continued to retreat. I decided to simply stop. The skunk began to come towards me. The jar must have been heavy as it bounced on the ground with every step. He was finally close enough for me to reach my hand out. The skunk promptly responded by actually placing the jar in my hand. This was the moment when I realized what a wonderful God we

have! Through His Spirit He removed the dislike and fear we naturally had for each other and instead allowed us to trust each other, at least for a little while.

My first attempt to remove the jar was to simply grab it and twist it off, like any jar lid. Both of us made a valiant effort, with no success. It no longer occurred to me to kill the skunk, especially with so many little witnesses. I thought of another solution, break the glass jar using the branch I had picked up earlier, again, with no success. But there was another possibility; I asked one of the children to get me a

large rock. Using the rock, the jar broke! The result, I received a small cut in my hand but, more importantly, the skunk was free and he went on his way.

How did this animal know that I would be able to help it? I believe it was because we were all created by the same Creator, and are led by His Spirit.

**"THE SKUNK'S
HEAD WAS
STUCK
IN
THE SMALL
OPENING OF
A TAPERED
GLASS
JAR ..."**

The cartoon was produced by Brian Worobec. His company is Impact Ink. For more information on Brian's creativity and services - call 780-966-8107.

Brian also plays the drums, operates the church's projection system and soundboard. Just not at the same time. Ed.

Genesis Means Beginning! - By Wayne Baker

Genesis means beginnings; the book gives us the beginnings of the earth, universe, and mortal life. It presents the beginnings of theological concepts and the history of man. Why are Genesis and Exodus under such great attack by the educated professionals, including theologians. Richard Dawkins

an evolutionary biologist and author has described the young earth creation view (i.e. Genesis) that the Earth is only a few thousand years old as "a preposterous, mind-shrinking falsehood". The focus of this column will be to consider this question as we look at the mission and message of Genesis.

In Matthew 19, Jesus spoke about creation being the beginning of the earth. The following passage shows us that Jesus takes the creation passage in Genesis as historical



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GENESIS

Where were you when I established the earth? Tell Me, if you have understanding. Who fixed its dimensions? Certainly you know! Who stretched a measuring line across it? What supports its foundations? Or who laid its cornerstone while the morning stars sang together and all the sons of God shouted for joy? Who enclosed the sea behind doors when it burst from the womb, when I made the clouds its gar-

In Genesis 6 through 9, we see His judgement. In Genesis 3 there is the hint of God's redeeming grace with God using the skins of some animals to cover Adam's and Eve's rebellion. God covers their sin (ie nakedness). This hints of the coming of the Messiah whose life is given as payment for our sin. In fact, Eve seems not to experience the shame of her nakedness until Adam also eats the forbidden fruit. There are other explanations. One suggests Adam was beside Eve and she ate before handing him the fruit so sin had no time to

Verses from - The Holy Bible: Holman Christian Standard Version.
(Nashville: Holman Bible Publishers, 2009),

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White Cross Supplies to Cameroon - By Gloria Swain



Donalda



Mo, Joanne, Gloria, Sybil



Mo, Gloria

Once again, White Cross volunteers going the extra mile.

On May 13 and 20 you would find some of Hillview's White Cross volunteers at the White Cross office at Taylor Seminary. We were fully engaged in getting things ready for shipping to Cameroon.

Most of our work consisted

of putting together the baby layettes or outfits. This involved taking the beautiful handmade items that were sent in by White Cross volunteers from across the country and creating a lovely baby layette. Items in the layette were a baby quilt, diaper, onesie and a bonnet. It was obvious that a lot of love and care went into making each item.

Ai Hayashizaki, the Administrator for White Cross Canada, received us graciously and was so appreciative of all the work we did. Mo Worobec made sure we were all fed, providing more of her home cooking. Hats off to the Hillview volunteers: Marcy, Mo, Gloria, Donalda, Russ, Sybil and Joanne. Little is much when God is in it.

" ITEMS IN THE LAYETTE WERE A BABY QUILT, DIAPER, ONESIE AND A BONNET."

