

PSYCHOLOGY FOR LIVING

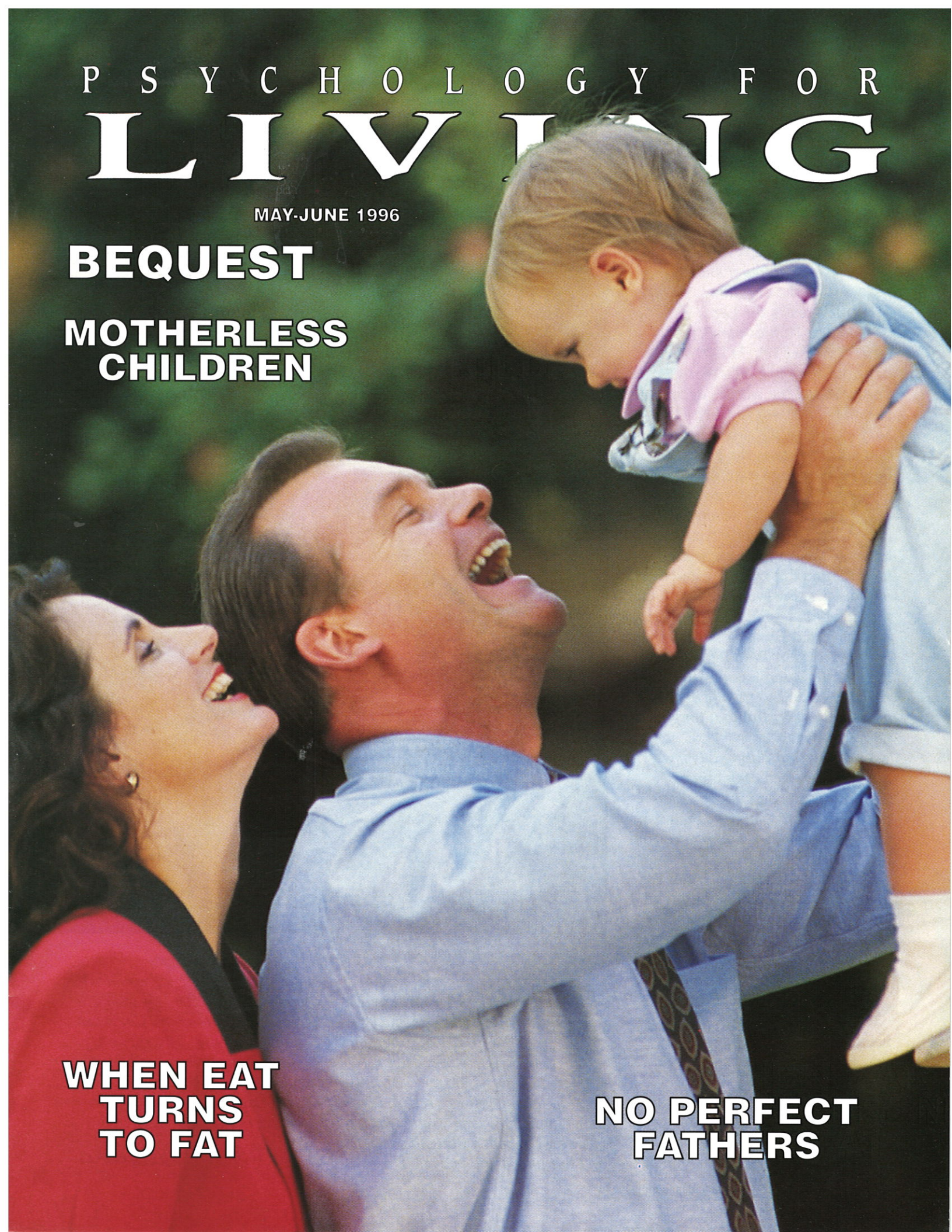
MAY-JUNE 1996

BEQUEST

**MOTHERLESS
CHILDREN**

**WHEN EAT
TURNS
TO FAT**

**NO PERFECT
FATHERS**



A PERSONAL WORD

by Clyde M. Narramore



Fifty Golden Years Together



Ruth and I are just completing 50 wonderful years of marriage. As we review these years, several things stand out to us.



From the beginning, we were devoted to the Lord. We knew Him as our Personal Savior, and we sought to live each day according to God's Word. Regardless of the world's agenda, our allegiance was to Christ, our Savior. Today, we surely believe that spirituality is the glue that holds a marriage together!



As we said our vows, we were not only devoted to Christ, but to each other. We knew, of course, that life would have its times of rejoicing and times of struggles. But we were in it for the "long haul." Such things as separation and divorce were completely foreign to our thinking. We realize that this complete devotion to each other and to no one else is absolutely essential to a long and happy marriage.



From our dating days, we recognized each other's interests and talents. I knew Ruth was an accomplished pianist, organist, and music composer. And just as I have encouraged her in her gifts, she has done so with me. We are convinced that recognizing and encouraging each other's talents helps to make for a healthy, happy marriage.



While dating, if a person doesn't recognize the other's faults and weaknesses, he is bound to realize them during the first few years of marriage. Through the years, I believe we've done a pretty good job of overlooking each other's shortcomings. And now as we enter into our second 50 years, we can see how important it is in mar-



Clyde and Ruth Narramore, 1946

riage to allow for imperfections and focus on each other's strengths.



When Ruth and I finished our graduate studies at Columbia University, we headed for California with no job and very little money—about \$65 as I recall. We didn't know how God would lead us, but we were both willing to sacrifice and live on a small budget. This was

important to us a few years later when we started the non-profit work of the Narramore Christian Foundation. Now, 50 years later, we believe a spirit of sacrifice is important if Christians are to have a happy marriage and an effective ministry.

Clyde M. Narramore

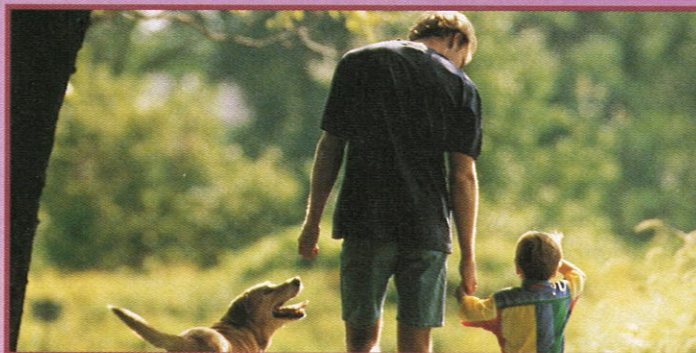
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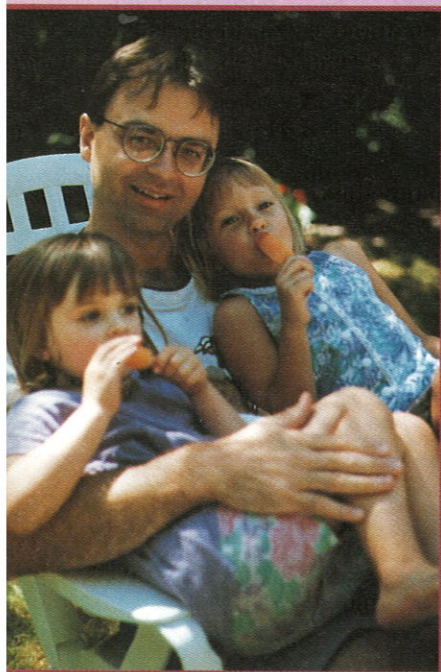
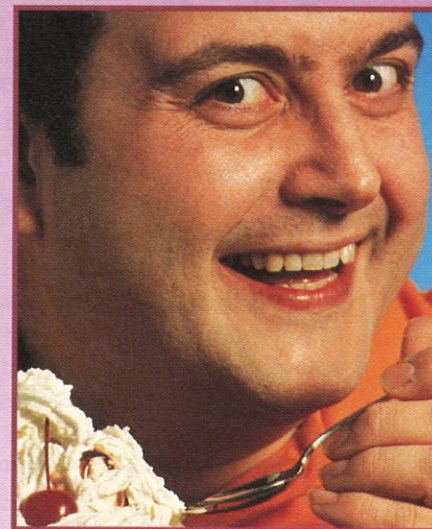


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TO THINK ABOUT

by Ruth E. Narramore



When God speaks of His ideal woman (Proverbs 31), He tells a happy story with a very happy ending. Obviously the woman He describes is a well-adjusted, happy individual. How do I know? There are numerous details about her life that point to this conclusion. Let me explain:

First, we are told that she is virtuous (verse 10), completely trustworthy (11), and thoroughly good (12). In other words, she is "pure in heart" and is thereby named as one who is "blessed" (Matthew 5:8). Since "blessed" can also be translated as "happy," we must assume that God's ideal woman is *happy*.

