

LOOK WHAT'S INSIDE:

100 BOOKS

FROM THE FRONT LINE

FINICKY EATERS

ATTENTION DEFICIT DISORDER

Confessing the Right Sin

"When we are hiding a deeper sin or fault, we tend to confess a lesser one all the more vigorously."

—Cecil Osborne

"Truthful lips endure forever, but a lying tongue lasts only a moment."

—King Solomon

John had been trying to stop smoking for 20 years without success. When he shared his struggle with me I simply asked, "Why do you need to smoke?"

He looked at me as if to say, *Are you crazy. I don't need this problem?* He then mumbled a few words and walked away. John died a few years later of cancer!

My friend's smoking wasn't the real problem. It was the fruit of a deeper root. He was confessing the wrong sin. True, his addiction to tobacco was a problem, but it was the symptom of a deeper problem which, it seems, he didn't want to face.

The same is true of all addictive behaviors and many of our negative and sinful actions. We need to be ruthlessly honest with ourselves, to at least one other safe person, and to God. We need to confess not only the symptoms, but also the causes behind them. And we need to ask God to give us the courage to face these causes and lead us to the help we need to overcome them. This is the kind of praying that God loves to answer.

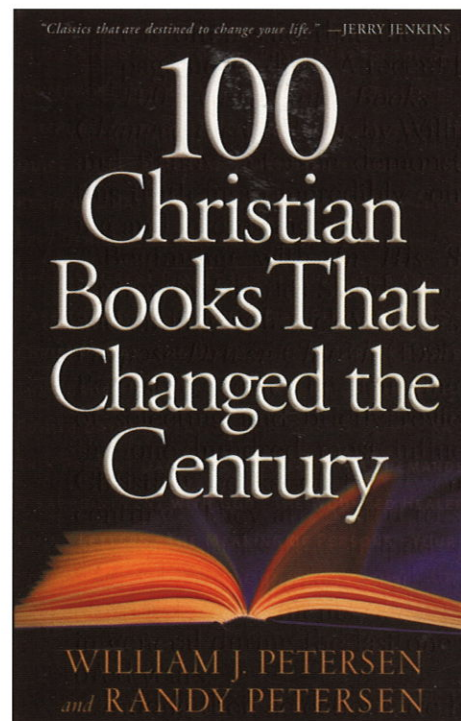
The Psychology of Counseling Selected As A Book That Changed the 20th Century

It is often said that the printed page never dies. A recent book, *100 Christian Books That Changed the Century*, by William J. and Randy Petersen demonstrates this truth in an incredibly convincing and interesting way.

Beginning with *In His Steps*, written by Charles Sheldon in 1899 and ending with Rick Warren's, *The Purpose-Driven Church* (1995), the Petersens tackle the daunting task of selecting and briefly reviewing the one hundred most influential Christian books of the twentieth century. They attempted to select the 100 books that helped shape people, other thinkers and writers, churches, movements, and society in general during the last one hundred years.

Among their selections are books by C.S. Lewis, Dietrich Bonhoeffer, Billy Graham, Katherine Marshall, Francis Schaeffer, Elisabeth Elliot, Carl F. Henry, Josh McDowell, Aleksandr Solzhenitsyn, Charles Colson, Richard Foster, A.W. Tozer, Oswald Chambers, Lettie Cowman and NCF's founder, Dr. Clyde M. Narramore.

The Psychology of Counseling, first published in 1960, was selected because it was the first book to bring psychological issues into widespread discussions within the evangelical Christian community. It also showed how the Bible could be thoroughly integrated into a Christian perspective in counseling. In the words of the authors, "*The Psychology of*



Counseling was a door opener... Today we see the widespread results of Narramore's groundbreaking work." *The Psychology of Counseling* is still in print and being used around the world.

Writing and distributing Christ centered, psychological materials has been a major thrust of NCF's ministry since its founding.

The staff and directors of the Narramore Christian Foundation are honored to have Dr. Narramore's book selected among these influential writings. We have received permission to reprint the Petersens' description of the influence of *The Psychology of Counseling* (see page 3). †



A Christian Psychologist Goes to War

By Marc Houck, Psy. D.