Returning to the Garden - By Gloria Swain



The afternoon of May 10th was a beautiful sunny day to meet with our community gardeners and reconnect, register, assign plots and discuss gardening in general.

We had hoped to have a horticulturist come and give us some gardening tips. However, he cancelled at the last minute. So our own Larry Hubscher stepped in. Larry gave a very interesting talk, starting at the beginning with the building of the wooden

plots, which he did in his shop at the acreage. This led to a discussion on how the boxes were installed, what they were filled with and what happened this year to enhance growth.

We have a new watering system, thanks to Howard. Rain water will be collected in one tank and then pumped into another barrel closer to the plots. Some discussion took place on the plots that were raided last year and vegetables taken.

A sign has been put up (thanks AI) to let people know that the plots belong to individuals and not a free for all for the community. Hopefully this will

deter people from taking vegetables.

Gardeners thanked us for giving them the opportunity to be able to grow their own vegetables. Most wanted more and bigger plots. However, all our plots are assigned and the spare one will be used to grow vegetables for the Food Bank.

Mo served Timbits, coffee and juice, so no one wanted to leave after the meeting. They were just happy to see each other again and discuss what they were going to plant. Eventually we sent them off with a pair of gardening gloves and a prayer blessing on their gardens, their homes and their lives.

A WEED IS A PLANT THAT HAS MASTERED EVERY SURVIVAL SKILL, EXCEPT FOR LEARNING HOW TO GROW IN ROWS.

Reflections

Konnichiwa - Our Visit to Japan - by Neil Carlberg



Krista and Neil

"... (THERE ARE 77,000 TEMPLES AND 88,000 SHRINES IN JAPAN), WE WANTED TO TRY TO FIND A ..."



Nishiki Market

This year, Krista and I spent Easter traveling the country of Japan. It was a wonderful trip to a fascinating country, with an ancient culture more or less disconnected from our own roots. Before we left, people asked us to see what Easter would be like in Japan. It was an interesting idea, what would the Easter celebrations of an Asian culture look like, when even in Canada the public observance of Easter seems to be in decline?

We were in the city of Kanzawa on Easter Sunday. There was no sign of the day at all, neither the cross nor chocolate egg nor a rabbit. There was no holiday, as Japan has a series of national holidays around the end of April and beginning of May that celebrate the country, nature and children. It is collectively called 'Golden Week', but Good Friday and Easter are unobserved. It seemed like we were in a spiritual wilderness. However, the week after Easter, we found ourselves in Kyoto, and, after having visited many Buddhist temples and Shinto shrines (there are 77,000 temples and 88,000 shrines in Japan), we wanted to try and find a church to worship at on Sunday. That is when we found the Mustard Seed in Kyoto, and that's what I want to share with you here.

The Nishiki Market is an area of Kyoto that is very popular with



tourists and locals. Five blocks long and two blocks wide, the streets are covered over with a roof and lined with stalls and shops, rising up several floors from the street. The market is famous for shops selling Japanese foods, but it also hosts more familiar restaurants, as well as all kinds of high-end goods and even arcades. Along the southeastern edge of the district, near the subway station and above an Indian restaurant, the Mustard Seed Kyoto occupies the 4th and 5th floors of the building, with the upper floor being

dedicated to children's ministry. When you first enter, it's like you're walking into an accountant's office, with big, bright windows and clean, white walls. There is someone there to greet you and point you towards the coffee, set up in their small library space. The congregation seems like a mix of expatriates and local Japanese believers.

Once the service started though, the thing that stunned me was how familiar everything felt, how universal. Some of the worship music that they played are the same songs that we have sung in our church. Some verses were in English, others were in Japanese, but because of the phonetic structure of the Japanese language, Krista and I could sing along with the congregation without any difficulty, whichever language they were singing in. Joining with the Japanese believers in praising the name of 'Iesu' (the Japanese transliteration of Jesus) was a great experience, listening



Konnichiwa - Our Visit to Japan



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to the joy in their voices as they proclaimed that God was indeed holy, holy, holy moved me. It provided an interesting contrast to some other Japanese religious practices that we had seen in the shrines we had visited. Instead of a formal ritual of bowing twice, clap-ping twice and then bowing once during a Shinto prayer, these people seemed alive with their love for the Lord.

