

PSYCHOLOGY FOR
LIVING
NOVEMBER / DECEMBER 2000



**Marriage Mentoring:
The Sleeping Giant In the Church**

**From New Age Myths
to Age-Old Reality**

**The
Remarkable
Power of Christmas**

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NCF VIEWPOINT

What's In A Name

By Bruce Narramore, Ph.D.

My wife Kathy identifies me by many names.

On different occasions she has called me "Honey," "husband," "father," "psychologist," "professor," "farmer," "gourmet chef" and "author." She also has a couple of psychological names for me — like "obsessive" and "perfectionist." Once when I was going through a pie-baking phase, my then eight-year-old daughter Debbie told me, "Daddy, you are my piechologist!"



Bruce Narramore, Ph.D.

Names that people call us say a lot about us. They describe who and what we are through other people's eyes.

Biblical names carried even more weight. They often described a person's actual character. Jacob, for example, means "deceiver." And Joshua means "savior." They both lived up to their names!

As we approach this Christmas season, I have been thinking about how much we can learn about Jesus Christ by reflecting on the many names ascribed to Him in the Bible. Think about these names of the incredible, incomparable Jesus:

- Son of David (Matthew 9:27)
- Son of Man (Mark 13:26)
- Carpenter (Mark 6:3)
- Christ (Mark 8:29)
- Messiah (John 1:41)
- Rabbi (which means master or teacher — John 3:2)
- Emmanuel (which means God with us — Matthew 1:23)
- Wonderful, Counselor, Mighty

God, Everlasting Father, and Prince of Peace (Isaiah 9:6)

- Prophet (Acts 3:22)
- God's only Son (John 3:16)
- Good Shepherd (John 10:11)
- Light of the World (John 9:5)
- Lamb of God (John 1:29)
- Bread of Life (John 6:35)
- The resurrection and the life (John 11:25)
- The way, the truth, and the life (John 14:6)
- The true vine (John 15:1)
- Chief Cornerstone (Psalm 118:22)
- King of the Jews (Matthew 27:37)
- High Priest (Hebrews 4:15)
- Bridegroom (Matthew 9:15)
- The Word made flesh (John 1:14)
- King of King and Lord of Lords (Revelation 19:16)
- The Root and the Offspring of David, the Bright and Morning Star (Revelation 22:16)

And what better way to sum up who Jesus is than the Alpha and Omega — the Beginning and the End (Revelation 22:13). He was in the beginning. He created all that exists. And He will be with us at the end of time in this age and for all eternity.

This year, let's celebrate the Christmas season with a deeper awareness of who Jesus is and what He has done for us. You might even want to read one name of Jesus every day for the month of December and reflect with your loved ones on the significance and meaning of that name of Jesus Christ for you.

And let's not forget the name which was given to God's Son before He was even born: "And she will bring forth a Son, and you shall call His name Jesus (Savior), for He will save His people from their sin." That's the purpose of Christmas!

May this season be your most meaningful ever.

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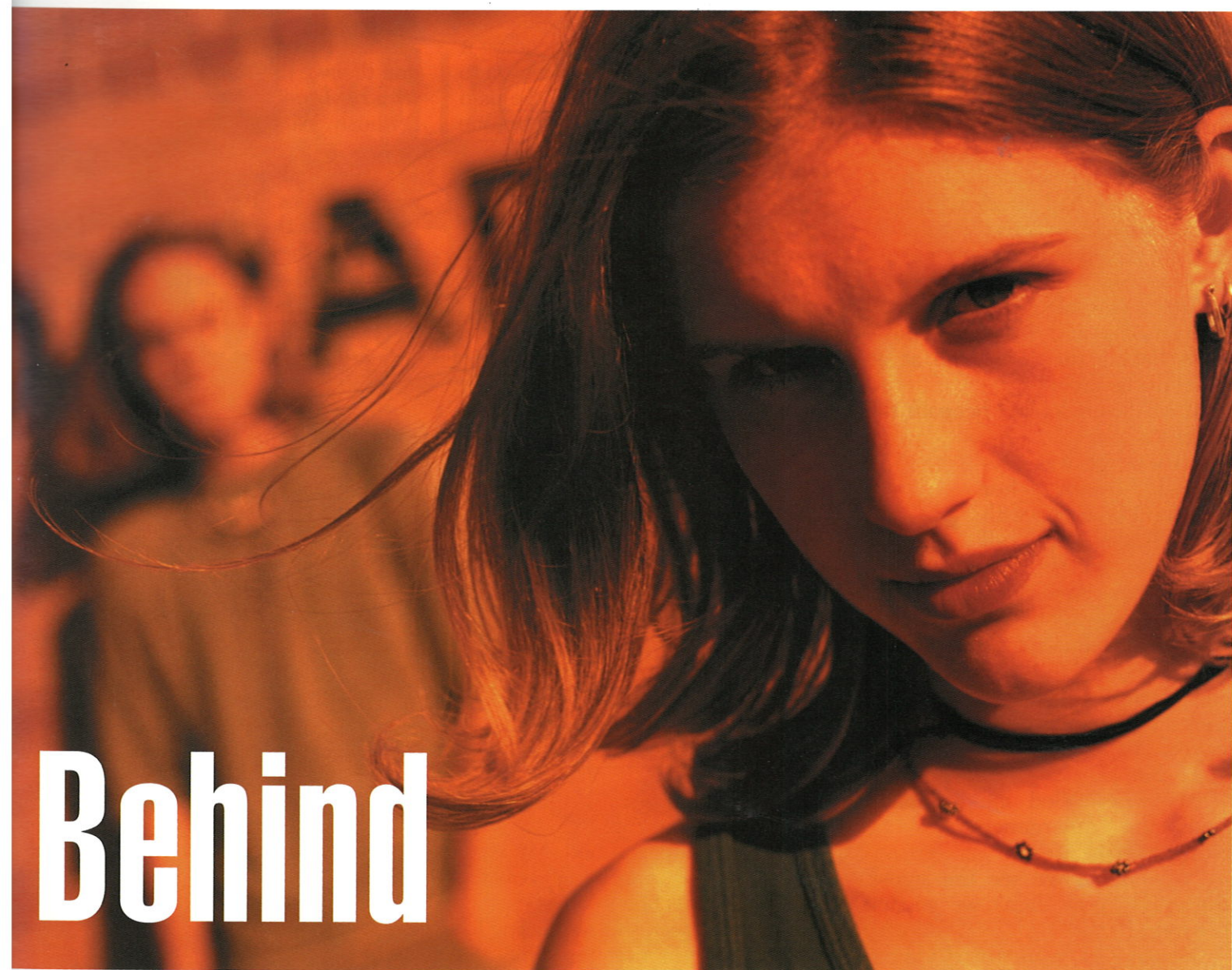
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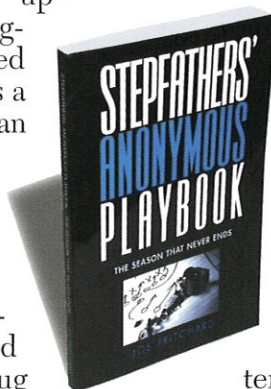


Behind

Closed Doors

By Joe Pritchard

I interviewed a nice Christian family the other day. Friendly, well-mannered folk, upwardly mobile and managing life well, or so it seemed on the surface. Working as a crisis counselor out of an urban hospital's psychiatric emergency room (ER), I've grown accustomed to and quite comfortable with those less fortunate souls in life's battles – the homeless and helpless, drunks, drug addicts, derelicts, and even



those who are truly deranged. Give me a schizophrenic seeing stars in his cornflakes, and I'm fine. It's the increasing number of "normal" families showing up on our doorstep that scare me. People like me with families like mine. Here's their story, as told to me by one father, a down-to-earth, good-hearted man deeply committed to his family. Just like you and me ...

"My wife and I have a wonderful teenage daughter – a bright kid, very quiet, no behavior problems ▶

whatsoever. She was attending a magnet school and seemed to be doing fine. On the surface anyway.

"If I'd only looked beneath the surface ... "My wife wasn't looking either. We both assumed she was okay. Oh, she seemed down at times, but we had no idea. To us it didn't appear especially unusual that she stayed in her room most of the time. She was a teenager! Don't all fifteen-year-old girls withdraw to their rooms and listen to music while talking on the phone at all hours of the night?"

"If we'd only looked beneath the surface

"I knew she was devastated when her boyfriend broke up with her. But don't all teenagers go through times when they think the world is going to end — especially teenage girls when it comes to boys? She seemed to bounce back okay. Oh, she stayed in her room more, but

"My wife called me from the emergency room in shock.

"Why didn't we see the signs?" she cried. "Why didn't we go into her room?"