Next we see that this woman is a person abounding in energy. She hustles about and gets things done—not with a nervous energy, which would irritate those about her, but with the strength of one who enjoys good health and is happy in what she is doing. Fatigue is a common complaint of those who are unhappy or under emotional stress. It would take a happy, emotionally stable

person to accomplish all this lady does on an average day's agenda.

It's obvious that she is a woman who is gifted with much talent and ability. Naturally, she finds joy and fulfillment because she is not squandering her talents but is using them as God intends. This makes for happiness.

She is an unselfish person—reaching out to help the poor and working long into the night to provide well for the needs of her family (verses 18-21). She is kindly in what she says and sensitive to the feelings of others. A woman of unusual discernment, she is wise and mature in her judgment (26). She doesn't say things that she regrets, nor does she make a fool of herself.

If loving others comes easy for her, perhaps it is because she is also able to love herself. She enjoys

beautiful things and doesn't feel condemned for having them. Her clothing is made from top quality material in colors that are rich and striking. Without doubt, she feels

elegant when she wears them because she *is* (verse 22). The fact that she can love and respect herself is another indicator that this remarkable woman is well-adjusted and happy.

Another characteristic that comes across in the description of this lovely lady is that she is wholly honest and consistent in her daily living. No one can accuse her of hypocrisy because, we are told in verse 25, she is completely honorable. Her life is open and aboveboard, and because of it, she faces the future with confidence.

But even with all these excellent qualities, this illustrious woman cannot expect

to be very effective if she fails in her responsibilities to her own family. This, after all, is top priority. But the Bible tells us that she fills her role as wife and mother just as remarkably as she does everything else (verse 27).

In grateful appreciation for their wonderful mother, her children give her a standing ovation and wish her a "happy mother's day" every day of the year. "Her children arise up and call her blessed" (verse 28a).

Not to be outdone, her husband joins in and adoringly tells her she is the finest woman in all the world.

But wait. There is more.

Lest he be misunderstood, her husband goes on to explain that his honor and praise for his wife have a much deeper basis than mere outward beauty. It is her devotion to God that shines through and makes her "God's ideal woman" (verse 30). And because she is truly a woman of God, it is seen in all she does and she is praised, not only by her family, but by all who know her. □

WHAT PEOPLE ARE SAYING

THANK YOU

Thank you for your helps and wonderful magazine. May God continue to bless you as you so faithfully serve Him.

Elizabeth Coltart
Barto, Pennsylvania

IT'S BEEN MY GUIDE FOR MANY YEARS

I have thought many times of going out West to see you both. But now my age is 87 and I think I'd better not plan on it.

Your magazine, *Psychology For Living*, has been my guide for many years. I never

destroy a copy. When I finish reading an issue I give it to my friends. One of my friends learned how to lead her friend to Christ for salvation.

Thanks again for your magazine. May you and your family enjoy good health.

Amy W. Repsher
Binghamton, New York

THANKS FOR TALKING WITH ME

I would like to personally thank you for talking with me in my time of need. I was deeply touched that you would take time to talk on the

phone and counsel me with your busy schedule. Your non-judgmental attitude towards my problems and your heartfelt concern were a great help to me. You are a great example of a child of God and you have been an inspiration for me to change my life around and live for Christ. I cannot thank you enough.

I enjoy listening to your radio program, *Psychology For Living*, on Tuesdays and Thursdays on Family Radio, WKDN 106.9 FM in Camdem, New Jersey. You have great insight into the

emotional needs of people and your program is very beneficial to me. I think most people do not understand how their upbringing impacts their adult life with regard to habits, attitudes, fears, perceptions and ultimately values.

Enclosed is a donation to your organization so that you can continue your fine work. Also, I would like to receive your magazine.

Thanks again for all your help.

Kenneth P. Moll
Allentown, Pennsylvania



BEQUEST



**Tender expressions of appreciation and caring
between a son and his mother**

by Marvin Solberg and Eva Hallam Solberg

A Son's Message:

MOM CALLED TODAY wanting to talk about her grown children's eventual inheritance. She doesn't like the idea of having to wait until she's gone and can't enjoy the giving.

I see a seed of similar leaning within myself—wanting to give while the giving's good. But in Mom's voice I detected a hint of feeling as though she *owes* it to us. Funny how to *my* thinking, the balance seems tilted the other way—by *far* the other way!

The pains of parenting have perhaps clouded her view of our family

history. Now that I have children of my own, I can see that all day, every day, as parents we are called upon to bend our hearts in an often impassioned effort to prepare our offspring for life. For the efforts we expend, there is seldom any visible feedback or expressions of gratitude. It's a tough row to hoe, and the concomitant feelings are bound to obscure from view the link between the present and the end results—kids you're

proud to call your own—and the million little, often painful things that have gone into getting them there.

The clouding goes both ways.

By the time children are smart enough to know the value of early lessons, the teachings are fully absorbed and little remains to recall the link back to the teacher. From both sides of the apron strings, the forces of forgetfulness conspire to prevent credit from being given where it's due.

By today's standards, Mom raised her five kids in an isolated, convenience-deprived world. An hour-long drive on a dirt road separated her from the grocery store, church, the doctor, the swimming pool. You name it—. If it was available in northeastern Montana during the fifties or sixties, and if the weather was passable, Mom managed to get it only after two hours of a dusty, bumpy drive, usually with a team of toddlers in tow. Before our house burned down (at that time she had only two babies), "roughing it" also meant that water had to be carried into, and out of, the house. Electricity during the first few years of their marriage was wind-driven—a luxury for my folks born of homesteader stock.

When I arrived in 1960, things were comparatively cozy in the area of creature comforts, and Mom was finally through with having babies. The new house, though not finished by then, carried added conveniences such as running water. During my infancy, in addition to caring for me and my four siblings, Mom had almost a thousand chickens to care for which included the daily task of gathering, cleaning and candling eggs, then trekking them to town to sell. Another era, partially overlapping the chickens, saw several toddlers and babies in diapers (the oldest of the five was seven when I was born) — and Mom had neither Pampers nor diaper service. What she had was a wringer washing machine in the basement, and a clothesline out back.

While only wind-driven electricity was available in the fifties, my two oldest sisters hit their teens in the late sixties and undoubtedly added still more electricity to Mom's life!

One of the earliest recurring images etched in my memory is that of my newly-converted Mom praying while huddled over her King James Bible. I had no clue of the difficulties for which she sought strength and guidance, but her visage portrayed a profound earnestness and a passion that was unmistakable, even to a young boy. Only later did I know that her children and family were among the chief subjects of her prayers—a fact easily grasped by someone whose Mom had prayed with him every night before tucking him into bed.

As I look back at the earlier phases of my own spiritual strug-

gles—teenage rebellion, a college-bred rejection of Christianity, along with an *enduring* faith that was able to overcome these obstacles and grow stronger in spite of them, the image of my praying mother looms larger than life.

Accompanying Mom's prayers was an attitude of action which put us in Sunday School and church week in and week out, dirt, snow, mud, and fighting kids notwithstanding. My Mom cemented a Christian foundation in my gut from which, try as I might, I was unable to pull myself loose. How privileged I was!

(A Personal Note to Mom:)

My inheritance was fully transferred years ago. What you gave me on that farm in Montana exceeds by far, even the most extravagant material bequest. The successes I enjoy today would be vapor but for the enduring legacy you bestowed on me in my childhood. If the giving wasn't as enjoyable for you as it would have been with the material gifts of today, I hope and pray that the effects will be.