The sermon, taught in English and then translated in-

to Japanese by a translator, was another pleasant surprise for me. We have had occasion to look in the book of Acts at our Wednesday Bible study, while watching Ray Vander Laan take us in Jesus' footsteps. The sermon was a lesson about expectations, and how the expectations of the Disciples in Acts 1 led them to misunderstand what Jesus had done and was doing. It was the same lesson that we had discussed within our men's group, and to have it repeated and reinforced in this place, 8,000 kilome-

ters away from home, made me very thankful to God.

God has given us the Word, and followers of Jesus all over the planet are studying it, relying on the Holy Spirit to bring its truth to fruition in our lives. We also shared a communion with our brothers and sisters in Kyoto, which is always nice.

One of the most interesting parts of our trip to Japan was seeing the difference between the expression of Shinto and Buddhist faith in the country and that Christian church. The shrines we went to were quiet, solemn places, where a heavy emphasis was placed on wish-fulfillment and fortune-telling and where you could buy all kinds of charms. The process of prayer was regimented and rote. On the other hand, the Japanese Christians in the Mustard Seed Kyoto were singing out in joy to God and learning about His Word. More than anything, I was struck by how much every person needs a real, living relationship with Jesus, and how it would be a mistake to take God and His blessings for granted, as if what we can get from God is the point of our faith. Our faith in Jesus is a work of His love reflected in us, and that love is the basis for a proper relationship with the Father.

Neil is chair of the Audio/Video Committee, operates the soundboard and attends the men's Bible study. Just not at the same time.

Krista is on the Church's Leadership Council and frequently plays the piano during worship. Ed.

"INSTEAD OF A FORMAL RITUAL OF BOWING TWICE, CLAPPING TWICE AND THEN BOWING ONCE DURING A SHINTO PRAYER, THESE PEOPLE ..."



Reflections



... MARK
THOUGHT TO
PET THE
NEIGHBOURS
DOG, INSTEAD
REALIZING IT
WAS A BEAR; HE
QUICKLY...

Waterton and a Broken SUV - by William Holmes

One of the best things about retirement is the ability just to pickup and go, somewhere, anywhere, anytime. Both Joy and I are learning that we can do that. We did just that a few weeks ago. We decided to visit one of our favourite places (other than Mexico in February) Waterton National Park. It was extremely off season and therefore affordable. As a family we frequently camped there and loved the isolation with just enough things to do to not get bored. It was at a remote campground that Mark thought to pet the neighbours dog, instead realizing it was a bear; he quickly decided to retreat to the car. The bear mosied along, totally oblivious of a very startled little boy.

The weather was perfect. Warm and sunny, which is completely unexpected for our trips. We usually get rain. The townsite is like a step back in time, with some small buildings, an old fashioned movie theater and a laid back atmosphere. We had 3 restaurants to choose from and an ice cream shoppe. We tried to go hiking, but while on the trail another couple warned us about seeing a grizzly and two cubs and suggested keeping our bear spray handy. That would be a good idea, if we had any! At that point, Joy decided hiking was boring and she

needed ice cream.

In 2017 a wildfire raged through much of the park. But as the picture shows, the park is resilient, me not so much.

On our last day we planned to hike, I mean walk, along the lakeshore, but that plan was interrupted by an early morning phone call on Joy's cell, never a good thing. This call was from our car, informing us of malfunctions, the car was advising Joy that it was broken. The car was not even running. I raced to the car to see if it would start, not a chance, just more error messages on the dashboard. We were in Waterton, there is nothing in this town. The car would have to be towed. Lethbridge was 1.5 hours away. I phoned our dealer in Sherwood Park. After a lengthy and rather testy phone conversation, the service manager suggested that we disconnect the negative battery cable, wait 10 minutes and reconnect the cable. I did as instructed. And it worked, the warning notices stopped and the car started.