“What in the world am I doing here? Is this a drill? I miss my wife and son.” These and a flurry of other thoughts raced through my mind as our plane landed in Kuwait on March 20, 2003. Our country was at war with Iraq, and I sat on a runway donning a protective gas mask prior to deplaning. Before the night’s end, I would find myself running to overcrowded bunkers in a full chemical protective suit, gas mask, and body armor, M-16 rifle in hand. Between SCUD missile alarms periods of rest on a tent floor were brief. This was a far cry from graduate school and my hospital office in Ft. Wainwright, Alaska.

My wife Pam and I never expected I would be called to deploy during my tour in Alaska. The intense ache of family separation was compounded by my need to get up to speed on basic soldiering tasks. Aside from two weeks “in the field” during my Officer Basic Training, I’d spent my time in a hospital office. Now I had to familiarize myself with all this equipment, lug it all around, and know what to do with it. Where was that class in grad-

uate school?! I realized I might actually have to pull that trigger to defend myself. On one of our first convoys to another camp we were directly informed, “We expect to be ambushed today.” Fear ripped through me as I thought of my wife and son even more than my own life. Little did I know at the time but the months ahead would include thousands of miles of convoys between battalions and cities with the threat of ambushes and roadside bombs ever present. I was all too aware that the threat of death was staring me in the face.

Not only did I have to adjust to leaving home and the duties of a field soldier, but I got a new job too. When I deployed with the 85th Medical Detachment out of Fort Hood to support the 4th Infantry Division, I became Chief of a Combat Stress Control prevention team. In wars past the military learned that physiological-emotional reactions to combat (shell-shock, battle fatigue, combat stress) could render a soldier unable to perform his or her duties.

Our team’s aim is to prevent normal stress reactions from incapacitating

Front Lines, continued on page 5 ➤

Dear Dr. Narramore,

For years I have received your magazine. When I could, I would share your articles with others. We have had some rough marriage problems and my husband was forced into early retirement – which means tight finances. There were anger and control issues – but we could not find the root cause – though we have tried.

Your most recent *Psychology for Living* just came in with the cover story on “Understanding Narcissism”. Word for word I felt like I was reading about my husband and our problem! He even got on the Internet and downloaded the whole article and has now ordered a book on the subject. We agree that God spoke through this cover story to tell us what our problem is and we are praying that God will help us find a Christian counselor that specializes in narcissism!

Enclosed with this letter is a check for \$100 as a thank offering to God and to your ministry. You have remained faithful in sending the magazine and I thank you and pray that God will bless you – as you have been a blessing to us.

With a heart of gratitude,

– J. S.

PSYCHOLOGY FOR LIVING

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How to get *PSYCHOLOGY FOR LIVING* on a regular basis: This helpful publication is not sold by subscription but is sent to supporters of the NCF ministries. Your donation of \$20 or more will bring each issue of *LIVING* magazine to your home, along with other beneficial literature on everyday problems. Write to NCF, P. O. Box 661900, Arcadia, CA 91066-1900, or phone (626) 821-8400.

The *Psychology of Counseling* Opened Many Doors

By William Petersen and Randy Petersen

Some books are like doors; you open them and voilà! – you enter a new world. Other books are door openers. They open the passage so that others may go through.

Clyde M. Narramore, in *The Psychology of Counseling*, was a door opener. In the latter decades of the twentieth century, books by counselor/psychologists Dobson, Smalley, Harley, Chapman, Wright, and others made regular appearances on Christian best-seller lists. Who opened the door for them?

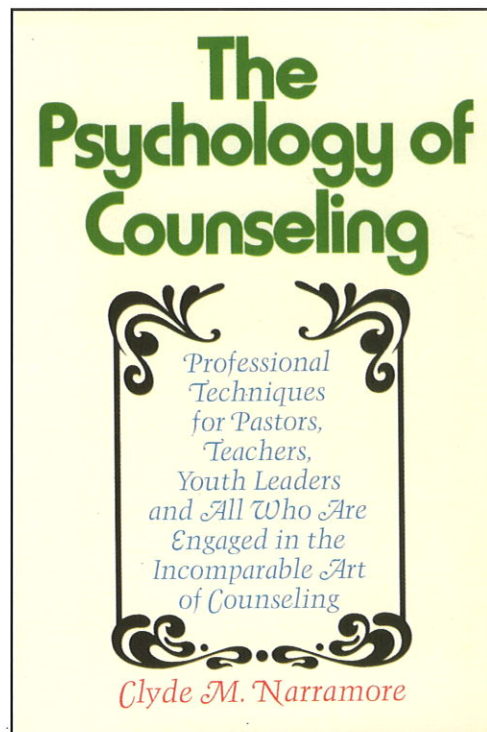
By the year 2000, thousands of churches across America were employing psychological counselors, trained in marriage and family therapy. Who opened the door?