Thank you for your prayers, your perseverance, your unconditional love, and yes...., even for your punishments!

Your grateful and loving son,

Marv

A Mother's Response

Marv, dear son,

Your beautiful essay and personal note arrived this morning. As a result my eyes (yes, and my cup) "runneth over." Here at the office I've had several people come by and ask if I was all right. Yes, I'm more than all right. I feel the rich reward of gratefulness for not-so-pleasant struggles, discipline, and the molding of a young life which has blessed mine in numerous ways throughout the years.

I know you've heard the story many times over, but I want to remind you of your birth. You were the last to be born of our five children, and you arrived, not in the delivery room, but in the labor room—a bit ahead of schedule, according to the nurse's timetable—but just right for your mother. My friend, Elida, had been with me and at my request, read Scripture to me while I was in labor. As Elida paused for the newest wave of pain, I would urge her, "Don't stop; keep reading!" I remember specifically the verse from John 12:24, "Unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much fruit." And that's what I experienced: first the pain of bringing forth life (sort of like dying), and since then, the joy of seeing the fruit — your life.

I'm sure you remember, too, the rest of the story: As you began to emerge from your warm, cozy nest, the nurse asked me to hold you back so she could get the doctor before your birth. I said, "No way," and you were born! As she fluttered around and did what she had to do, I was filled with great joy. I consciously gave you to the Lord who was with me that very hour.

When the doctor arrived,



A view of Malta, in northeastern Montana.

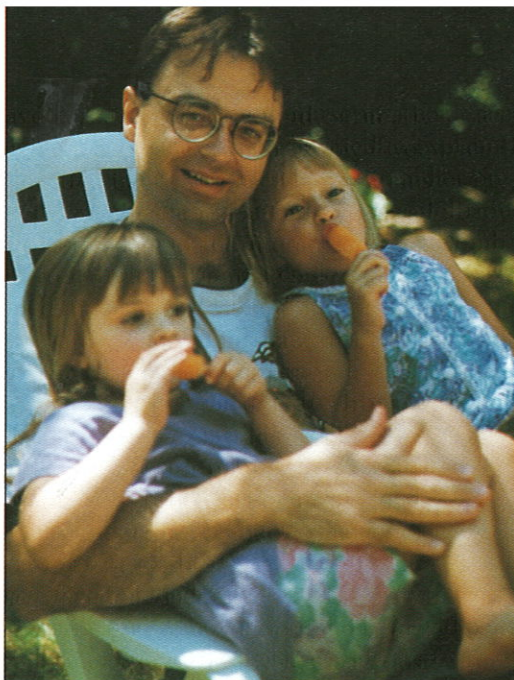
he spoke to the nurse in a cold, accusing voice while she tried to explain that it "just happened" in spite of her preparations. As for me, I was deliriously happy with the "fruit of my womb." I rolled over so I could shake the doctor's hand. "I'm happy," I told him, "and I don't want *anyone* to be unhappy about the birth of my son!"

After that, the doctor's voice softened, and he said, "Well, I guess it could happen to anyone." The nurse told me afterward that my reaction aided reconciliation between herself and the doctor, and saved the day for her.

I'm glad, Marv dear, that you treasure your upbringing on the farm without the conveniences of town life. I'm also glad that you recognize that I did the best I could under the circumstances. Many other women have had to cope with such inconveniences, too. I've had regrets for not taking more time to play with my children, and sometimes for having a legalistic attitude. I've often wished I'd known then what I know now, but, of course, that's never the case. The learning comes with experience, and often through making mistakes.

Evening times at the bedside of my children were very precious to me. Sometimes I'd try to reverse the order of those I went to first, because the last ones would often be asleep by the time I got to them.

Raising children was no easy task, and I received little human encouragement. But the Lord surely did help me as I



Marv shown with his daughter, Erika, on the right, and his niece, Megan Hammer, on the left.

prayed, read His Word and earnestly sought His guidance. I don't know if you realize that the Christian radio programs which I strained to hear over far-away radio stations, and the literature I sent for from Dr. Narramore's broadcast helped me a great deal in doing, at least *some* things right. I'm thankful to the Lord for His guidance. I'm grateful, too, that I'm now in Southern California working with the Narramore Christian Foundation in an office next to Dr. Narramore's—typing his letters, articles, and manuscripts. I also assist Mrs. Narramore with the magazine, *Psychology For Living*.

May you and your brothers and sisters reap a similar reward to what I have just experienced. I know that you, Marv and your dear wife, Sharon, do pray for your children — my grandchildren —

Christopher and Erika. I also know you want the same things I desired for you: that they walk with God and use their talents and abilities for His glory.

Be patient and hang in there! You're always in my heart! Much love and prayer,

Mom



Marvin Solberg served as an officer in the Navy, teaching nuclear power in Orlando, Florida, and mathematics at the U. S. Naval Academy at Annapolis, Maryland, and is now a computer actuary in Washington, D. C. Eva Hallam Solberg is a valued member of our NCF staff. Among other duties, she contributes the regular column, "Our World Today," in Psychology for Living magazine. (See page 19.)

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NO PERFECT FATHERS

The best of fathers get side-swiped because there's no speed limit on the fathering freeway. We frequently discover after it's too late, that we're in the wrong lane when it's time to exit.

by Jack Williams

THE WORLD'S FIRST FATHER clocked more than 900 years on-the-job experience. If practice makes perfect, then Adam wins the "Perfect

Father" award. But as we all know, it doesn't and he didn't. While he started at the head of the class, the barefoot father from Eden is better known for getting kicked out of paradise than for his parenting skills.

So to every sad dad who thinks he flunked Basic Fathering, remember that Adam didn't get many Father's Day cards from Cain and Abel.

Those first two sons exploded in domestic violence. The older murdered the younger, and then spent the rest of his life in exile. Imagine Adam's pain as

he buries one son and watches the other disappear into the darkness of time.

Two of Israel's most successful leaders didn't do well as fathers. Eli called the shots on priestly matters, but lost control at home. His boys earned reputations as "sons of Belial" who did not know the Lord.

Then there was David, whose songs topped the believer's hit parade for 3,000 years and who scored *expert* in giant-killing, but was a no-show at fathering. Just ask Absalom.

No sir, fathering is not for the faint-hearted. Children always grouse when

Dad says, "No." And how many teens can you name who still think that father knows best?

Makes you wonder what God had in mind when He sent Moses down Mt. Sinai carrying stone tablets engraved with the words, "Honor thy father." Did He demand the impossible? Does any father deserve to be honored?

The penalty for cursing fathers was death by stoning. If Old Testament fathers weren't super dads, it's a miracle that any children survived to adulthood. Or did trash-talking kids just turn up in the 20th century? It appears that Biblical fathers needed as much divine backup as we do. So why doesn't that make me feel better?

And there's no let-up in the New Testament which clearly echoes the Old Testament refrain to "honor your father" (Ephesians 6:2). It seems that even after 6,000 years of history, including a worldwide flood and thunder on Mt. Sinai, honoring fathers is no picnic in the park for the kids.

It really bothers me that the most off-quoted fathering text begins with Paul's irritating reminder, "And you fathers, provoke not your children to wrath" (Ephesians 6:4). Do you suppose Paul knew something about this fathering business that's not covered by Dr. Spock?

What is it fathers say or do that so enrages children? Do fathers oversteer? Children usually grab the wheel of life and make their own mistakes. At least, I did, and mine do.

Perhaps it's not so much what fathers say as *how* we say it. Or *when* we say it. Or what we leave unsaid. The best fathers get side-swiped because there's no special limit on the fathering freeway. We frequently discover after it's too late that we're in the wrong lane when it's time to exit.

But for all the flaws that accompany fathering, when it's time to pray, we're taught to address God as "Our Father"—not "our mother, our cousin, our uncle, or our neighbor." There's something theological about the prayer formula that requires "Our Father" to open Heaven's door.

That's "Our Father" who's somewhere else (in Heaven) with the resources we need to right the wrongs in life. Fathers know a lot about being somewhere else when children need

them or want something. There will always be some unexplained distance between children and fathers.