This procedure reminded me of getting a computer

fixed. At work I was frequently told to unplug it, wait 10 seconds and plug it back in. I essentially re-booted the car! I now realize that our little SUV is nothing but a computer with an engine, seats and 4 wheels as accessories.

I found this experience to be disconcerting in many ways. The car calling Joy's phone, the dealership in Sherwood Park could remotely access our car, and the repair was just like re-booting a computer. At times all this technology concerns me. And that is why I am a committed luddite and refuse to get a cell phone.



Artwork by Brian Worobec

I must apologize for this story. It is necessary filler. The alternatives were either a blank page or to delete a page/story. Also, Joy insisted on publishing Brian's inspiration. Ed.



Usually the newsletter takes a sabbatical during July and August. However this year there may be a July edition. Stories need to be submitted by Sunday, July 22.

Animal Puzzle Sums



Add and subtract the things in the windows to find the answer. Each puzzle on this page is the name of an animal.



Sample Puzzle Here is one worked out for you to show you how it is done.

$$\begin{array}{ccccccc} \text{BOWL} & - & \text{OWL} & = & \text{B} & + & \text{EAR} & = & \text{BEAR} \\ & & & & \text{B} & & \text{E} & & \text{A} & & \text{R} \end{array}$$

The animal is a B E A R

Puzzle 1

$$\text{Crescent Moon} - \text{O} + \text{Key} = ?$$

The animal is a _____

Puzzle 2

$$\begin{array}{ccccccc} \text{C} & + & \text{Goat} & & & & \\ & & & & & & \\ - & \text{Cat} & + & \text{P} & + & & \\ & & & & & & \\ & \text{Pig} & + & \text{R} & - & \text{N} & = \end{array}$$

The animal is a _____

Puzzle 3

$$\begin{array}{ccccccc} \text{Clock} & - & \text{Padlock} & & & & \\ & & & & & & \\ & & & & & & \\ + & & & & & & \\ & & & & & & \\ - & \text{Rabbit} & = \end{array}$$

The animal is a _____

Some people go about doing good; other people just go about.

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Note: all previous issues of the newsletter is on the church's website.



**And you think you have a lot of yardwork!
That is Larry and Howard playing with a big
box, just like a couple of toddlers.**

So my neighbour sees me kneeling down, busy in my garden and asks what I'm doing "I'm putting all my plants in alphabetical order" "Really?! I don't know how you find the time! "It's right next to the sage"

Ricky's Trivia - by Rick de Leeuw

All About HAIR, (not the movie or song)

If people never cut their hair, how long would it be when they are fifteen?

Each hair grows from its own follicle. As new cells are produced in the follicles, they push the older cells upward. This is what makes the hair grow. The hair itself is not alive, just the cells in the follicles.

New cells are produced for a certain amount of time, depending on where on the

body the follicle is located. Then the follicle goes through a rest phase. During this phase the existing hair falls out. When the follicle returns to its active state, a new hair starts to grow in its place.

So the maximum length that your hair can grow depends on how long the growth phase is. For most people, scalp hair can keep growing anywhere from two to six years. At any moment, 85% of your head of hair is growing while 15% is resting. Most hair grows about 1.3 cm per month, or 15.6 cm a year. (This can vary, depending on your

age, your genetics and the state of your hormones.) The longest hair you could expect to grow would be about 94cm (6years x 15.6 cm/year=93.6cm). Hair follicles on different parts of your body are programmed with different growth phases and different rates of growth. Eyelash hairs grow more slowly than scalp hairs, and they grow for only about four months before new hairs replace them.

SOME HAIRY FACTS—
There is an average of 100,000 hair follicles on your scalp. Most brunettes have 155,000, blondes

140,000 and redheads only 85,000. You lose up to 125 hairs from your scalp each day. You have about 5 million hairs on your body.

The longest recorded hair was that of Swami Pandarasannadhi, head of India's Thiruvadu Thurai monastery. In 1949 his hair was reported to be 7.8 m in length. Hey that's almost 26 feet of hair.

So what's the explanation why some of us go bald? What happened to those follicles? That's a subject for a different day.