Today many evangelical seminaries are training pastors as well as psychological specialists in counseling for ministry in the churches of North America. Who opened the door?

The answer, of course, is Clyde Narramore. It's obvious that *The Psychology of Counseling* met a need, because it went through twenty printings within fifteen years of publication.

In the first half of the century, conservative Christians had lots of questions about psychology and psychiatry. To them it smacked of Freud and sex and pseudoscience. Yet pastors were finding that parishioners often came to them with problems they were not trained to answer. More and more of their time was spent in counseling and they were at a loss to know how to cope with the load.

With a doctorate from Columbia University and working as consulting psychologist on the staff of the Los Angeles County Superintendent of Schools, Narramore was a professional in the field. He had written some smaller books for Christian parents such as *How to Tell Your Children about Sex* and *How to Understand and Influence Your Children*. His expertise was in the area of child psychology. But as pastors sought him out for help, he felt he had to do more. So he wrote *The Psychology of Counseling*, with the long subtitle *Professional Techniques for Pastors, Teachers, Youth Leaders and All Who Are Engaged in the Incomparable Art of Counseling*.



“A message or lecture is one way communication. Counseling is important because it is two way communication.”

—Clyde M. Narramore

After an introductory section on how a minister should go about it (“Basic Concepts and Techniques of Counseling”), Narramore delves into specific areas of counseling with such chapters as “Counseling with Teenagers” (his specialty), “The Mentally and Emotionally Ill,” “Basic Guides in Marriage Counseling,” and “Problems of Sex.” His final section, “The Use of Scripture in Counseling,” is a valuable forty-page appendix.

Professionals criticized the book because of its too-pat answers to some complex problems and his heavy use of Scripture. Yet Narramore was not afraid to tackle subjects that might have daunted others — such as homosexuality.

Clyde Narramore was not the first Christian to write in this field. Wayne Oates and Seward Hiltner had written earlier for their specialized audiences, as had Ernest White in England with his excellent *Christian Life and the Unconscious*, but no one did as much in the area as Clyde Narramore.

He began a daily broadcast called *Psychology for Living*, which aired on near-

ly two hundred stations across the country; he started counseling centers in the East, Southwest, and West Coast; he launched *Psychology for Living* magazine; and then he founded a professional school, the Rosemead School [of Psychology], to train men and women for a ministry in counseling. Rosemead continues today as a branch of Biola University.

With all these efforts, Narramore brought psychological issues into Christian discussions. In a way, he gave evangelicals permission to consult modern psychology and psychiatry alongside the Bible for the answers to their problems. And he showed a way to integrate Christian belief with this professional field. Today we see the widespread results of Narramore's groundbreaking work.

Yes, it was quite a big door that Clyde Narramore opened.

Clyde M. Narramore, “*The Psychology of Counseling* 1960,” in Petersen, William J. and Petersen, Randy, *100 Christian Books That Changed the Century*, (Grand Rapids: Fleming H. Revell, A Division of Baker Book House Co. 2000), 129-130. Used by permission. †

What to Do With a Finicky Eater

By Bruce Narramore

Five year old Cody's mother and dad tried everything they knew of to get Cody to eat his dinner. First they put a small helping of mashed potatoes, meat, and peas on his plate. Cody just stared at it. Then they challenged, "You want to grow up and be a big boy, don't you?" Cody ate a bite or two then stopped. Next they tried bribing. "If you eat your food, you can have dessert." Cody ate a little more, then started making rivers with his mashed potatoes and gravy. Finally they threatened. "Hurry up, or you can't have any dessert." When Cody replied, "I don't want any dessert," they gave up and sent him on his way.