Because of the differences in ages, responsibilities, and expectations, children and fathers aren't necessarily motivated by the same things. That's one key to understanding why fathers provoke children so easily. In childhood, sandbox playmates accept one another as equals, while fathers push us beyond sandbox boundaries. It's a tough call when Dad starts to box the toys.

On the other hand, some children never want to grow up and leave home. Who can blame them? It's cozy. The lights work. Somebody else pays the bills. Somebody else gets the blame. They smile, eat home cooking, and dream dreams. That's the way it should be, of course.

A father's job is to insist that children try their wings. He sometimes makes the convenient inconvenient, turns out the

lights, and demands that if you break it, you pay for it. And that's the way it should be, too.

The perfect father doesn't exist—at least, not in human form. But he might be the father who pays the mortgage each month, and the father who missed your baseball game because he worked late to pay the mortgage.

He could be the father who forgets to pick up your dry cleaning but remembers to get the lawn mower serviced.

The perfect father so irritated the prodigal son that the boy stormed out of the house and rode a fast horse to the far country. The perfect father let him leave, and waited while the pig pen taught his son how to say, "I was wrong, Dad."

Hey, I think I know this guy! His name is.... (I'll bet you know his name, too.) □

Jack Williams is editor of Contact, the official magazine of the National Association of Free Will Baptists in Antioch, Tennessee.

Insights and Sharing

(Continued from p. 18)

messages and solo voices as the concert was all but drowned out by electronics. The CD's and cassettes which they had for sale, and which had been professionally recorded in a studio, were much more rewarding than the live performance.

A recent article in *Modern Maturity* highlights the mind-set of the early Baby Boomers vs. the now-adult population of Boomers. Writes the author, Roger Rosenblatt: "The year 1996 is when the first phalanx of Baby Boomers cross over into their fifties and enter the general realm of older age. The group is a trickle compared to the flood that will follow three or four years from now. The Boomers, born from 1946 through 1964, represent nearly one-third of the country's population. By the time they are all in their fifties and sixties, they will be running most of the country's institutions, bringing their ideas, ideals and temperaments to American business, education, religion, politics, media, and culture, changing everything they touch.

"At the moment, however, simply by the act of growing older, the early Boomers are entering a different

land—that of their fathers and mothers. It has been a while since these two generations have been in the same place, confronting each other. The last time that happened—in the late 1960's—they were at each other's throats over politics, drugs, sex, music, Vietnam—you name it."

These differences are still not all resolved—including their views on church music. Perhaps by realizing *how* we have arrived at the dilemma our churches now face musically, we will better understand the situation and learn to accept one another.

Change can be difficult. Mark Twain once said, "The only one who likes change is a wet baby." Today with at least four diversified generations contributing their preferences to the music of the worship services, it makes us realize that only our great God can make us one musically. Only He can give us the desire to prefer love and acceptance of differences over division and disharmony. God delights in doing the impossible.

Let us continue to sing, worship, and pray. Stand still and see His glory. Watch as His mysteries unfold, and praise God for His indescribable gift of our Lord and Savior, Jesus Christ! □



SILENT DADS

Some men in America look to the strong, silent, macho-type as their ideal, but they never learn to listen and talk with those they love.

by Venus E. Bardanoue

"If all the words my father said to me in my lifetime were put together, I don't think they would make one paragraph."

As this forty-year-old woman made that statement, I could feel the deep pain in back of her words. Then she loyally added, "Although he never said so, I'm sure he loved me."

Her father is a man who would be considered an average American father—provides for his family and is an upstanding responsible citizen in the community. Although I do know he attends church, I am unaware of the depth of his spiritual life. But this daughter, now an adult, sees her father as one who has never really listened or communicated with her—certainly has never taken the time to share deep feelings. Her comments may have been somewhat exaggerated, but they vividly expressed the unresolved hurt that was festering deep inside.

How sad for both of them! How much they have *both* missed!

Here was the cry of a daughter, who even though now grown, wanted to plead with her father, "Daddy, look at me! Talk to me! Listen to me!"

This deep longing is expressed by Emily, a character in the play, *Our Town*, by Thornton Wilder. She returns to a day in her past—her twelfth birthday. As she stands unseen by her family, they hurry through their usual morning activities, never really aware of each other.

As Emily watches herself and her family, she implores, "Oh, Mamma, just look at me one minute as though you know I'm here!" This daughter's cry to her father is the same. "Daddy, please look this way—look at me as

though you really see me!"

Look at me! Talk to me! I know you do things for me. You work hard so we can have a house and food and clothes, and I think you love me. But please see me! Talk to me!

In a helpful book by Gary Smalley and John Trent, *The Blessing*, the authors point out that among other blessings is the importance of spoken words from the parents—not just any words, of course, but words that bless and encourage. The lady talking with me had especially missed this blessing from her father. And now at forty years of age, she still grieves over that loss.

Dad, would your son or daughter say this of you? Some men in America have the strong, silent, macho-type as their ideal, and just like this woman's father, never really learn to listen and talk with the family members they love.

Unfortunately, this is not an isolated case. Far too many fathers abuse their children by ignoring them.

Very possibly, this woman's father's father had treated his son (her father) in the same, silent way. It would be easy for her father to say, "Well, that's just the way I am." But we know that with our Lord's help and His divine power, these negative chains, both of the past and the present, can be broken: "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come" (II Corinthians 5:17).

We have an example in our Father God. Psalm 65:2 assures us that our heavenly Father hears us and is ever ready to listen and talk with us. He spoke words of encouragement to His own Son, "This is my beloved Son, in whom I am well pleased" (Matthew 3:17). And Jesus was in constant, open communication with His Father.

When Jacob was blessing his sons before he died, he said to Joseph, "The blessings of your father have excelled the blessings of my ancestors" (Genesis 49:26).

May one of the ways we bless our children be with words that are open and helpful, and with ears and hearts that are ready and willing to listen. These will be more lasting than the mountains in their lives and will go on to affect those in generations yet to come. □

Mrs. Venus E. Bardanouwe is a freelance writer in Harlem, Montana.



WHEN EAT TURNS TO FAT

Ammunition for fighting the "battle of the bulge!"

by Ben Cooley

SPRINGTIME—and with a view towards slimming for the summer, the "battle of the bulge" will be renewed and escalated. The contest now involves somewhere between 15 and 20 million Americans, and it's estimated that they will spend a billion dollars this year on liquid diets, low-calorie snacks, appetite suppressants, diet pills, and so on.

We are living in a calorie-conscious era, suffering from changing patterns of living, and a technology which creates machines and tools to do our work for us. Meanwhile, eating has become a recreation in and of itself. Where we used to see people sitting at the table for meals, we now see them gulping down food on the run, in the car, in front of the television, at a snack bar while shopping, in the living room while doing housework, etc. Today a major form of entertainment and recreation is the backyard barbeque.

THE MENACE OF CONVENIENCE FOODS

Fueling the changing approach to eating is an increasing array of instantly prepared

(Continued on p.15)

MOTHERLESS CHILDREN



The relationship children have with their mother is likely to be of long-lasting influence.

by Ingrid Pautsch

TWENTY-FOUR YEARS have passed since my mother died, and I still miss her love and keen interest in me. Mothers are special to children for a lifetime.

When I was growing up, it was a rare mother who wasn't at it full-time. Now most neighborhoods resemble Chernobyl with little evidence of life. This is true twelve months of the year. Children are in school and day care centers, and

mothers are part of the work force. Circumstances may mandate that some mothers work outside the home, but a large number do so to have a higher standard of living. Children get more *things* while they are starving for the tender, loving care that a mother gives best.

When I read an excerpt from the book, *Motherless Daughters*, written by a daughter who had lost her mother in

death, it struck me that many *living* mothers would fit the same description. It tugs at one's heartstrings that children who lose a mother in death are deprived of an important relationship. But...what about mothers whose job consumes most of their

energy and time. Often they are too tired to even care about what goes on at home.

The *home* suffers when *both* parents are committed to jobs outside the home. Husband-wife relationships take time, so that becomes a problem when there is lack of communication and togetherness. Children start taking on adult responsibilities much too early in life, and there is a lack of guidance for decisions, whether

small or big. Meals are often "thrown together," and many families no longer eat at the same time. The old fashioned meal together becomes a burden, and an important time for sharing is missed.

