

Letter from the Churches

Imagine there is a bank which credits your account each morning with £86,400, carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day.

What would you do?

Draw out every penny, of course!

Well, everyone has such a bank. It's name is time.

Every morning, it credits you with 86,400 seconds.

Every night it writes off, as lost, whatever of this you have failed to invest to good purpose.

It carries over no balance. It allows no overdraft.

Each day it opens a new account for you.

Each night it burns the records of the day.

If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the tomorrow.

You must live in the present on today's deposits.

Invest it so as to get from it the utmost in health, happiness and success!

The clock is running. Make the most of today.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time.

And remember, time waits for no one.

Yesterday is history.

Tomorrow is a mystery.

Today is a gift. That's why it's called the present.

How we use that present is up to us and I guess we have different ideas about this the older we get and as our circumstances change. Jesus had a couple of things to say about our uses of time. His teaching given is in his famous 'Sermon on the Mount' about the folly of spending our time worrying about things we can't change, or upon the pursuit of material wealth at the expense of spiritual poverty. You can read more of this in Matthew's Gospel, chapters 5 and 6.

The Christian view is that all things come from God. The time he gives us is a present, a gift. How we use it is up to us.

Reverend John Girtchen

Calling ALL joggers/runners

In April I successfully completed the London Marathon. After months of pounding the streets around the villages on my own, I was intrigued by an advert for Barton Athletic Club.

I nervously turned up at Baysgarth School one Thursday evening at 6.30pm not knowing what to expect. A group of about 20 people, men and women of varying ages were gathered in the car park. Group Leader, Claire Vickers, (Sports Development Manager, North Lincs Council Schools Sports Partnership) soon welcomed me and explained that each week the route is varied sometimes incorporating hill or sprint sessions, but ALL abilities are catered for. People new to running are given the option of easier alternatives, whilst more experienced runners or those looking to increase their speed can be pushed by fellow runners.

We set off together, through Barton, stopping after a mile to regroup and stretch before splitting into pace groups to run along the riverbank. I pushed myself to keep up with a sprightly young runner, whilst discussing running experiences. The friendly atmosphere and change of scenery made a pleasant alternative to running on my own and before I knew it, I was back in the school car park. I then learnt that a fellow runner had cockled over on her ankle in Barton and was unable to carry on. Claire had used her mobile to ring for a taxi and then helped her get home. This just highlighted one of the many advantages of running in a group.

It is not true that you have to be a 'good runner' to join a running club – you just need to enjoy running – or at least enjoy the feeling, once it is over!

All are welcome to join Barton Athletic Club. Just turn up on a Thursday evening at 6.30pm in the car park at Baysgarth School, Barton, or contact Claire Vickers on 07771 806917.

Julie Donald