Like many children, Cody was manipulating his parents into a gigantic power struggle and his parents didn't realize it. Before they tried to coerce Cody into eating, peace reigned at dinner. If Cody didn't like the food or didn't eat, it was his problem. He was the only one to suffer since he went away hungry. But Cody's parents weren't content to let it go at that. They decided it was their responsibility to make Cody eat.

That's when the problem started. In so many words they told their son, "You are a dumb little child. We know what's best for you. Let us help you eat, and you can become a big boy." Cody unconsciously thought, "I'll show you who is big and smart and powerful right now! I won't do what you say and soon you will be feeling helpless!" The struggle was on, but it was all unnecessary.

What is the natural consequence of not eating? It's going hungry! Long before God gave children mothers and fathers, he created the hunger pang button. We know that, because Adam and Eve didn't have parents telling them when to eat, and they got along just fine! I'm sure God didn't walk through the Garden of Eden three times a day and ask, "Have you



eaten yet?" or "Have you cleaned your plate!"

The way to help a finicky eater develop proper eating habits is to put a reasonably attractive meal on the table, not let him snack between meals unless he ate the last meal, and let nature run its course. If your finicky eater doesn't want to eat what you have prepared, simply remove all food from the table when you finish eating and inform him there will be no eating until the next meal.

Of course you have a responsibility to provide healthy, reasonably tasty food for your children. But remember that children have different metabolic rates, different physical needs, and different likes and dislikes. Some really don't need much to eat. Others naturally eat a lot. At certain ages you shouldn't expect your children to like vegetables and foods made with gooey things like mayonnaise and sauces! At other stages all some children want to eat is cold cereal.

If you are a member of the "one bite of everything" school, that's okay,

but research shows that even if children are left entirely on their own, they will still get all of their required daily nutrients. I personally believe it is better to take the pressure and tension out of mealtime by offering a reasonable meal then leaving our children alone.

Fathers generally find it easier than mothers to let children learn by suffering natural consequences like going hungry. Dads say, "Let him starve" or "He'll eat when he's ready!" But mothers think, "Oh, no. My poor baby isn't getting enough to eat." They are afraid that by morning their child will look like a starving orphan! Mothers feel this way because in their minds food is a symbol of love. Mothers first show love to their children by feeding. If their children don't eat, mothers feel that their love offerings are being rejected! "I must be a poor mother," they think. Consequently they do everything they can to coerce their young to eat even though the child isn't hungry.

The hardest part of letting a finicky

eater go hungry isn't at mealtime. It's a few hours later, when your child starts to get something out of the refrigerator and you have to remind him, "I'm sorry, Son. You know if you don't finish supper you can't eat anything until our next meal." "But Mom," he protests, "I'm starving." Or worse yet, he cries out from his bed in a weak, pleading voice, "Mooooommy, my tummy hurts. Can't I please just have one glass of milk?"

That's enough to send most mothers on a guilt trip to outer space. Thinking they are being cruel they rationalize, "Surely one glass of milk will be okay" or "Maybe just once won't hurt." But if you give in, you've had it. You are telling your son, "Just keep fussing and whining until Mother feels guilty. Then mom will give in and protect you from the consequences of your own choices."

"But," you ask, "Isn't it cruel to force a child to go to bed hungry?" Not at all. Remember, you are not forcing anybody to go to bed hungry. He is choosing to go to bed hungry. Going to bed hungry is the price your son pays for choosing not to eat. It doesn't take long for most children to decide that price is too high! If you stick to your guns, you will no longer need to remind, bribe, threaten or pressure your child to eat. He will do it on his own.

"But what about his health?" you ask. "We can't just let him starve." Oh, yes you can. Skipping a meal is not life-threatening. Besides, remember that you aren't letting him suffer the natural consequences of his choices in order to deprive him of food. You are allowing the natural consequences to teach him to eat better in the long run. If you can tolerate a little guilt as he misses a few meals, you will be on your way to years of peace at mealtime! You will get out of a power struggle and avoid years of fruitless nagging and pressure and you will also be teaching him what to do when he grows up and has children of his own! †

soldiers through education, informal assessment, consultation, and critical event debriefings. Treating soldiers as quickly and as close to their units as possible we address autonomic arousal with relaxation training and basic needs such as rest, nutrition, water, and exercise. We debrief soldiers, allowing them a safe place to talk, while they reframe events or correct unhelpful thought processes. With interpersonal and spiritual support as well we see most combat stress casualties return to full duty in 24-72 hours.