When a mother dies, her most often expressed wish is "take care of my children." Shouldn't that be a mother's wish when she is alive? It matters little if the children have designer clothes, expensive toys, exotic vacations, and a million other things that money can buy if a mother's personal love is lacking. No matter what our age, we yearn for a mother's loving care all throughout our lives. It is synonymous with security and comfort—in times of illness, stress, or the transitions of life. Children need a mother's encouragement and support. This bond is largely severed when a mother is not at home, or is too busy when she is there.

The relationship children have with a mother is likely to be one of long-lasting influence. A stay-at-home Christian mother can help the children start the day with a focus on Jesus who loves them and can help them. She can be an ongoing reminder of Jesus and what blessings are theirs because of Him. She can encourage having this Best Friend along on life's journey. Christian mothers have the special opportunity of instilling the salvation message in the children. Being ready for Heaven is more important than being ready for school, sports activities, piano lessons, and a full social calendar.

Because Jesus died on the cross to pay for every sin, it is indeed comforting to know that the sin of neglecting one's children can be forgiven too. It is Jesus who can help families focus on things which count for eternity. He will surely bless a mother's commitment to her children's lives. A stay-at-home mother may find that she can make a dollar go farther, that the family is happier with less things, and that the children's behavior improves.

Mother, if death took you today, would it make any difference to your children? Would they miss a daily hug, helpful words, your opinions on their needs, or a freshly baked cookie? Would your home be any different if you were not around? Are you missed even now? □

Ingrid Pautsch and her husband, Rev. Al Pautsch, live in Rockford, Illinois, where they are retired, but still active in Christian ministry. Taken from Faith & Fellowship. Used by permission.

NO WICKED THING BEFORE OUR EYES

Every month a growing number of children and young teenagers buy into juvenile horror, opening themselves to all kinds of evil.

by Joan Clayton

DAILY WE ARE BOMBARDED with wicked things before our eyes! It would seem that the "trash" displayed on TV, movies, and now the Internet could not be topped! Wrong! The so-called "shock fiction" for children is now running a close second!

Every month a growing number of children and young teenagers buy into juvenile horror, opening themselves to all kinds of evil. These young readers are literally catapulted into a plethora of hideous situations including murder, gross scenes of blood, and crude, filthy dialogue through "shock fiction" books. Their impressionable young minds are sucked into so-called "safe scares." This sick, delinquent reading material demeans the reader, and even the act of reading itself.

In these so called "shock culture" books that are now being fed to our children, horror is rampant, blood flows, people scream, violence reigns, and disharmony among family members, along with disrespect to parents, are viewed not only as normal, but as acceptable and even appropriate behavior.

This "shock fiction" is becoming more and more popular among young readers. The fact that children are reading, and reading a lot, does not nullify such literature's "mind-poisoning," detrimental effect upon society.

Whatever happened to *good* books...to classics that are treasured? Whatever happened to books that have enduring value and lasting appeal? I shudder to think that the great literary works of our civilization are being replaced by shock fiction.

With so much violence in today's society, the rapidly declining morality, and "the unhealthy "redefinition of the family," it is almost inevitable that these trends are being reflected in the current literature written for children. It is a movement to desensitize the minds of the young—those who are our greatest resource.

In Psalm 101:3, the psalmist avows: "I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me." The next verse tells us that "a froward heart shall depart from me: I will not know a wicked person."

It comes as no surprise that "we are what we read"! In a recent taped interview with a convicted killer, pornography was cited as the motivating force that led to his heinous crimes.

God's Word instructs as to the thoughts that are to occupy our minds: "Whatever things are *just*, whatever things are *pure*, whatever things are *lovely*, whatever things are of *good report*, if there is any *virtue* and if there is anything *praiseworthy*, think on these things" (Philippians 4:8). This is a far cry from the "shock culture" invading the minds of our children today.

Such violent, evil literature exacts a high toll. I cannot even begin to imagine the negative effects and devastating behavior this type of reading material spawns in the young and impressionable members of our society.

So be a good influence. Set no wicked thing before your eyes...or the eyes of your children! □

Joan Clayton is a freelance writer in Portales, New Mexico. She also has a column in The Amarillo Globe News in Amarillo, Texas.

MAKING A DIFFERENCE

by Kevin Narramore

I'LL NEVER FORGET the afternoon when, as a teenager, my friend Tim Tatum and I along with the youth group from his church, rented large inner tubes and floated down the Itchetuknee River in central Florida. Two hours seemed like twenty minutes as we floated effortlessly down an exotic five-mile stretch of crystal clear, spring-fed water. Looking up you could feel the shade of moss-laden trees leaning over the river bank. An occasional rope hung from a tree. *This was certainly the stuff of Tom and Huck*, I thought. *But where was Becky Thatcher?*

In many ways, the experience of life is like navigating a river. While the most tumultuous looking currents are often avoided, **the more subtle currents can, over time, move us to places we never intended to go.**

We're living in an age when if we're not alert, secular currents will undermine our most important values. Direct satellite T.V., for example, will soon offer us a choice of over 500 viewing channels. A plethora of mindless and even insidious T.V. shows will do their best to seduce us from spending time with our families, friends, and from serving others in the community. From Pennsylvania to Pakistan, 20 million computer users around the world are logging onto the Internet. Computers, like television, can also drain away our humanity, our ability to relate to others—it's addictive.

The simple but meaningful lifestyle of small towns is slowly disappearing. Rural America now offers little employment to most citizens, except for a few farmers and some urban expatriate professionals. Recently my father, Dr. Clyde Narramore, was sharing with me that when he was a boy growing up in a small community in Arizona, nearly all the teachers in the local public school loved the Lord, attended church, and many taught Sunday School classes. How different today—with God and prayer banned as illegal. Sadly, these positive values seem to have been replaced by guns, drugs, body searches, and untold numbers of teen pregnancies.

The currents that flow through our system of higher learning are even more unbelievable. Universities teach an unof-



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AGAINST THE CURRENTS

ficial religion of relativism—"there is no right or wrong other than that which feels good to you." In California, UCLA delights in offering courses on religion featuring guest speakers such as "his holiness, the Dalai Lama."

There's no corner of today's society that isn't flooded with currents of corruption. Take the judicial system. During the past few years, millions of Americans have witnessed the slick activities of clients with "dream-team" attorneys and high-priced witnesses. A growing number of psychologists find full-time employment in consulting with criminal defense attorneys to show them how to select juries who will free their guilty clients. In some cases, a fair trial is preempted before the first witness even appears.

TV shows like "Ozzie and Harriet," which typified the wholesome American family, have been replaced by family-degrading shows such as "All in the Family," "Roseanne," and "Married With Children." It isn't unusual in a classroom to find that two-thirds or more of the children are from broken homes. Most married couples both hold full-time jobs, and have little time for their latch-key kids. A recent study shows that couples spend an average of less than seven minutes a day talking to each other in quality time!

I think about my grandparents, Edwin and Alice Elliott, who lived next door to

our family. I remember them as godly people who read the Bible and prayed together each morning and evening. In his free time, Grandpa enjoyed reading and learning and making things in his workshop. Grandma spent her time working in the garden, corresponding with family members and friends, and helping out wherever she could. They could easily have been the subjects of a Norman Rockwell drawing. They were right and good!

Is there a way to wage war against the corrupting currents in today's society? Although we will never return to the 1880's or even the 1950's, the answer is yes! There definitely are ways to become relatively more balanced.

First, we must become aware of the hundreds of negative currents that are all about us. And when we fail to paddle against the current, we are actually floating down the river as we did on the Itchetuknee. We must turn to the gold standard of the Bible and look for priorities. Have you and I set aside time for daily communication (prayer and devotions) with God? Are we spending enough time and having right relationships with members of our families? Is work interfering with our family life? Are we reaching out to support our communities both spiritually and socially? Are we making a difference politically by voting and making our opinions heard by our elected officials? Are we staying physically healthy? Has television replaced the joy of reading?