"I was so concerned about respecting my stepdaughter's privacy that I literally never went into her room. My wife didn't either. We didn't want to snoop — didn't want to go looking for something that we didn't think was there anyway.

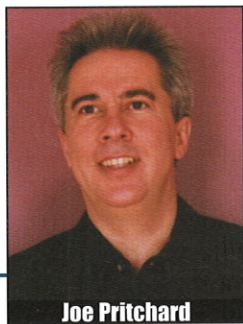
"Looking back, we must have been blind! My stepdaughter was leaving signs in her room, all over the place, crying out for our help. Since we were being such "wonderful, trusting parents" by not invading her space, she brought her space to us — she left a page of her diary on the kitchen counter right next to the coffee pot. Nothing like putting it right under our noses.

"My wife found it. My fifteen year-old stepdaughter was contemplating suicide. The one page of her

diary she made sure we would find was filled with thoughts of ending it all because she had no real reason to live — one page filled with the pain she felt from feeling she had no one to love and no one who needed or cared what happened to her. That no one included us. And then the real scary part — her talking about how the razor made her feel when she cut up and down her forearms.

"How could we have missed it? When my wife found the note, she raced to her room. There she sat on her bed with her long sleeved shirt on — in the dead of summer! When my wife asked her to roll up her

“



Joe Pritchard

Looking back, we must have been blind! My stepdaughter was leaving signs in her room, all over the place, crying out for help.”

sleeves, she was stunned. My stepdaughter's forearms were covered with razor cuts! She told her mother that she had been self-mutilating for six months — about the time her boyfriend broke up with her.

"We were fortunate. Some parents don't get a second chance."

Sad to say, too many parents *don't* get a second chance. Suicide among teens has reached epidemic proportions. The statistics are staggering. In the past 12 years more kids have committed suicide than there were soldiers slain in the Viet Nam war — over 500,000. One of the major triggers for teenage suicide — and adults for that matter — is the loss of a loved one. As parents, we know that teen perception — when it comes to relationships and "being in love" — is often greatly distorted. However, we're not going to change that perception by ignoring or downplaying it. And the odds are,

we're not going to change it at all. Thus, it becomes even more important that we take our kids' break-ups with boyfriends and girlfriends very seriously. We can't assume that all is well just because they're following the rules and not causing any obvious problems. It's also critical that we pray for them. Also, we need to pray with them. Drop them a note or a card — let them know that Jesus is touched with the feelings of their infirmities: "For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet was without sin" (Hebrews 4:15, NIV).

I'm also not suggesting that as parents we sneak around our kids' rooms while they're out and read their diaries. Our kids should have some sense of privacy, not to mention a whole lot of trust that we will respect their belongings the same way that we expect them to respect ours. However, there must be a balance! We can't assume that a quiet, private kid is necessarily a well-adjusted, happy one.

Spend some time with your kids in their rooms.

On their turf.

Observe.

Look around!


Ask questions, but ask them in a non-threatening way.

Listen.

Learn.

Let them know you care by being nosy enough to ask.

Don't wait until they are in the emergency room to find out what you've been missing.

Joe Pritchard is a licensed professional counselor and freelance writer who has spent the past 25 years working with troubled kids and families. His inspirational/humorous book, *Stepfathers' Anonymous Playbook ... The Season That Never Ends*, (\$10 + free shipping) can be ordered via e-mail or by calling (615) 847-8741. 

The Remarkable Power of Christmas

by Dick Innes

Lieutenant Gitz Rice belonged to a famous Canadian regiment that was sent to France in World War I. His regiment fought across the bleak no-man's-land under fierce fire from the enemy.

One unusual instrument Rice's company took with them was a piano which Rice used to compose the famous war-time song, "Mademoiselle from Armentieres."

On Christmas Eve the piano was brought to the front-line trenches. That night, an eerie quiet settled over no-man's-land that felt like a lull before deadly attacks at daylight. Enemy troops were so close they could be heard talking.

Shortly before midnight, Rice began playing Christmas carols in a British trench. The melody, "Silent Night, Holy Night," rang out and pierced the cold, frightening night. Then he played "Hark, the Herald Angels Sing."

The Canadian soldiers joined in and sang with great gusto. Suddenly they were startled to hear the German soldiers joining them in song: "Stille Nacht, Heilige Nacht." Then followed other carols familiar to Christians everywhere.

Rice then played a German aria from Wagner's "Tannhauser." As he did, a Canadian soldier climbed out of his trench, stood in the open and sang the words.

"Mehr! Mehr!" (More! More!) shouted the Germans. Then one of their own men climbed out of his trench, standing as a possible target for the British rifles, and blended his rich baritone voice with that of the Canadian. ➤



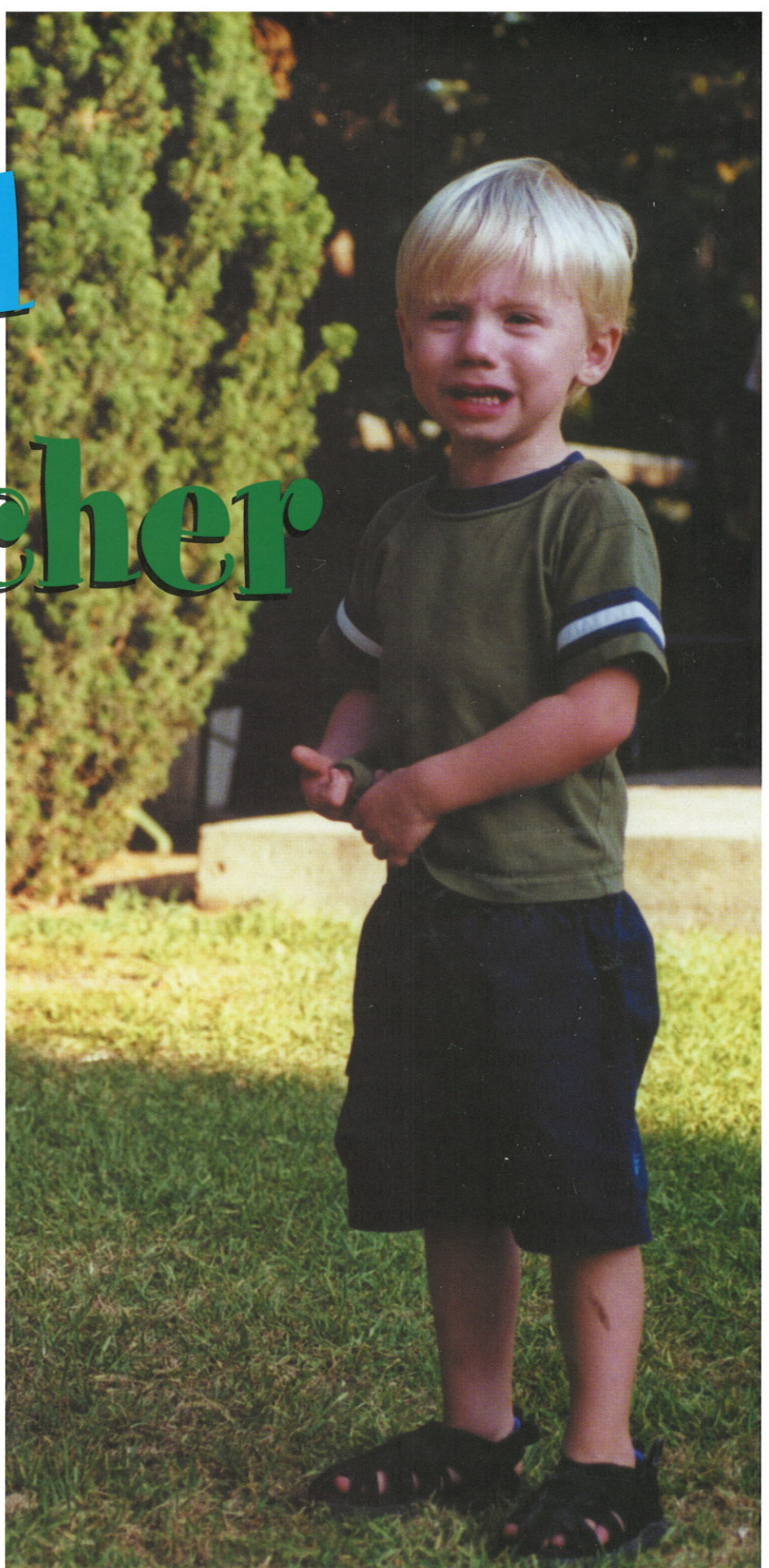
My Child My Teacher

By Karen Johnson Zurheide

As a first-time mother, I was all set to mold and shape my precious child, to foster appropriate behavior and to teach the values and beliefs I hold dear. Little did I know the challenge I would have on my hands! Instead of satisfying days overflowing with smiles and affection while a little person eagerly absorbed my teaching and followed my example, I was met with tears, tantrums and a tenacious will!