This team also treats soldiers with issues around separation from home, peer and leader problems, and clinical diagnoses such as depression, anxiety, post traumatic stress, and personality disorders.

Professional, personal, and spiritual challenges confront me every step of the way. Once during a movie under a tent I decided to get up and get ready for bed. Within three minutes, I heard a loud explosion. My ears rang. It was close. A mortar had landed ten feet away from my movie seat. Still in range but left unscathed, I got my team to safety and later debriefed soldiers.

Sometimes it takes a crisis to

send us to our knees before our Lord. In the past year I have experienced more loneliness and fear than ever before in my life with no close friends or family near me, and poor communication from home for many months. My Lord challenged my faith while comforting and protecting me. He brought me to books I needed to read and passages that seemed to speak right to me (e.g., Psalm 91, Jeremiah 29:10-14). He rallied those at home to pray for me and brought amazing support around my wife and son in my absence. Mail abounded which, in the desert, is like Christmas every day! This support brought tears of joy to my eyes and heart.

My time at war pushed me to gain better perspective on the important things in life, my professional goals, and the power and glory of God. I'm proud to serve my country. I have learned a greater appreciation for life, my wife and son, my extended family, and my Lord and Savior

"But you are a shield around me, O Lord; you bestow glory on me and lift up my head." Psalm 3:3 (NIV)

Marc Houck received his doctoral degree in Clinical Psychology from The Rosemead School of Psychology, Biola University in 2001. †

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Attention Deficit Disorder

By Dennis Ingolfsland, Ph.D.

Imagine watching television while the channel is constantly changing—and you have no control over the remote. While this is a common experience in many families, it is also the challenge of a recent television commercial which attempts to describe what it is like to have adult ADD or Attention Deficit Disorder.

Several years ago my wife and I were watching television and happened upon a documentary about ADD. The longer we watched, the more stunned we became. They were describing me! In the weeks that followed, the more I read about ADD the more I became convinced that I had it. My suspicions were later confirmed by a psychiatrist.

The purpose of this article is two-fold: 1) to provide a small glimpse into what it's like to have ADD so those who don't have it can better understand loved ones who do, and 2) to provide some coping strategies for those who have ADD-like symptoms, whether they have been diagnosed with ADD or not.