A twelve-year-old boy from London born in 1688 by the name of Alexander Pope, wrote a poem called "Solitude" which embodies many of the ideals of balance brought by currents of rectitude and probity. It teaches us some valuable lessons for today's society. Here are some lines:

Solitude

Blest, who can unconcernedly find
Hours, days, and years slide soft away

In health of body, peace of mind:

Quiet by day.

Sound sleep by night; study and ease

Together mixed, sweet recreation,
And innocence, which most does please

With meditation.

When Eat Turns To Fat

(Continued from p. 11)

convenience foods both in and out of the home. The phenomenal success in the last 15 years of the fast-food hamburger chains is an obvious outgrowth of our changing eating patterns.

Another major factor in weight control concerns our energy output. It is not only important to monitor our caloric intake (calorie = a unit of energy), but also the calories we expend. Increasingly, the pattern is to consume more calories in the form of convenience foods, recreational snacks, and at the same time expend less energy. Machines wash and dry our clothes, floors are vacuumed instead of swept, for recreation we dine instead of walking or bicycling, power lawn mowers abound for even the smallest of lawns—in short, the day-to-day work which once required considerable energy output is now done for us by machines. Result: our caloric intake exceeds caloric output and the telltale “bulge” appears.

There are many measures to determine obesity. The most common is the “regimented weight for height” tables which are frequently seen. A readily available measure is called the “magic 36.” If one’s waist measurement is subtracted from one’s height and the resulting number is no greater than 36, no obesity is indicated. Generally, we know when we are overweight, however, and do not need (or want) any “official” measurement to confirm it.

Understanding The Causes

Theories of obesity abound. It has been argued that obesity is an inherited trait, or that it is a biological-metabolic disorder, or that it is a psychological problem, where excessive eating is symptomatic of an underlying emotional disorder. All of these explanations share one common observation: *The obese take in more calories than they expend. When this condition is brought into balance or reversed, effective weight control can occur.*

When it comes to eating, overweight people seem to operate on a different system than those of normal weight. The main distinction seems to be that obese persons tend to respond readily to “food cues” (the sight of a sandwich, the smell of a bakery, a TV food advertisement),

while those of average weight tend to respond more to internal signals from an empty stomach, or hunger pangs. Result: obese people tend to eat whether they are hungry or not.

If environmental factors such as food-related cues are a major problem for the obese, then it logically follows that an effective weight loss or weight control program begins with control of the *situation*. In this case, it is more important

If food can interrupt negative feelings, so can other things.

than control of the person. The following are some of the situational difficulties encountered by the overeater.

1. He will probably eat when food is clearly in view and when it is in edible form (rather than requiring cooking or other preparation).

2. He will tend to eat more when his intake is not measured, less when he is aware of how much he is eating.

3. He does not eat everything within reach. Rather he has special favorites, special “weaknesses.”

4. He often has a spouse who starts food-related conversations, thus introducing food cues into the situation.

Situational control implies a person getting control of his environment rather than the opposite. For overeaters, it means taking steps to eliminate or change the cues which are likely to trigger the urge to eat. Some suggestions:

1. Buy only non-fattening foods. If one sees the food, one is likely to eat it.

2. Shop only when the stomach is full. People who shop just before dinner not only buy more snack food and instantly-prepared meals, but they spend an average of 15% more money than those who shop shortly after a meal.

3. Make up a shopping list in advance.

Then take only the money you will need. This adds another element of control over shopping habits.

4. Pick one place in the house (at the dining room or kitchen table) and make that your only eating place. While in that place, do nothing else—only eat. This curtails eating in response to TV ads, snacking between chores, etc. This limits one’s eating behavior to one place while at the same time separating eating from other activities.

5. Make small servings look larger by using smaller plates. If it looks like more, we tend to be satisfied with less.

6. Eliminate troublesome “seconds” by not preparing enough to allow for them.

7. Enlist the aid of family or friends. Encourage them to help you by gently pointing out large servings, snacks, etc.

8. Schedule meals regularly to avoid undue hunger.

Some overweight people report that their eating is associated with feelings such as anger, boredom, or depression, and that eating is an effort to overcome their negative feelings. The sad fact is that while eating may be temporarily rewarding in that it diverts one’s attention from these uncomfortable feelings, the long-term effect is to increase weight, decrease personal attractiveness and, in all likelihood, make one feel more lonely and more depressed than ever. If food can interrupt negative feelings, so can other things. Some suggestions:

1. Call a friend, and meet with him or her. (Don’t meet for coffee at a restaurant!)

2. Keep diversion activities readily available (such as materials for interests or hobbies).

3. Express negative feelings to the appropriate people. Scripture urges us to go to people and work out our differences rather than bottling feelings inside (Matthew 18:15).

4. If you must eat, keep a “safe” snack on hand. Celery, carrots, or fruit are recommended.

A second major area to consider is that of *nutrition*. This is a rapidly developing science, and has differing schools of thought. The best advice is to balance your diet. Foods that are sold “ready to eat” are often so highly processed that little nutritional value is left.

The Importance of Keeping Score

Once a healthy, balanced menu is estab-

lished, you can start counting calories.

Calorie-watching and counting is an old sport among chronic dieters. It is an important part of weight control, however, and should not be discounted. The best way to determine one's daily caloric intake is to keep accurate records. After several weeks of charting your calories, along with your first-thing-in-the-morning weight check, you can select a daily calorie limit that will begin the weight-loss process. It is important not to try to lose weight too fast! It was gained slowly and should be lost the same way. Furthermore, crash diets whose targets are 10 pounds per week weight loss are usually too difficult to maintain, or so annoying to the dieter and his friends or family, that the whole program is dropped before significant results can be achieved. This results in what researchers call the "yo-yo syndrome," in which one's weight regularly rises and falls across a 15 to 20 pound range. The result is poorer health, clothes which don't fit, fatigue, and often a feeling of depression. The best weight control plan is one with which you can live. This means a modest goal—perhaps one pound a week—over a longer period of time.

The third major area, after situational control and nutrition, is *exercise*. In our automated society we do far too little exercising. The best weight control effort combines all three major areas discussed here. If lowering the daily calorie intake does not produce fairly steady weight loss, then perhaps exercise should be increased. It is important to make small changes. A moderate decrease in calories, coupled with a moderate increase in exercise may be sufficient to effect a slow, steady loss of weight.

Exercise is available without buying bulky equipment or joining expensive health clubs. Here are some suggestions:

1. Park one block from your destination and walk the rest of the way. Keep increasing the distance.

2. Walk up short flights of stairs two at a time.

3. Learn to "fast walk," take longer steps (long enough to stretch out the muscles), and slowly increase the speed with which you take steps.

4. Wash your car by hand. In general, don't do anything by machine that you can reasonably do by hand.

5. Exercise in a way that fits your life

style. If the exercise program is uncomfortable and inconvenient for you, it will not be maintained. Most of us can walk, however. Example: a thirty-minute walk uses 120 calories. Daily walks will use 840 calories per week.

Weight loss and weight control can be frustrating. Sometimes losing a sufficient amount of weight will take over a year. The important point is: do it slowly! A pound a week of permanently lost weight is better than shedding 15 pounds fast and then allowing the

unwanted weight to return.

Self-control is one of the fruits of the Spirit (Galatians 5:23), but it is up to us to nurture it. Gluttony is a sin (Deuteronomy 21:20), but self-control is the answer. As we develop this positive quality, we free ourselves from feelings of guilt and failure which often accompany over-indulgence. With God's help, you *can* be a winner! □

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YOUR INFLUENCE LIVING FOREVER

* *Living forever* is a reality. As a Christian you are assured of this truth—that to be absent from the body is to be present with the Lord (II Corinthians 5:8).

* You can also "live forever" in another sense: through your Will, you can provide that some or all of your possessions go to a Christian organization that will use your substance to influence lives for eternity. In this way you are sharing directly in the salvation of souls and the alleviation of human suffering—even after you have gone to be with the Lord. Let us encourage you to keep your Will current and to remember the Narramore Christian Foundation.

Coming Next Issue

**Can America Survive
Without Moral Leadership?**

Make Up Your Mind

The Loneliness of Grief!