From the start my daughter was clearly her own person, marching to her own drumbeat, basically resistant to outside influence. What's more, she was ultrasensitive, overly aware and pensive, more inclined toward floods of tears than the smiles parents look for. Though the typically difficult times (such as traveling and toilet training) went smoothly, the relatively easy, everyday situations (like dressing and bedtime and most of what came in-between) were difficult. With Molly, I never got what I expected. I almost always had a battle. And it didn't end with the "terrible twos." While some people use the term

My Child My Teacher continued on page 18 ►



By Les and Leslie Parrott



Tom and Wendy were the typical newly-married couple. In their mid-twenties, they had dated for nearly two years before getting engaged. They had the blessing of their parents, attended premarital counseling, and were on their way to living happily ever after — or so everyone thought.

But marriage for Tom and Wendy, like the majority of newlyweds, wasn't all they had hoped for. Each of them, for different reasons, felt a bit slighted. Unlike the majority of couples, however, Tom and Wendy talked openly about their feelings. The expectations they had of marriage were not being met, and they were determined to do something about it. So, on a cold January day four months after their wedding, Tom and Wendy asked for help.

Bundled up against the cold, they came into our office and began to shed their coats. As Wendy

Marriage Mentoring: Mentoring: the Sleeping C

sipped hot coffee to thaw out, she said: "We have talked to friends and family about what is going on, but we both decided we needed more objectivity."

Tom joined in: "Yeah, everybody who knows us just says 'Give it time' or something like that." Tom went on to say that their marriage was not suffering a major trauma, no major overhaul was needed — only, as he said, "a little realignment."

We met with Tom and Wendy for nearly an hour, listening to their experiences. We gave them a couple of exercises to help them explore their misconceptions of marriage, and we recommended a few resources. Then we talked about the idea of linking up with a marriage mentor couple.

"What's that?" they both asked.

We told them how meeting from time to time with a married couple could give them a sounding board and a safe place to explore some of their questions about marriage. Like most newly-married couples we counsel, Tom and Wendy were eager to find such a couple. After a bit of discussion, they suggested a married couple in their church. Neither of them knew the couple well, but they respected their marriage from afar and thought they would fit the bill. After a couple of phone calls and a little more exploration, we made the connection for Tom and Wendy. Over the course of several months, they met three times with their mentors, Nate and Sharon.

Tom and Wendy have been married more than five years now. They are not the perfect couple, but they are madly in love and happier than they ever imagined. Here is a portion of a letter they recently wrote to us:

Dear Les and Leslie,

How can we ever thank you for helping us find a marriage mentor couple. Before coming to you we had never even heard of such an idea. But needless to say, our mentoring relationship with Nate and Sharon ended up being the most important thing we have ever done to build up our marriage. It was so nice to have another couple know what we were going through and remain objective at the same time.

We have since moved to another state, but on our wedding anniversary, Nate and Sharon always give us a call to celebrate our marriage.

Anyway, we are writing to say thank you and to say that you should tell more people about the benefits of marriage mentoring. Someday we hope to give back the gift that Nate and Sharon gave us by mentoring some newly married couples. We think every couple just starting out should have a mentor.

riages through mentoring relationships and know first hand the difference it can make.

Today's Need for Marriage Mentors

Let's be honest. The "till death do us part" of the marriage vow rings increasingly ironic. We all know the tragic statistics. Suffice it to say that for too many couples, marriage has become "till divorce do us part."

After working with hundreds of engaged couples, however, we are finding that the lost art of mentoring just may be the key to turning around the divorce rate.

Throughout human history, mentoring has been the primary means of passing on knowledge and skills. In the past, mentoring took place in the university where a student learned in the home of a scholar. It took place in the studio where an artist poured himself into the formation of his protégés. The Bible is

How You Can Become A Marriage Mentor

- Contact your pastor about how you can serve as a mentoring couple in your local congregation.
- Volunteer to begin a marriage mentoring program that would augment the existing ministry to new couples in your church.

• Write to the Parrotts for information on receiving a kit for beginning a mentoring program:

Drs. Les and Leslie Parrott
Center for Relationship Development
Seattle Pacific University
Seattle, WA 98119



Les & Leslie Parrott

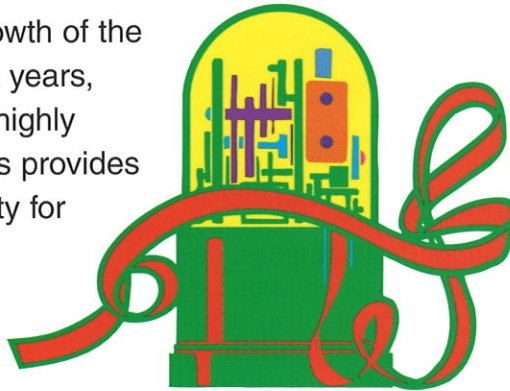
That's not a bad idea. Marriage mentoring is one of the most significant helps to building a life-long marriage we know of. We have seen hundreds of couples strengthen their new mar-

certainly filled with examples of mentoring (Eli and Samuel, Elijah and Elisha, Moses and Joshua, Naomi and Ruth, Elizabeth and Mary, Barnabas and Paul, Paul and Timothy). Up until recently ►

Giant in the Church

Taking Stock ... And Giving IT

Because of the growth of the stock market in recent years, many Christians own highly appreciated stock. This provides a wonderful opportunity for supporters of the Narramore Christian Foundation. By giving stocks or mutual funds or other properties that have appreciated in value, you can gain a substantial tax benefit while helping NCF minister to hurting people around the world.



Let's say you purchased stock at \$20 a share more than a year ago, and it is now valued at \$70. If you sell those shares you will be required to pay capital gains and, in most states, state tax on the \$50 of appreciated value.

However, if you donate those shares to NCF or another charitable organization, you will pay no tax and you will receive an income tax deduction for the full value of the stock that is given. Giving in this way may be better for you than making a direct cash donation.

If you would like to learn more about giving stock or real estate or other appreciated property, just phone our office.

This column is not intended as legal or tax advice. Always consult your own CPA or professional financial advisor.

mentoring was a way of life between the generations. But today, mentoring is in short supply. In our modern age, the learning process has shifted. It now relies primarily on computers, classrooms, books, and videos. In most cases today, the relational connection between the knowledge-and-experience giver and the receiver has weakened or is nonexistent — especially in the early years of marriage.

What Is a Marriage Mentor?

“What I need is someone to talk to who has walked down the path I'm just beginning,” said Lisa a few weeks into her new marriage. “Whenever I go to my Mom or Dad with a situation, they end up parenting me or teaching me something I don't really need to learn.”

Lisa, like so many newlyweds we have met, needs a mentor. Mom and Dad certainly serve a helpful function in the life of a new bride or groom, but they cannot usually offer the distance and objectivity of a mentor. For this reason, it is important to first realize exactly what a mentor is not.

- A mentor is not a mother or father.
- A mentor is not automatically a pal or a buddy.
- A mentor is not “on call” for every little crisis. Mentoring time is limited to discussion about major situations, not minor ones.
- A mentor is not committed long-term. The association has a natural cycle of its own, not always predictable.
- A mentor is not a teacher.
- A mentor is not a know-it-all, freely handing out all kinds of advice.

We have helped coordinate hundreds of marriage-mentoring relationships, and after years of following these couples, we have come to believe that there is no single way to

be a marriage mentor.

We define a marriage mentor as a happy, more experienced couple who is able to empower a newly married couple through sharing resources and relational experiences.

It's a broad definition because there is no one right way to mentor. Each mentoring relationship takes on its own style and personality. The amount of time couples spend together and the content they discuss can rarely be prescribed. However, we recommend a minimum of three meetings throughout the newlywed's first year together: at three months, seven months, and one year after the wedding. These times provide the skeletal structure upon which additional meetings, meals, phone calls, and cards can rest.

The Boomerang Effect of Marriage Mentoring

"I don't know how much we helped Doug and Sarah," Joan told us, "but we sure got a lot out of it ourselves." Joan laughed as she was telling us about being a marriage mentor couple along with her husband of 18 years, Larry. "Helping a young couple seemed to spark a lot of things in our own marriage that we had neglected," Larry added. Joan and Larry agreed that the benefits of being marriage mentors went both ways — to the ones being mentored, of course, but also to mentors themselves.

The report Joan and Larry relayed to us has been repeated time and again with many of the

marriage mentors we have observed. Almost mystically, something wonderful happens when a more mature couple reaches out to help a new couple. We call it

energetic spirits will revive and rejuvenate your marriage.