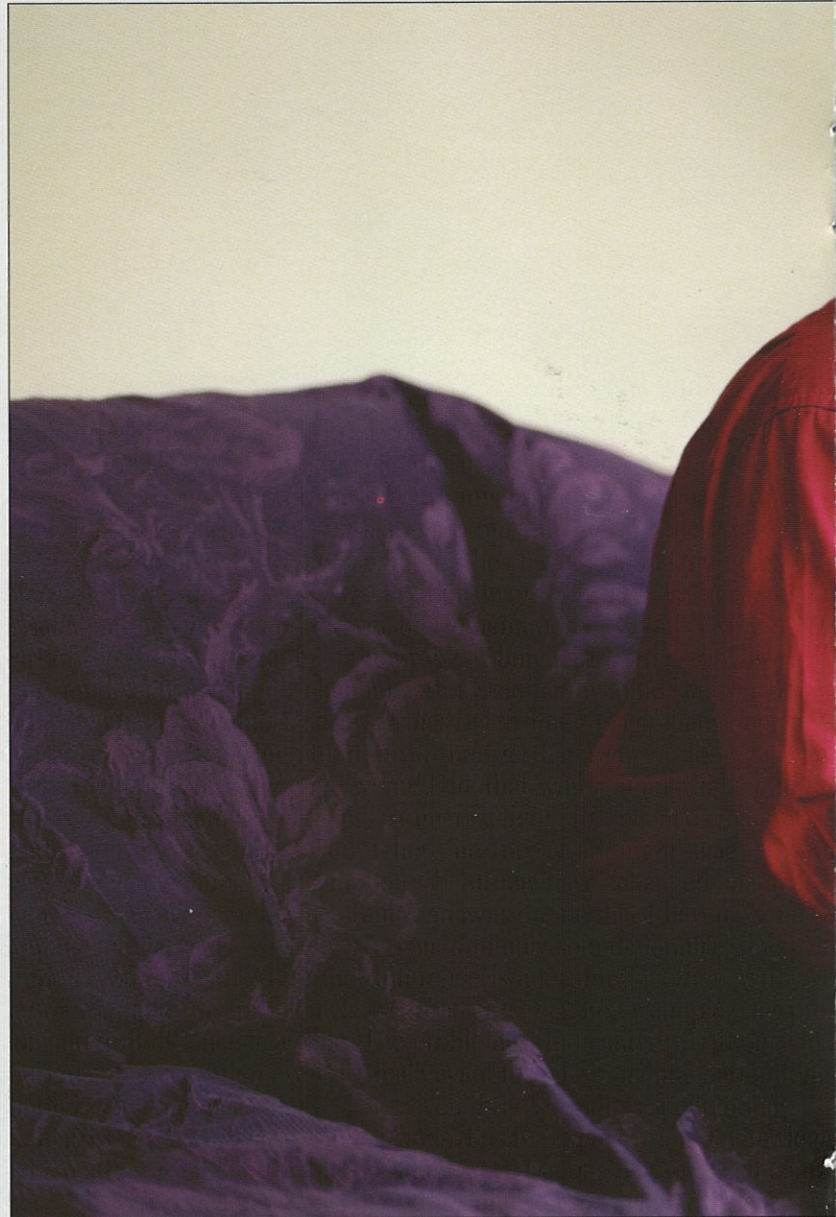
The hallmark of ADD is the inability to pay attention very long. The commercial about having no control over the remote, however, is only part of the story. For example, the problem for me is not just that my mind keeps “changing channels,” the problem is that my mind may “change channels” several times before I even realize that I am no longer paying attention in the first place. In other words, if a little bell in my mind warned me that I was beginning to “change channels,” I could immediately determine to pay attention again. Unfortunately, there are no bells and I may have “changed channels” several times before it finally dawns on me that I haven't been paying attention.

This probably sounds familiar since virtually everyone's mind wanders at some time or other. With ADD the difference is a matter of degree. For example, my problem is not that I get bored with a sermon and drift off once in awhile. The problem is that I cannot seem to maintain attention even if I really want to, not even if the sermon is spellbinding.

According to psychiatrist and neurologist, Daniel Amen, this is because ADD is not a matter of self control, but is, rather, a neurological disorder.¹ This “disorder” not only affects the ability to pay attention to sermons or lectures, it also affects everyday conversations. Even if I am engaged in fascinating discussion, I will inevitably discover that I have “tuned out” numerous times.

Another challenge for some people with ADD is a frequent feeling of being overwhelmed. For me, this often happens when I have too many “irons in the fire,” my workspace gets excessively messy, or when I have to fill out long forms or follow step-by-step lists of instructions. The problem usually results in procrastination. Filling out that long form just feels too overwhelming so it often sits in my “awaiting action” file. Of course just because someone feels overwhelmed by clutter or workload doesn't mean they have ADD. Everyone has these feelings at one time or another. People with ADD just tend to be affected more often and more severely.