Lord, I Want To Resign

**Healing For The
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**Denying An
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ANSWERS TO YOUR QUESTIONS

by Clyde M. Narramore

WHY DO SOME CHILDREN FROM CHRISTIAN HOMES NOT FOLLOW THE LORD?

QUESTION:

Can anything be done about children and young people who are reared in Christian homes but who are never saved? Or, if they are saved, they aren't following the Lord. This is not only bad for the children, but it's a heartbreak and embarrassment to the parents. And, of course, it's a poor witness to the unsaved.

ANSWER:

You have put your finger on one of the most serious problems in our homes and churches. You would think that boys and girls who are raised in a Christian environment and who attend Sunday School and church, would follow the Lord. But as you pointed out, this is not always true.

The Home Climate

The atmosphere in many homes, even Christian homes, is not always positive. Often there is fighting, quarreling, and disagreement among family members. Instead of a quiet atmosphere of love and respect, there is anger and confusion.

Many couples do not have an exciting, loving relationship. They let the chips fly where they may, and often they hit the children. Marital discord brings a great deal of tension into the home. The parents are in need of counseling for their marriage, but they do nothing to improve the relationship...and so the unhappiness continues.

Interestingly, children often blame themselves for unhappiness in the home. This self-

blame usually causes a youngster to dislike himself and almost every aspect of his life, including his parents' profession of faith, and the church they attend. In short, many of the vibes which children pick up in an unhappy home cause them to want to get out of it as soon as possible. This carries over into their feelings about Christianity.

The Bible

Some families are strong in their Biblical stand. Instead of allowing all kinds of godless things to infiltrate their children's minds, they are taught God's Word. They learn Christian songs, play Christian games, and are involved in activities that honor Christ. Children who are Bible-taught are much more likely to accept the Lord and to follow Him than those who do not have this wonderful privilege. After all, "faith comes by hearing and hearing by the Word of God" (Romans 10:17). Some children "fall away" because they have not been solidly taught.

Critical Attitude

One thing which turns children off is hearing too much criticism. Some parents are critical of everything and everybody—they criticize each other, their children, the pastor, the deacons, the soloists, the choir, the organist, their Sunday School teachers, and everyone else. This destroys a child's confidence in the very ones he should respect and look up to as role models.

A parent may be a Christian who attends church

regularly, but if he is overly critical, his child will probably conclude that the church is so flawed that he wants nothing to do with it.

One of the biggest reasons that a child in a Christian family may reject Christianity is that his parents' *walk* doesn't match their *talk*. When a child sees inconsistencies between what his parents profess as opposed to what they do, he is apt to conclude that Christians are phonies. He is turned off.

Abuse

A few years ago I had the privilege of serving on the Attorney General's Task Force to study the problem of family violence. For more than a year, the nine of us on the Task Force traveled across America studying problems and hearing testimonies about mistreatment within our families. The picture was very bad. Child abuse, especially emotional abuse, is rampant.

An independent questionnaire/study which I conducted at that time about abuse in evangelical Christian homes indicated that emotional abuse is the most frequent type in these families. This involves yelling at the children, putting them down, ignoring them, and abusing them verbally.

When a child is raised in a home where he is the object of abuse, over a period of time he develops a low self-image. He may also harbor a lot of anger and resentment. And since his parents claim to be Christians, he rejects their religion. He feels that if this is

what Christianity is all about, he can do without it.

Church

Church attendance is not an option. Children should learn early that this is expected.

It's the parents' job, of course, to make sure they are attending a good, Bible-centered church. Naturally, if a child doesn't hear sound gospel preaching, he isn't going to be challenged to give his life to the Lord. When this is the case, it is not surprising that he has no real interest in the things of God, much less a desire to follow Christ as he becomes a teenager or young adult.

Make sure that the church you attend has an active program for children and young people. You can't expect your children to be thrilled about church if they are bored.

Peers

The kinds of friends with whom children associate have an enormous influence. It is extremely important that their friends are dedicated Christians—even if it means doing a lot of chauffeuring on your part to make this possible.

Choices

Sometimes a child may be brought up in a Christian home, and still choose to stray away as he gets into his teen and adult years. We are all responsible for our own choices. But when a child has been brought up in "the nurture and admonition of the Lord," and then turns away, parents can pray that God will bring him back. I have seen this prayer answered many times. □

by Lee and Gloria Bendell

MUSIC AND YOUR HEART HOW TO KEEP IN TUNE (Part 2 of 2)

The Lord your God is with you,
He is mighty to save.
He will take great delight in you.
He will quiet you with His love,
He will rejoice over you with singing.
Zephaniah 3:17

Lord teach us to listen. The times are noisy and my ears are weary with the thousand raucous sounds which continuously assault them.

If we can no longer experience the church as a quiet sanctuary where God's Holy Word and worshipful music can heal our minds and bodies with even vibrations (rather than the uneven vibrations of noise that saps the listener's energy), then we have become no different than the noisy, clanging world outside. Must we really bring the world's raucous sounds into the church in order to win the unconverted to Christ?

"What do you do when worship styles clash?" asks Garth Bolinder, Pastor of Hillcrest Covenant Church in Prairie Village, Kansas. He continues, "When the winds of worship renewal and change blow through your church, do they come as a gentle breeze or with hurricane-like force? This is an issue that seemingly will not go away today. Most pastors, worship leaders, and musicians have felt the clash of worship and musical styles. And like any renewal, this one has the potential either to bring fresh truth and vitality to the local church—or produce harm and decay. Pastors, worship leaders, and choir directors all know that music in the church can be both inspirational and incendiary. Strongly held musical tastes run deep, and leaders can quickly find themselves the target of a musical vigilante."^{*}

The big clash may not be so much the diversity of music as the volume with which it is rendered. Today's teenagers have been condi-



tioned to enjoy a very different type of music, and many churches have acquiesced to their wishes by encouraging teens to have their own type of music in their own departments—sometimes excusing attendance at the regular church service so they can have their own music.

We are members of a large, prominent evangelical church in Southern California. Recently at a church function we sat with the *Forever Young Fellowship* for "youthful" senior adults. During the evening, the topic of discussion turned to the newly-instituted Saturday-night service. This service is designed to attract the younger generation by catering to their preference for contemporary music (with loud amplification), as well as to provide a viable opportunity for Saturday-night dating. The Saturday-night message by our beloved pastor is the same as the one he preaches for the two morning services the next day.

During the course of our conversation one older couple confessed that the Saturday-night service was *preferable* for them. When asked if they liked the music on Saturday evenings, they exclaimed, "Heavens, no! We just turn our *hearing aids off* and wait for the pastor to speak."

Satchel Paige once said, "It's a question of mind over matter—if you don't

mind, it doesn't matter." Fortunately, **some of us have managed to maintain our hearing, against all odds, and it does matter deeply.**

Regardless of how the musical pie is sliced, the sound crew plays a vital role in a church's worship services. Church boards, lay leaders, choir directors, and pastors give quality time, and much prayer while searching for a minister of music, but probably give little thought to the sound crew operating the church's sound system. (They leave that to the acoustical engineers who may or may not have an ear for music but often seem to have a preference for an abundance of sound.) The fact remains that a vital link to the musical portion of the worship service has much to do with the musical taste of the sound crew.

Loud volume has little to do with tone quality and brightness. And it can be very inappropriate.

One Sunday evening service promised to be a blessing for all who attended. In concert for everyone's enjoyment was the full-bodied tenor, Daniel Harper, the resonant baritone, Michael Roger, and the rich basso cantante of Ken Carter who comprise a new and exciting musical group known as *Opus Dei*. They were accompanied by a 40-piece live orchestra. Every element was present for a stirring concert. The director of the orchestra had every instrumentalist under control. The *Opus Dei* singers were exceptionally professional in their delivery of classical and contemporary Christian music and the church sanctuary housed a capacity crowd. Unfortunately, the tonal quality, clarity of sound, and the richness of their blended voices that should have thrilled us was *lacking*. Why? Because everything was miked and amplified at the discretion and mercy of the sound crew. The magnificent voices of *Opus Dei* were mingled with the orchestra with no more emphasis on their singing than on the instruments. **Lost were the vocal**

(Continued on p. 9)

^{*}From an article published in *Your Church* magazine, January/February 1996.