And perhaps the most common aspect of the boomerang effect we have discovered is satisfaction. As

mentors, you will enjoy the fulfillment of work well done. When a married couple successfully works on any project together — wallpapering a room, raking autumn leaves, and whatever it may be — a sense of satisfaction results. And when a couple works on a project that has lasting value, even eternal significance — such as marriage mentoring — there is an overwhelming sense of having done good, of having helped the new couple strengthen a love that continues to flourish throughout their marriage.

In the ancient Greek epic, *Odyssey*, the hero, Odysseus, had an elderly friend and adviser named Mentor. Before Odysseus went to fight in the Trojan War, he made Mentor the guardian of his son, Telemachus.

We have a dream that a network of healthy marriage mentors will rise up to become the guardians of the next generation of marriages.

Les Parrott III, Ph.D. & Leslie Parrott, Ed.D. are co-directors of the Center for Relationship Development at Seattle Pacific University and authors of *Saving Your Marriage Before It Starts*, *Becoming Soul Mates* and the video kit, *Mentoring Engaged and Newlywed Couples*. Visit Les and Leslie on the web at www.RealRelationships.com



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"Do you, Jason, take Heather to have and to hold, to e-mail and to fax, to page and to beep, until death do you part?"

the boomerang effect. By helping another couple form and live out their dreams, one's own dreams for marriage are reawakened and fulfilled.

Once you take the time to be present with a questioning couple, your own "answers" become clearer. The wisdom of a new bride and groom, perhaps so different from your own, compliments and clarifies your own understanding of marriage. You will find that the ones you are mentoring will become, in some ways, your teachers, your mentors.

You will also be refreshed by this relationship. Mentoring will rejuvenate your marriage with the energy of youth. Almost by osmosis, the vim and vigor for marriage that new couples enjoy will begin to rub off on you. Simply being around their

From New Age Myths to Age-Old

R e a



positive energy flow

peaceful

Feng-Shui

How coming to Christ brought humility and change to New Age thinkers.

"Hey, how does this one sound, Honey? 'For he is our peace, who hath made both one ...'"

Tripp, my new husband-to-be, reluctantly pulled his eyes from the Sunday paper and regarded me with a thin, patient smile. For days I had been searching through our recently united collection of spiri-

tual books for just the perfect quote to adorn our wedding announcements.

"I thought we had decided on that one from Kahlil Gibran. How did it go? 'The hand of life contains your hearts ...'"

"I don't know, I just never got the right vibration from that one. I particularly didn't like that part, 'Let there be spaces in your togetherness.'"

"Where did you get this 'peace' thing?"

"It's from the Bible."

Even back in 1983 we owned a Bible, though I'm not sure which of us had brought it into marriage. It was just one of the innumerable books layered on bookshelves throughout our little house. I remember blowing dust off the gilt-edged pages when I took it down that morning.

"The Bible?" Tripp's eyebrows lifted quizzically. I might as well have suggested *Aesop's Fables* as a resource.

Tripp and I were New Age seekers. We each had embarked on our own solo search for the truth years before. When we finally met a few months ago, we recognized each other immediately as soul mates. From the beginning, we meditated together daily. In emptying our minds to achieve higher spiritual realms, we even had visions of our past lives which reinforced our feeling that we truly belonged together.

Friends and family tried to put the brakes on our relationship, warning us to slow down. After all, I had two daughters from my previous marriage, and Tripp, seven years younger than I, had little history of responsibility. How could he take on the burden of a ready-made family?

Nevertheless, after three intense, inseparable months, against everyone's advice, we eloped. We were married at sunset on the California coast by an innkeeper who dutifully intoned passages containing all the muddled theology we had so far pieced together.

None of it was from the Bible.

Unchurched in our younger years, when we began feeling the need for God in our lives, we turned our gaze Eastward. Books like the *Bhagavad Gita* and the writings of charismatic gurus were the ones that collected no dust on our shelves.

This is why Tripp was probably a little skeptical as he took the Bible and read the passage I pointed to. He paused, reflected, then said quietly, "Well, if it sounds good to you, it sounds good to me."

Barbara St. Germaine

And

Tripp W. B. Curtis III

Joyfully announce

That with love in their hearts

They have united their lives

In the sacred bond of marriage

At Jenner-by-the-Sea, California

January 2, 1983

For He is our peace

Who hath made both one.

Those last lines sounded so promising. I loved the way they looked engraved on the creamy formal announcements, just as I treasured my crystal collection or the pictures of various spiritual masters arrayed on our meditation altar.

A picture of Jesus was there too.

Tripp and I thought of Jesus as a great teacher, who was as worthy of our attention as any of the others. Believing that all paths led to the same God, we felt that Christians were misguided and narrow-minded. In our thinking, they did not understand the esoteric, or hidden message, behind the things Jesus said.

Being "more advanced" spiritually, we understood Jesus to be a more highly-evolved being who had tried to show us that we are all divine. When Jesus said, "I and the Father are one," he was actually trying to show us that we are all God. Tripp and I wanted more than anything to achieve our own divine potential.

We delighted in the vast smorgasbord of New Age ideas and ➤

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practices, and the unlimited freedom to choose those we wished to blend into our own unique belief system.

Our discipline paid off. Using positive affirmation, we started with nothing and within four years had become very well off. By contributing 10 percent to Eastern spiritual organizations, we enjoyed the benefits of New Age tithing — giving so that more will be returned. Materially, there was little that was not within our reach.

With the addition of three sons, we now had five healthy children. We enjoyed a reputation in the community as a wholesome, happy, successful family. People looked to us for advice and encouragement in their own lives.

And yet there was a flaw in this picture of perfection. My husband and I, each seemingly so in harmony with the universe, could not achieve harmony in our marriage.

We argued about everything.

No amount of money, success, or achievement made it easier for us to get along. Tripp and I were both stubborn, strong-willed people. Believing in our own divinity only made matters worse. How could two gods ever live happily under the same roof?

The New Age had taught me nothing about submission or compromise; instead, it had assured me of my right to be happy and to use any means I needed to change unpleasant realities.

I decided I had made a mistake. Tripp was not my soul mate after all.

Before I could take any action, God intervened. Spinning the dial on the radio one morning, I heard about a conference designed to give strength to marriages. In a last-ditch effort to save ours, I signed us up for the following weekend.

Despite many bitter words on our way to the conference, by some miracle, Tripp and I did not turn back. At the first night's session we learned how God's plan for marriage differed from the world's. Because the family is God's build-

ing block, the leaders said, Satan sought to destroy it.

For the first time, I realized that Satan was not a myth. My New Age beliefs had no reasonable explanation for the evil and destruction that was glaringly apparent in the world around me. They also could not explain why two people who loved each other could not coexist peacefully.

Like a tide, the bitterness I felt toward my husband began slowly to recede.

The next day for the first time, we heard about a God who cares about us and wants us to "have peace with (Him) through our Lord Jesus Christ" (Romans 5:1). This was radically different from the vague impersonal religion I had been practicing.

Furthermore, we were told that sin had separated us from God: "For all have sinned and fall short of the glory of God" (Romans 3:23). I was not divine after all! Humility began to flow into my heart like gentle streams into a parched land.

No wonder my life had never worked.

Even our best efforts were inadequate to bridge the gap between man and God. But "Christ died for sins once for all, the righteous for the unrighteous, to bring (us) to God" (I Peter 3:18). "To all who received Him, to those who believed in His name, He gave the right to become children of God" (John 1:12).

I had never heard anything like this before. Jesus was more than a spiritual master! I prayed silently, confessing that I was a sinner and asking Jesus to become my Lord and Savior. Through my tears, I looked beside me and saw my husband crying too.

We came home as different people. With no previous exposure to Christianity, we were not sure what had happened to us. But we knew something had changed.

The neglected gilt-edged Book was dusty no longer. Tripp and I became avid Bible readers, and in this manner

realized that we had been born again (John 3:3). We burned our meditation altar and threw away our New Age books and tapes, as well as our pictures and idols. Gone also were our beliefs in astrology, reincarnation, and pantheism.

We found a church that taught God's Word clearly and began attending there as babes, not as the highly-evolved spiritual beings we had thought ourselves to be.


"Unless you change and become as little children, you will never enter the kingdom of heaven" (Matthew 18:3).

"What are they into now?" our children, our parents, and our friends asked. Yet, as they saw our relationship being healed, their hearts softened. One by one, our children put their faith in Jesus. Day by day we learned of God's care for us as He healed our wounds from the past and blessed our family with love and peace.

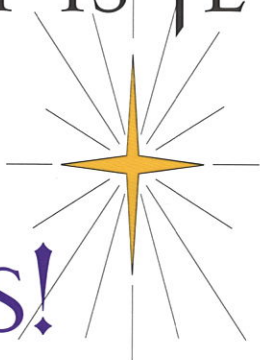
Ten years have passed since then. Tripp and I are still the same strong-willed people. We have walked through peak experiences and valleys of grief, but we have walked together. Although we still have areas of disagreement, they no longer threaten our commitment or our love. Each of us has learned to live in submission to each other and to our Heavenly Father.