A variation on ADD is called ADHD which is just ADD with the

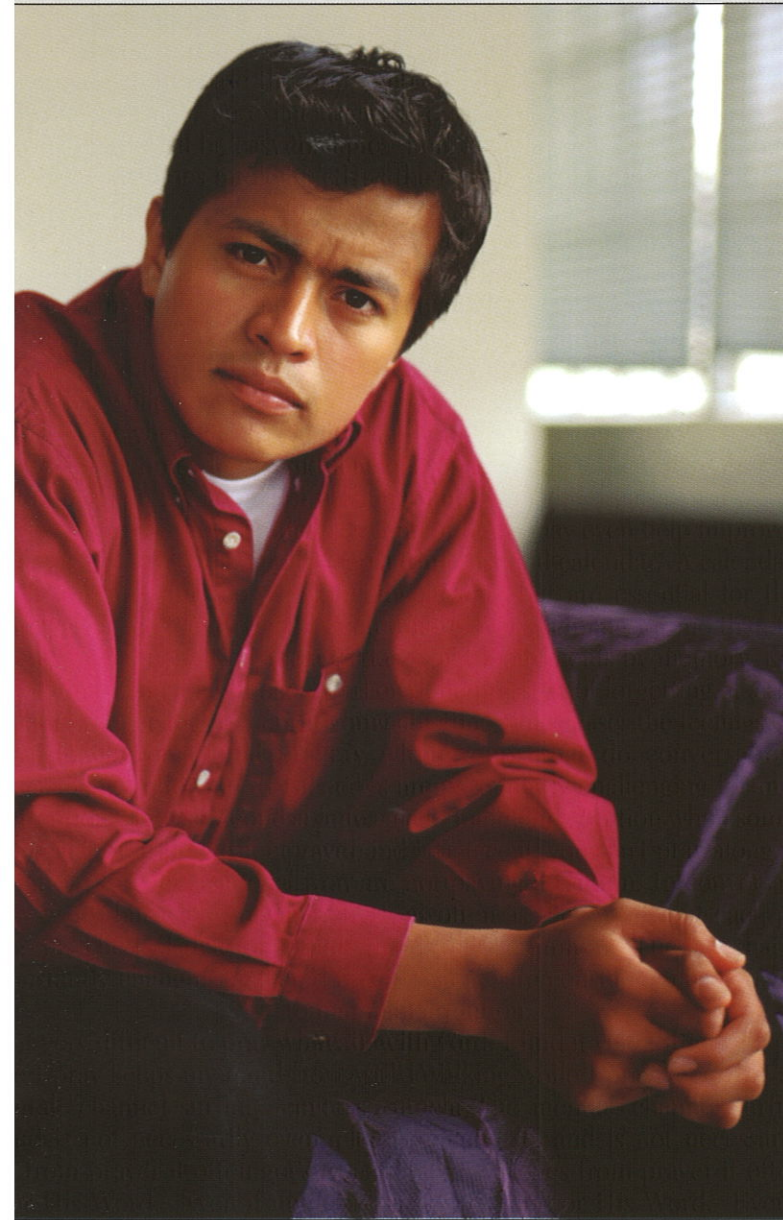


added dimension of hyperactivity. For me, the real problem with hyperactivity is that I go “bananas” if I have to sit passively too long. The key word here is “passively.” I can usually sit for hours if I'm doing something that provides enough mental stimulation, for example, working on the computer or watching television...or better yet, working on the computer and watching television at the same time!

Sitting passively is a different story. If a meeting, lecture or sermon goes too long, especially if it has no scheduled closing time, my feelings often degenerate from normal jitteriness to frustration to anger and sometimes almost to the point of panic. Medications like Ritalin certainly help but medication alone is often not enough and I've had to learn a variety of coping strategies. For example:

Break tasks into smaller segments. As I alluded to above, the numerous forms I have to fill out can easily leave me feeling over-

It's Not Just About Kids



whelmed. I have found, however, that if I just fill out a few questions at a time and set the form aside for later, the job becomes much more manageable. I can usually handle a few questions. I just can't handle the entire form at once. I then just have to schedule my time to ensure that I finish the entire form or project before the deadline.

Read a (short) book on organizational skills. People with ADD sometimes tend to be quite disorganized, which can make anyone feel overwhelmed. Learning some basic organizational skills can go a long way toward easing these feelings and can help to prevent the procrastination that often results.

Bring something to write on. I never go to church, chapel or a lecture without bringing something to write on. Taking notes, or even just doodling, not only helps maintain attention, it also helps

me sit longer without feeling quite so jittery or trapped.

Sit near the door. While sitting passively is always difficult, being unable to leave the room can increase the problem exponentially. I've found that when I sit near an exit I have the psychological benefit of knowing that it will be easy to slip out if the length of the service or meeting becomes intolerable. Just knowing that makes a difference.

Tape the lectures. This is particularly applicable to those who are in college. While taking notes may help maintain attention, it will rarely be enough. Taping lectures allows you pick up what you may have missed the first time.

Read with a highlighter. I love to read but I often get to the bottom of a page and realize that while my eyes have been looking at words, my mind has been somewhere else. Highlighting helps me stay focused a little better. Sometimes I even summarize some of the important highlighted parts on my computer. This not only helps retention but it may even help improve grades.