OUR WORLD TODAY

by Eva Hallam Solberg

PHYTOCHEMICALS IN FIGHTING CANCER

The National Cancer Institute (NCI) is studying chemicals found in plant foods. In addition to nutrients and fiber, fruits, vegetables and grains also contain phytochemicals — naturally occurring plant chemicals. In this newest and most promising area of research, phytochemicals appear to prevent some cancers and inhibit the spread of malignant cells. There may be hundreds of phytochemicals in foods working together in ways that could take years to identify and understand.

Despite evidence for their health benefits, more than two-thirds of Americans fail to meet the guidelines of eating at least five servings of fruits and vegetables daily to lower the risk of some cancers.

(Mayo Clinic Health Letter)

SLEEP: YOUR NIGHTS AFFECT YOUR DAYS

Sleep is the foundation for our health, fitness, and well-being. During sleep our muscles tense; our pulse, temperature, and blood pressure rise and fall, we are sexually aroused; our senses evoke a world of sights and sounds. We accept sleep as commonplace, yet when we cannot sleep, we yearn for it more fiercely than for the rarest treasure.

Studies have shown that sleep complaints increase with age, and more women than men report such problems. Actual numbers of the "waking wounded" who stumble through the day may include millions who don't connect their daytime daze with their lack of nighttime rest. Those

"Tenderness and good will are potent factors in promoting the unity and stability of the family."

—A. J. Cronin

who are not getting the sleep they need are less alert, less personable, less competent, and less happy because of it.

(THE COMPLETE BOOK OF SLEEP by Dianne Hales)

A.D.D. — A DUBIOUS DIAGNOSIS

Thousands of parents turn to A.D.D. "support groups" for information and help. They expect the information to be accurate, unbiased and complete. The largest of these support groups is Children and Adults with Attention Deficit Disorder (C.H.A.D.D.). Many parents do not know that for years C.H.A.D.D. has been receiving large sums of money from the maker of Ritalin, Ciba-Geigy.

To see what C.H.A.D.D.'s literature tells parents, along with some information it doesn't present, phone 212/941-8060 and ask for the Merrow Report.

(The Merrow Report, 588 Broadway, Suite 510, New York, NY 10012)

AEROBICS FOR THE BRAIN

Researchers have found that when sounds have been slowed down and exaggerated, brains of language-impaired

children form new patterns, and eventually, they learn to distinguish different sounds in ordinary speech. To reinforce this training, scientists at Rutgers University developed computer games in which children learn to distinguish between words like toe and doe and are rewarded when they do so by lively animations. As a child's performance improves, the exaggeration of the sounds is decreased.

(Time magazine)

BARE FACTS ABOUT BALDING

The most common cause of hair loss is genetically predetermined and can be inherited from ancestors on either side of the family. Abnormal hair loss also can result from chemotherapy and radiation used to treat cancer. Various medications, high fever, severe infections, childbirth, inadequate protein in the diet, birth-control pills, iron deficiency, skin diseases, surgery, and some other conditions also can cause balding.

Though new drugs have raised hope, the Food and Drug Administration regards "over-the-counter hair-grower and hair-loss prevention drug products as not generally rec-

ognized as safe and effective, and as being misbranded."

(University of Chicago Better Health Letter)

WELLNESS POLL

Readers of the Wellness Letter responded to the question, "What is most frustrating about the health care you get?" by answering that the cost of care and insurance was more than they could afford. Other frustrations were the wait in the office, and doctors who knew little about nutrition and other lifestyle issues. A cheerful thirty-five percent predicted that preventive care will be easier to come by and will be covered by insurance in the future. Almost as many think that research will show most illnesses can be prevented with proper nutrition.

(University of California Berkeley Wellness Letter)

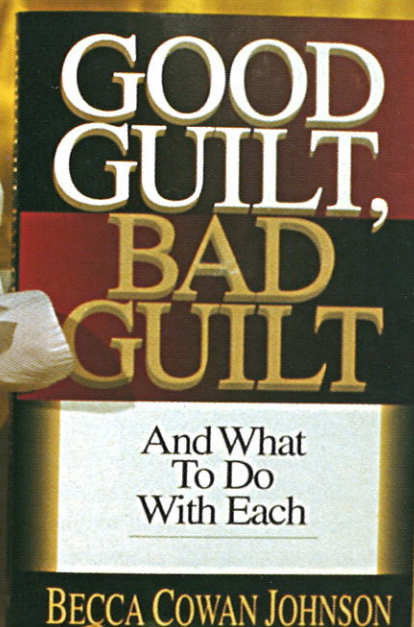
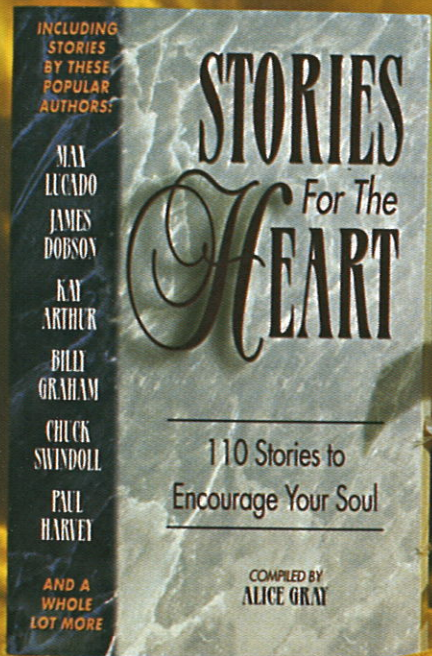
PETS AND YOUR HEALTH

In organized therapy programs and in homes, pets are tickets to better mental and physical health.

A visiting pet brings smiles and a chance for people to give and receive attention. Walking the dog gives opportunity for more exercise. Positive interactions with pets can lower blood pressure. After a spouse's death, a grieving pet owner is less likely to become depressed or have deteriorating health.

For information on visiting-pet programs or becoming a volunteer with your pet, contact The Delta Society, P. O. Box 1080, Renton, WA 98057-9906. Phone (206) 226-7357.

(Mayo Clinic Health Letter)



STORIES FOR THE HEART

110 Stories to Encourage Your Soul

Compiled by Alice Gray

This is a collection of short, moving stories, that includes many by popular authors such as Max Lucado, James Dobson, Kay Arthur, Billy Graham, Chuck Swindoll, Paul Harvey, and a whole lot more.

A picture says a thousand words... and a good story spans generations. Through all 300 pages of this treasure of tales, you'll be touched by encouragement, compassion, and love.

You'll find yourself sharing these uplifting stories in conversation. Their wisdom will inspire your thinking and add flavor to your views. They will linger long in your heart.

Whether you cuddle up by the fire, bask in the sunshine, or sit with someone you love and read the words out loud—they will encourage your soul. A great gift item!

GOOD GUILT, BAD GUILT

And What To Do With Each

by Becca Cowan Johnson

Most of us feel guilt daily, whether we have strayed from our fat-free diet or have neglected spending much time with God. Some of the guilt we experience comes from having a healthy conscience. Guilt, properly understood, can reveal sin in our lives and lead to repentance. But bad guilt undermines emotional and spiritual growth. It is destructive and even immobilizing.

The difficulty is that it is hard to tell the difference. But this 179-page book written by a clinical psychologist, will help you unmask bad guilt and get rid of it. Once you learn to identify unnecessary guilt, God will begin to work powerfully in your life. And you'll discover how good guilt can challenge you to glorify God in all you do. This book will set you on the path to freedom!

For your contribution to the ongoing ministries of the Narramore Christian Foundation of \$20 or more, you may choose to receive either Alice Gray's collection, **STORIES FOR THE HEART** or Becca Cowan Johnson's book, **GOOD GUILT, BAD GUILT**.

*** SPECIAL...** For your gift of \$35 or more, you'll receive both **STORIES FOR THE HEART** and **GOOD GUILT, BAD GUILT**. To order, call 1 (818) 288-7000, or write to Narramore Christian Foundation, P.O. Box 5000, Rosemead, CA 91770-0950.

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