"We love because He first loved us" (I John 4:19). We now discern that God's hand was on our lives long before we came to know Him. He left His fingerprints on our first three sons, born before we were Christians, yet named Joshua Gabriel, Matthew Raphael, and Benjamin Michael.

And just as clearly, we see that God's plan was always that our home be established on Him. Yes, "He is our peace, He made us one."

"For He is our peace" (Ephesians 2:14 KJV). All other Scripture from NIV. Kahlil Gibran fragments from *The Prophet*. Barbara Curtis is the mother of 11 children and a columnist for the Amy Foundation Syndicate, Lansing, Michigan. © 1995 B. Curtis. 

HIS IDENTITY IS JEWISH: SO IS CHRISTMAS!



By **Vernon C. Lyons**

Christmas is Jewish! It was not the Gentiles who gave us Christmas.

Mary, Joseph, the shepherds, Simeon, Anna, were all Jewish. Even the angel Gabriel has a Jewish name.

All the towns connected with the Christmas story – Nazareth, Jerusalem, Bethlehem – were Jewish.

Jesus is Jewish. The second person of the Godhead had existed from all eternity. We read that “The Word became flesh” (John 1:14 NIV) and this is what makes Christmas; namely, the eternal Lord Jesus taking on the human body which was conceived by the Holy Spirit in the womb of a Jewish woman.

Though the Triune God is not to be identified with any particular race, the humanity that Christ assumed at Christmas came through the Jewish people. The very name “Jesus” comes from the Hebrew language of the Jews and means “Savior.”

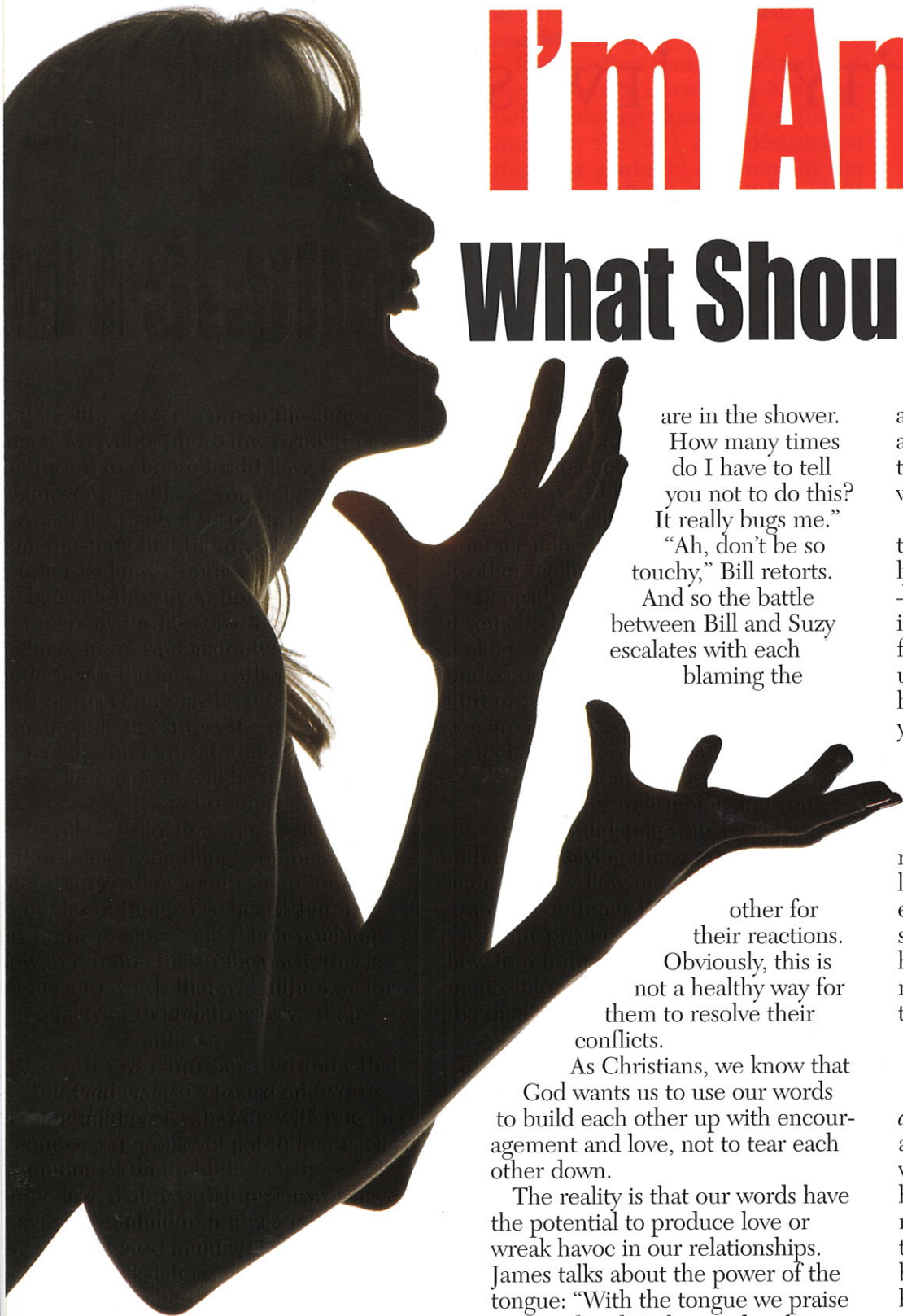
The coming of Christ is the specific fulfillment of prophecies divinely given to Jewish prophets. It was Isaiah (7:14) who said He was to be born of a virgin. It was Micah (5:2) who specified Bethlehem as the exact place of Christ’s birth. True Judaism and true Christianity have a common heritage. Just as there are so-called Christians who have sadly departed from the basics of Christianity, so there are Jews who have forsaken the ancient faith only to hold a sterile humanism as a poor substitute.

Every real Jew acknowledges the Old Testament as the Word of God, and the Old Testament is 77 percent of the Bible. Of the 27 New Testament books, 25 were written by Jews; and Luke and Acts, written by a Gentile, are all about Jews. The New Testament is also a Jewish book. Thirty-two percent of the New Testament is Old Testament.

At the time of Christ’s birth, devout Jews — Joseph, Mary, Zacharias, Elizabeth, Simeon and Anna — all believed that Jesus was the Messiah. Learned Jews such as Nicodemus and Saul of Tarsus, said that Christ was the promised Redeemer. Hebrews clearly explains that the blood sacrifices commanded in the book of Leviticus find their fulfillment in Christ as it says, “He did not enter by means of the blood of goats and calves but He entered the Most Holy Place once for all by His own blood, having obtained eternal redemption” (Hebrews 9:12).

His Identity continued on page 17 ►





I'm Angry!

What Should I Say?

are in the shower. How many times do I have to tell you not to do this? It really bugs me.” “Ah, don't be so touchy,” Bill retorts. And so the battle between Bill and Suzy escalates with each blaming the

other for their reactions. Obviously, this is not a healthy way for them to resolve their conflicts.

As Christians, we know that God wants us to use our words to build each other up with encouragement and love, not to tear each other down.

The reality is that our words have the potential to produce love or wreak havoc in our relationships. James talks about the power of the tongue: “With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be” (James 3:9,10 NIV).

By evaluating both destructive

and healthy ways of communicating anger, we will be more prepared in the future to choose healthy ways whenever possible.

Anger is usually a secondary emotion, meaning that there are generally other feelings — primary feelings — beneath the anger. For instance, if somebody insults you, the angry feelings are most apparent; but underneath the anger, feelings of hurt or rejection may be present. If you are able to express the primary feelings underneath the anger, the recipient will be more receptive to listening and you will be validating your feelings rather than saying things you may later regret. Allow me to share some examples of things I've heard people say in my practice, and then examine how to reframe these angry statements into words that will improve the quality of the relationship.

Examples of Angry Statements:

“You made me so worried! What are you doing home so late?” This is a common response of parents when one of their children arrives home late. This type of response may cause a child to feel blamed for the parent's worry and attacked for being late. “I” statements would help the child hear the feelings of the parent and empathize rather than put them on the defensive. “I have been feeling worried” sounds different than “You made me so worried.” The tone of voice would also need to be calm instead of loud and attacking. If a parent uses “I”

By Maria Lloyd

“You make me so mad,” Suzy blurted out to Bill, her husband. “You always turn your alarm on Snooze and it beeps again while you

statements and responds calmly, the child will be more able to take responsibility and will probably be sorry for his or her actions instead of reacting in a defensive or angry manner.