Keep a to-do list and calendar. A calendar and to-do list can be helpful for anyone, but are essential for those with ADD. Few things are more overwhelming for me than trying to keep track of several tasks or appointments by memory. Keeping a to-do list not only relieves the pressure of forgetting, it also helps focus on doing one thing at a time which eases the feelings of being overwhelmed.

Pray with groups that do conversational prayers. Prayer meetings are particularly challenging for me. It is frankly impossible for me to maintain attention when someone is praying a long prayer and let's face it, you can't pray along silently with someone if you are not paying attention. In conversational prayers, everyone prays as often as they want, but each prayer is short, giving others the chance to jump in. The fact that the prayers are short and the "pray-ers" are constantly changing makes it much easier to maintain attention.

Walk with God. I find it very difficult to pray while kneeling or sitting still. Walking while I pray keeps my mind from wandering quite so much. The mental "channel surfing" never goes away completely, of course, and is not necessarily even a bad thing. When my mind switches from prayer it often goes to meditating on some aspect of God or His Word. Even if my mind drifts to something completely unrelated, however, there is no need to feel guilty. When I realize that my mind has wandered, I just go back to prayer and find that God is patiently waiting to continue our conversation. One of the amazing things about God is that He enjoys our company.

While having ADD can certainly be a challenge it also has positive aspects. People with ADD are often very creative, highly intelligent and may have seemingly boundless energy; a powerful combination that can be used very effectively by the Lord.

¹ Amen, Daniel. (*Healing ADD*. New York : G.P. Putnam's Sons, 2001, 206)

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A Challenge From Our Founder

Your Influence Living Forever

Living forever is a reality. As a Christian we are assured that to be absent from the body is to be present with the Lord (II Corinthians 5:8).

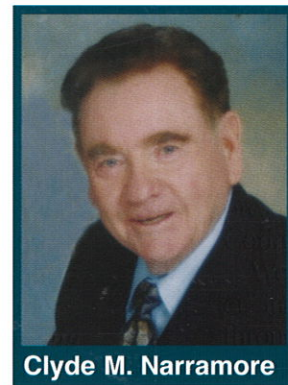
We can also "live forever" in another sense: through our Will or a Living Trust. We can provide that some or all of our possessions go to a Christian organization that will use them in the salvation of souls and the alleviation of human suffering even after we have gone to be with the Lord. Just think of being in heaven, and at the same time helping people here on earth!

You May do Much More Than You Think

Some Christians are good stewards in life, but poor stewards in death. By contrast, other Christians are able to give even more to the Lord's work when they pass away. By willing a house or other property, an insurance policy, or investments (which they cannot take with them) to a Christian ministry they may be able to contribute \$50,000 or \$100,000 or much more. This may be far more than they could give at any other time during their entire life!

Questions Good Stewards Ask

Every Christian



Clyde M. Narramore

should consider several things when he or she writes or updates his or her Will or Living Trust. Our first responsibility, of course, is to be sure that our spouse and minor children will be cared for. After that, I believe we should help our adult children if they need it and if they will be good stewards and treat our gift as God's resources. Then we should see how much we can leave to support the Lord's work and what ministry we will support. Ruth and I ask ourselves these questions.

- Is the organization we are considering soundly biblical?
- Has it been a blessing to me, my family, and those I am concerned about?
- Is it meeting pressing needs that are not being met by many other organizations?
- Does it need my financial help?
- Is the organization a

good steward of the resources entrusted to it?

If you remember the Narramore Christian Foundation in your Will, I believe you can answer a resounding "yes" to each of these questions. NCF is *solidly biblical*. Our ministries are *not being duplicated* by other organizations. Souls are being saved. *Sons and daughters of missionaries are being helped* in a very special way. Marriages are being salvaged and children helped. *Missionaries and pastors are receiving personal help* and intensive training in counseling.

While NCF is a world-wide ministry it doesn't have a huge budget and *we are very careful stewards* of the resources the Lord entrusts to us.

If you would like to talk with us about including NCF in your Will or Living Trust, please phone us at 800-477-5893, ext. 222.

Thank you, friend, for letting the Narramore Christian Foundation help you make your influence live forever!

Clyde M. Narramore
Clyde M. Narramore, Ed. D.

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