"You never remember our anniversary!" An angry spouse can easily resort to this type of comment, which is a common pitfall in relationships. Avoid using the words *always* or *never* when bringing up an issue. Most likely your spouse remembered your anniversary at least once, so your accusation would probably not be true. Also, using *always* or *never* generalizes the problem and causes a person to react defensively. Body language can speak louder than words, so use loving gestures and a respectful tone. A better way to communicate this issue would be to include an "I" statement and to be specific: "I feel sad that you did not remember our anniversary today."

"You are so insensitive!" Attacking a person is never a healthy way of communicating anger. The goal of expressing anger is to bring change to a perceived problem, so you need to communicate in a way that will invite the other person to hear what you are saying rather than push him or her away. It is important to clearly express your needs such as: "I really need some sensitivity right now."

Taming Anger

The most important immediate response is to take a "time out" when you are angry. Most people need time and space to calm down before they are able to respond in a rational way with kind words. I usually recommend an hour and ask people to initially distract themselves from the angry event. Physical activity during the hour is one of the best ways to ease the angry feelings and regain the ability to think about the problem more objectively.

Once you are able to think about the situation in a calmer manner, ask yourself these questions:

1. What did this person do or say

that triggered my angry feelings?

2. Identify the feelings underneath the anger. Do you feel hurt, sad, abandoned, inferior ... ?


3. When have you felt these feelings before? Were any of these present in your family of origin? Ask yourself how much of your anger is related directly to this current situation, or if it is related to some past event.

4. What do I really want or need from this person? How can I communicate in a way that he or she will understand what I need?

Pray, Then Speak

God will give you the wisdom to know when and how to use your words if you ask Him. His Word says, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen" (Ephesians 4:29). During your time out, it is important to pray and ask for God's perspective. The following verse continues, "Do not grieve the Holy Spirit of God" (Ephesians 4:30). The way you express your anger has the power to heal or harm your relationships, so your words need to be chosen carefully.

Remember, when you feel angry, there are nearly always underlying feelings that need to be identified and expressed. When you express these primary feelings, it will help you understand your own reactions and will give the other person more understanding as well. Communicating in an angry state creates more distance and pain. Ask God to help you calm down and provide you with healing words rather than harmful ones the next time you feel anger.

Maria Lloyd has her master's degree in Marriage and Family Therapy from Fuller Theological Seminary and lives with her husband Dave in San Jose, California. Maria maintains a counseling practice with New Life Clinics in San Jose where she enjoys working with couples and families to help them improve their communication. Her email address is lloyds@bigplanet.com 

His Identity continued from page 15

There are not two Bibles — one for Jews and one for Christians. There is one Bible for all, even as Jesus said, "Do not think that I have come to abolish the Law or the Prophets; I've not come to abolish them but to fulfill them" (Matthew 5:17).


There are not two ways to Heaven — one for Jews and one for Christians — but only one way. This one way is through the only Savior, Jesus, who came to earth at Christmas through the Jewish race and said, "Salvation is of the Jews" (John 4:22).

People in the Old Testament were not saved in a different way from those in New Testament times. All are saved by faith. It says in Romans 4:3, "Abraham believed God, and it was credited to him as righteousness." Hebrews 11 makes it clear that anyone in any period of history who came to a right relationship with God did so on the basis of faith — never because of works.

Some people take offence when it is stated that a person must believe on the Lord Jesus Christ in order to be saved from sin, but it was the Jewish Jesus who said, "I am the way, the truth, and the life. No man comes to the Father but by me" (John 14:6). If anyone is going to be offended, it ought to be the Gentile who must believe on a Jewish Jesus in order to get to Heaven.

The Jew, Peter, speaking to the Jews, said of Jesus, "Salvation is found in no one else, for there is no other name under Heaven given to men by which we must be saved" (Acts 4:12).

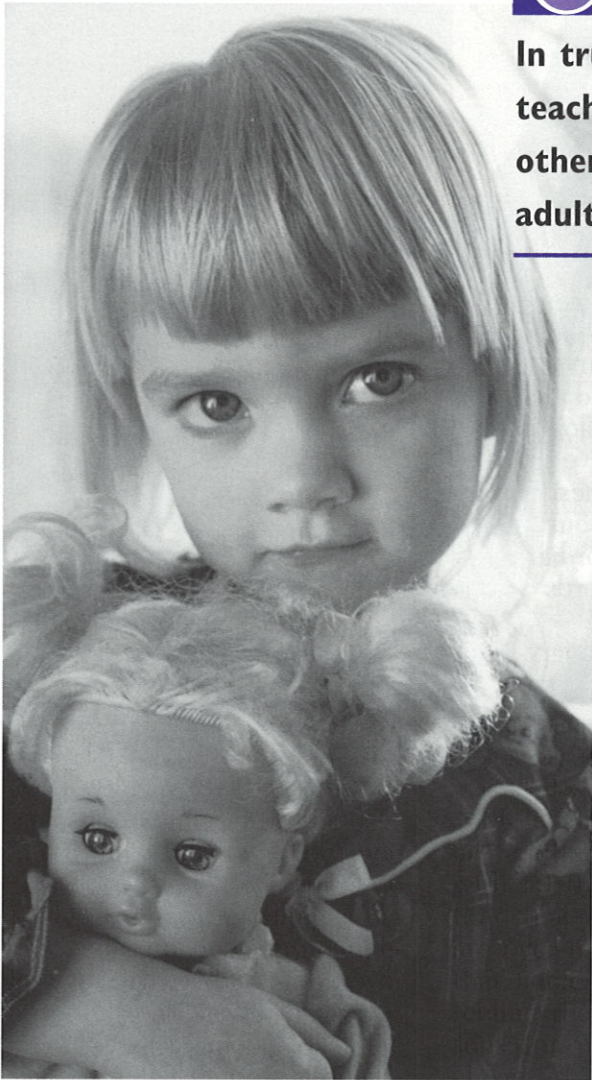
It is the Jews that have given the world the Bible, the Savior, and Christmas. And we should be glad they did!

Rev. Vernon C. Lyons is pastor of the Ashburn Baptist church in Chicago. 

“strong-willed” to describe particularly trying children, I settled on the adjective “contrary” as our struggles continued.

Revelation!

Then one day when my daughter was four, a simple situation at home woke me up. She did something spontaneous that got to me. Call me slow, but after several years of strug-



gling with parenthood, I finally realized that I had things completely upside down. It wasn't only my job to teach my child, but it also afforded me a profound opportunity to learn from her, with eyes and ears open. It was I who had the greater potential to change and grow from

the parent-child relationship. Suddenly, it all seemed so obvious. God had given me a great gift of potential personal growth in the dynamic form of a small person who was discovering and learning and growing each and every day. And with a child who was a challenge, I had even more possibility for personal growth.



In truth, every child is a teacher — difficult or otherwise — and every adult a potential student.”

But isn't this an upside-down perspective – the adult learning from the child — just like Jesus? One of his powerful teachings is recorded by Matthew: “Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven” (18:3, NRSV). Obviously, Jesus knows how much we grownups need to learn from children.

Limitless Learning

I jotted down the incident that so impressed me. The compelling situation had been my daughter's simple jubilation over a pile of bright new socks. Her spontaneous example highlighted for me the relative wealth my family and

I know, with plenty of life's necessities, not to mention more than our share of luxuries. Glimpsing life through a child's eyes, I learned anew.

Soon there was another incident ... and another ... and another. My child was teaching me daily. I began

to see that many of my personal struggles and fears were not that different from those of my child. God was “speaking” to me through Molly, and He was changing me. I kept observing ... learning and relearning lessons of life and faith, of challenge and growth, all by way of a child. When I slowed down long enough to pay attention, I encountered fresh lessons of love and of prayer. I found wonderful spiritual insights untainted by adult cynicism. I experienced anew the simple pleasures like butterflies and cotton candy as my child made her personal discoveries.

Newfound Freedom

As a result of this process, the revelation of child as teacher brought me a new and vital freedom. Rather than trying so hard to change my child, I began to accept her more fully. Relieved of the impossible, misplaced responsibility for making her over, I relaxed and saw Teacher Molly with new eyes and greater appreciation. I became better able to embrace her as a unique and wonderful individual, not in spite of her idiosyncrasies, but because of them.

In truth, every child is a teacher – difficult or otherwise – and every adult a potential student. True, it takes practice and discipline to have “eyes to see and ears to hear” — but it is well worth the effort.

Molly and her younger brother are continuing to teach me. Even with all this learning, I don't pretend that all parent-child struggles are over in our house. In fact, now that adolescence is here, I have a feeling there will be some big lessons for me to learn in the days ahead. At the rate I'm going, I'll be a student for life! With God's Spirit — and the unique, priceless input of our children — may we all keep on learning.

Author of *Learning with Molly* and former director of a Connecticut parent support network, Karen Johnson Zurheide now writes from Oklahoma.



Christians Seeking Help From Psychics?

By Bruce Narramore, Ph.D.

Dear Dr. Narramore:

Q. Is it alright for Christians to seek answers from a “psychic” or “prophet” of God? What is divination?

Dr. Bruce:

A. Thank you for your question regarding divination, “psychics,” and “prophets” of God.

Divination is “the practice of seeking to foretell future events or discover hidden knowledge by occult or super-natural means” (Webster).



Bruce Narramore, Ph.D.

As a Christian psychologist, I strongly recommend against seeking special answers from so-called “psychics,” “prophets,” and the like. I have several reasons for this perspective.

First, the Bible is filled with so much wonderful counsel on how to live our lives that I think we should exhaust those answers before we turn to some other potential source. So far, I have yet to meet anyone (certainly including myself!) who has lived out and exhausted everything the Bible counsels us to do so that we need to turn to a source of revelation besides the Bible. We certainly need friends and counselors who can help us experience and apply what the Bible teaches, but we don’t need some new revelation or prophecy!

Second, the Bible instructs us to

seek the counsel of wise, godly people who also reverence the Lord and the Scriptures, not “psychics” and “prophets.” The Bible says for example, “Blessed is he who walks not in the counsel of the ungodly.” It seems to me that most so-called psychics and prophets fall into this category, even though they may claim to be religious.

Third, the Bible specifically warns against these practices: “Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the Lord, and because of these detestable practices the Lord your God will drive out those nations before you. You must be blameless before the Lord your God” (Deuteronomy 18:10-13).

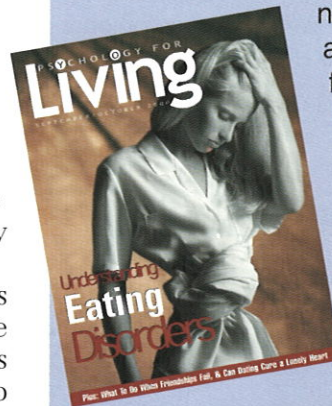
Finally, I think some people want to turn to “prophets” or “psychics” because they are looking for a magical answer instead of facing some of the difficult situations of life and going through them. True growth comes from increased self-awareness and facing life head-on, rather than trying to avoid pain or struggles or uncertainty through magical knowledge.

In summary, seeking information from sources like psychics is minimally on the fringe, often a form of escapism, and often directly Satanic. In addition to all of those possibilities, it is unnecessary. Healthy, mature people learn to face life and its problems and questions within the framework of their relationship with God, His revelation to us through the Bible, and supportive friends. We do not need magic to live.

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Gold, Frankincense ... or Lead?

As a pioneer in the field of Christian psychology, Dr. Clyde Narramore is in the process of writing his autobiography. This article is a brief excerpt from his book to be published in about a year.

— Editor

By Clyde M. Narramore



Dr. Clyde M. Narramore

The card in my mailbox that December day read, "Postage due on package at post office." *A friend of the ministry has sent help!* I thought

excitedly as I walked to the post office praying that the package would mean something significant.

Funds at the Narramore Christian Foundation were very low at the time. And because we observed the guidelines of the American Psychological Association, we never mentioned finances on the radio. So not many knew what our needs were.

When I went to the clerk's window, she said, "Yes, there's a package here for you. It has \$6.47 due."

I paid for it and took it back to my office rejoicing every step of the way. Because of its weight, I couldn't help but anticipate what might be inside. *Perhaps it will be something of unusual value — maybe gold — or something we might possibly sell, then use the proceeds for our ministries, I thought.*

Little did I know the surprise that was awaiting me. There, wrapped in paper, was a big,

heavy piece of lead!

I unfolded the paper to discover the letter which I had sent out that month describing our ministries and encouraging people to send support if the Lord so led. In this particular letter I had briefly described six people with serious problems whom we had recently helped. Scribbled across my letter were these words: **"CHRISTIANS SHOULDN'T HAVE THESE KIND OF PROBLEMS!"**

My first reaction was anger and keen disappointment. After all, we were doing our best to help people. And many of our staff members were sacrificing a great deal in an effort to accomplish our work. Also, Ruth and I had gone at times without a salary. And it was Christmas and our hearts were tender.

But as I thought about it I began to feel differently. I couldn't help but wonder if this man who had sent the lead was, himself, in need of help. He might have experienced an abusive childhood.

Or he may have been like the man who told me he felt like an orphan without an orphanage during his growing-up years.

Who knows what may have taken place when the sender of the lead was a teenager or a young adult. Had he been terribly disillusioned by a fallen Christian leader whom he had trusted?

At any rate he was one more person who needed help. But why

take it out on us?

Then I thought to myself, *Christ, the Son of God, came from Heaven to seek and to save the lost. And yet, He was abused at nearly every point. Ridiculed, spat upon, accused falsely, reviled, misunderstood, despised — He was a man of sorrows and acquainted with grief. Yet He comforted people, raised the dead, caused the blind to see, then died for the sins of mankind. Wouldn't we expect that He would have been treated better than that?*

Yes, I had known since childhood that Jesus Christ Himself was mistreated and misunderstood. And surely what had happened to us that day was nothing compared to what Christ had endured.

But you know how it is; we

think of the wise men offering their gifts of gold and frankincense and myrrh. And because we often have great expectations at Christmastime, disappointments are harder to take

“

At Christmastime, disappointments are harder to take at this special 'good will toward men' season."

at this special "good will toward men" season.

I bowed my head and prayed that God would help me have the right attitude. And that He would change that person's heart. "And, dear Lord, if possible, let us some day be able to minister to him."

Upon reflection, I thought, *I'd much rather be the one who received that piece of lead, than the one who sent it!*

“What? No Christmas!”

By Ruth Narramore



Ruth Narramore

“Everywhere, everywhere, Christmas tonight. ...”

Phillips Brooks, 19th century pastor and poet, penned this picturesque phrase referring to the universal celebration of Christmas. Many countries around the world commemorate the birth of Christ. But although it is observed by multitudes as a unique and special event, there are some nations in which this is NOT true. A few years ago I was again reminded of

this somber fact.

“We don’t have any Christmas here!” These were the words of our Chinese guide as we toured the communist-controlled People’s Republic of China.

No Christmas! To one-fourth of the world’s population, the one billion plus who live in China, officially, December 25th is no different from any other day. It is “business as usual” for them. They have no Christmas. And that’s the way it was when I lived there as a child with my missionary parents.

Down through the centuries China as a nation has embraced a succession of pagan gods. It has never recognized the sovereignty of Almighty God. Today, the government of China denies His very existence, and the Son of God continues to be rejected. There is still no room in China’s “inn” and the Christ Child is given no place. Fortunately, there are many individual Chinese people who do have room for the Christ child in their personal “inn.”

Yet, Christmas is more than a national holiday or a succession of Yuletide festivities. It transcends custom and culture and can flourish in the heart of a Christian no matter where he is, regardless of circumstances that may surround him.

Conversely, many who live in the ambiance of a Christian tradition are swept along in the current of holiday festivities, yet without real spiritual conviction. They may sing the carols and think of it all as being lovely and nice, but the “inn” of their hearts has never made a place for Jesus. For them it is no more than “empty tradition,” and Christmas is not a reality because they do not know the Christ of Christmas. In a very literal sense, they too are without Christmas.

A genuine celebration of Christmas has little to do with tinsel or colored lights. It is a state of the heart. Only those who have opened their hearts to the Christ Child and have welcomed Him into their lives can know and experience the true meaning of Christmas.



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NCF Announces New Ministry Partnership



Staff photo by Burnweit

Biola University Vice President of Advancement, Dr. Wes Willmer, leading a tour of several NCF Directors and staff through the Biola University campus.

At its most recent meeting, members of the Board of Directors of the Narramore Christian Foundation voted unanimously to develop a new joint ministry outreach with Biola University. Biola is a strong evangelical Christian university with more than 4,000 students studying in its six schools, including the Rosemead School of Psychology, which was founded by the Narramore Christian Foundation and became a school of Biola in 1977.

Under the joint ministry plan, Biola University will provide a location on its Southern California campus for NCF to erect a conference/seminar facility to house pastors, missionaries, MK's and others attending the NCF training and counseling seminars. Faculty and doctoral students from the Rosemead School of Psychology will help lead the NCF seminars by lecturing and offering counseling services to seminar participants. The conferees will utilize Biola's faculty dining room, library, classrooms and other university facilities in order to keep NCF's conference costs affordable for pastors and missionaries and

their family members.

During the weeks that NCF is not running seminars and conferences, various Biola University schools and departments will utilize the conference center for other ministry outreaches. According to NCF president, Dr. Bruce Narramore, "This joint venture will radically lower the cost of carrying out NCF's seminar ministries since NCF won't have to erect a dining facility or classrooms and will be located right next to the Rosemead School of Psychology faculty that help offer the seminars. At the same time, the joint ministry will enrich Biola's graduate program in Christian psychology and provide a lovely conference facility for use by every segment of the university. This will expand the kingdom impact of both Biola University and NCF."

Biola was founded in 1908 and has a long history of strong commitment to world missions, the inspiration and inerrancy of the Bible and training Christian men and women to serve as salt and light in a wide range of professions. Biola's deans and presidents have included Dr. R.A. Torrey, Dr. Louis Talbot, Dr. Sam Sutherland and Dr. J. Richard


Chase, later president of Wheaton College. Biola's current president, Dr. Clyde Cook, is a Biola graduate who previously served as a faculty member at Biola and as president of OC International, a large evangelical mission organization with missionaries on five continents.

Nairobi, Kenya

With the financial assistance of NCF, Christian counselor Steve Maybee traveled to Nairobi, Kenya to minister for three weeks at the Tumaini Counseling Center. The counseling center, a ministry of AIM International, under the direction of Christian psychiatrist Dr. Roger Brown, serves the missionary community throughout Africa. In addition to offering counseling for missionaries in Kenya and West Africa, missionaries from war-torn countries throughout Africa periodically travel to Kenya to receive crisis counseling services, seminars, and stress debriefing from the staff of the counseling center.

Mr. Maybee reports: "I dealt with missionaries suffering from depression and burn-out, and others who were experiencing relational difficulties. Still others had been evacuated from their country of service due to dangerous political circumstances, and others had experienced traumas such as being held up at gunpoint in their own home while many of their belongings were stolen.

"My eyes were also opened to the devastation of the AIDS epidemic in Africa as I saw in the newspaper numerous obituaries for men and women in their twenties and thirties."

NCF is pleased to be able to partner with fine Christian counselors like Steve Maybee to offer critically needed counseling services to missionaries and others around the world. 

Compiled by Eva Hallam Solberg

Potholes in Memory Lane

Do you remember the last days of the war in Vietnam? How John F. Kennedy, Jr. died? A new study shows that memories, even of memorable events, tend to fade into inaccuracy after about three years – and this has nothing to do with how old you are. Researchers at the National Institute of Mental Health interviewed college students about their recollections of the O. J. Simpson trial and found the students had fairly accurate recall 15 months after the trial. But after 32 months, fewer than one-third remembered events accurately, and major distortions had crept into 40 percent of their accounts. And the students whose recollections were the faultiest expressed the greatest confidence in them.

When it comes to important facts, it's always best to double-check them.

—UC Berkeley Wellness Letter

Child Behavior Problems Rising

New research suggests that the number of youngsters in the United States with emotional and behavioral problems soared in the past two decades, in part because of more poor and single-parent households.

The findings, echoing other recent studies, are based on surveys of pediatricians with more than 21,000 patients.

Problems such as attention deficit/hyperactivity disorder, depression and learning disabilities more than doubled from 1979 to 1996. Such conditions were identified in 6.8 percent of all doctor visits in 1979 and in 18.7 percent of visits in 1996.

Most of the change was due to an increase in problems and the kinds of patients the doctors were seeing.

The changes were associated with increases in the proportions of single-parent families and Medicaid enrollment from 1979 to 1996, the researchers said.

—Intelligencer Journal

Nipping Anger in the Bud

Recognize the signs of anger and diffuse these feelings before they become overwhelming. Taking deep breaths, counting to 10, or talking over the situation with a friend may have a calming effect.

Practice a relaxation technique. The techniques of deep breathing and meditation decrease blood pressure, breathing rate, heart rate, and muscle tension.

Identify and, when possible, avoid circumstances that trigger anger. For example, if traffic jams enrage you, a work schedule adjustment can help you avoid rush hours. Similarly, if standing in line is a maddening experience, do errands during off-peak hours.

Exercise. Regular physical activity is one of the most effective releases of stress, including anger. It also promotes a host of cardiovascular benefits, including a better cholesterol profile, lower resting blood pressure, and a slower resting heart rate.

—Health After 50

Never Churned Butter

I ... came upon my name under "NCF Letters." You copied the first part of my letter correctly ... but you inserted (part of) someone else's letter and put my name at the end of it! I grew up in Oakland, California, and never churned butter in my life! So I would appreciate an explanation of the error in your next edition.

—JN, Florida

P. S. My husband's name was Henry (not Ken) and he was born in Florida. Ha ha.

Oops!

There are some red faces around

here. Other than the seemingly obvious fact that parts of two letters were put together, we don't know how it happened. Please accept our apologies! And thanks for your good humor.

—The Editor

P. S. Apologies go to both you and Mrs. Ken S. who wrote about churning butter, etc.

Loved the layout

"I just received *Living* magazine. I loved the layout on eating disorders. The whole magazine looks good and you can really tell the difference from the former look. It is much brighter and more up to date.

I enjoy reading it."

—JW, Texas

Outstanding!

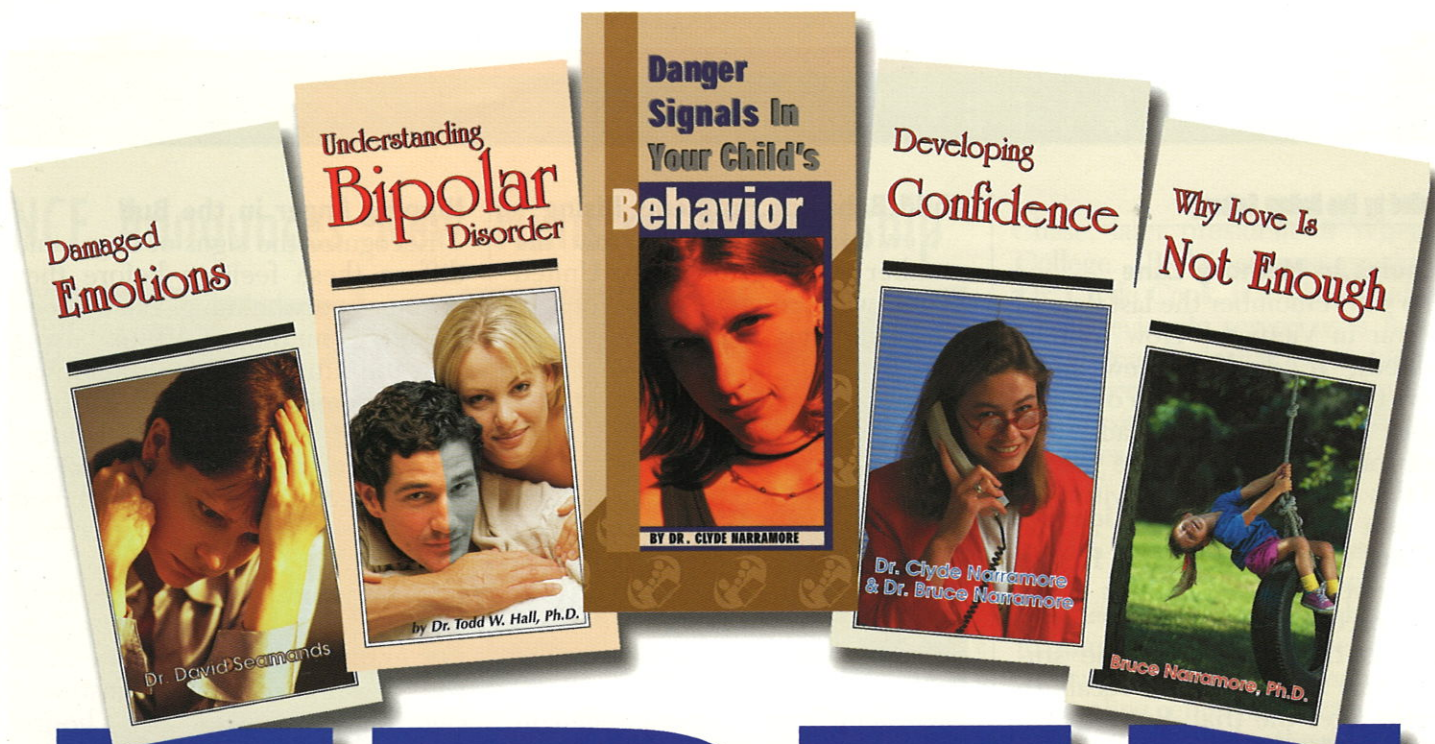
I did get a moment to read the issue of *Psychology for Living* you sent. It was outstanding! Articles and layout of your magazine are fantastic. I had no idea NCF had been around for 50 years and doing so much for the Lord!"

—JP, psychologist, Tennessee

Enlightening Articles

We do so much appreciate your publication, quality, color, paper, pictures, new faces and enlightening articles. Please keep up the good work. Maranatha.

—SH



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