

LOOK WHAT'S INSIDE:

CHRISTIAN LIVING

LAST LAUGH

MENTAL HEALTH NEWS

NCF IN ACTION

From Communism to Christianity

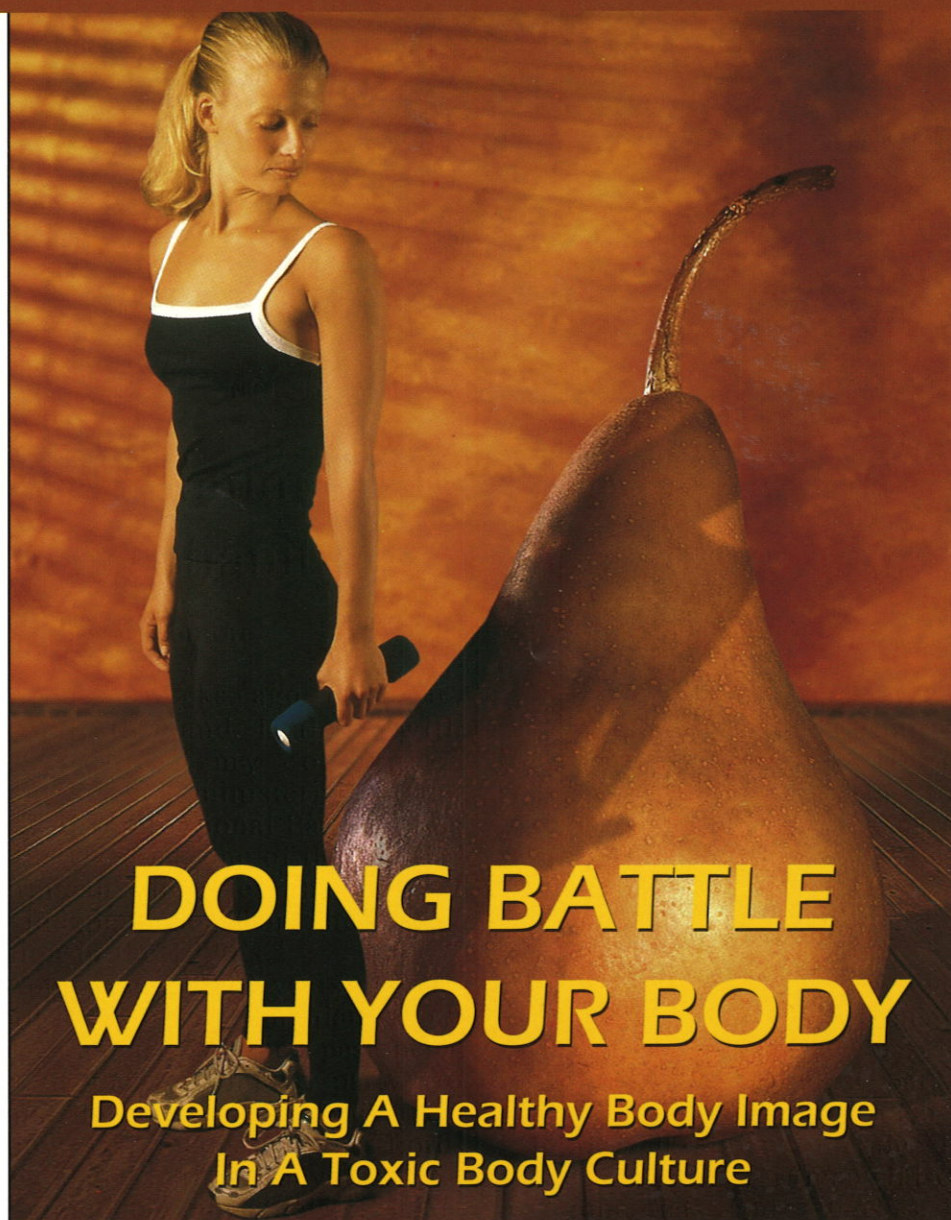
by Bruce Narramore

A few weeks ago my wife, Kathy and I along with four of my colleagues spent a week ministering to the staff of International Partnerships in the Ukraine, one of the Eastern European countries that gained its independence from the Soviet Union in the 1990's.

Approximately 10 years ago the Lord led two new Christians (both former atheists and she a past member of the Communist party) to found this ministry to reach their fellow Ukrainians for the Lord. Now their staff (many also ex-Communists and atheists) leads approximately 200 Bible studies throughout the country every week and many are finding the Lord!

Our team, including Dr. and Mrs. Bill Kirwan and Dr. and Mrs. Keith Edwards, were invited to lead a seminar and retreat for the staff of this ministry, focusing on practical Christian living topics like "Discipline that Works", "Resolving Marital Conflicts", "The Christian's

CHRISTIANITY, continued on page 6 ►



DOING BATTLE WITH YOUR BODY

Developing A Healthy Body Image
In A Toxic Body Culture

by Kim Gaines Eckert

When I was twenty years old, I discovered that I was considered medically obese, meaning 20 percent or more over the healthy weight for my height. This was devastating to me. I had tried a seemingly endless number of weight-loss programs and felt utterly defeated. But somehow, during my junior year of

college, I was able to lose weight the old fashioned way: by eating less and exercising more.

When I was in the process of losing weight, I was flooded with women confessing their personal struggles with emotional eating, food addiction, eating disorders, and negative body image. I could not believe how many beautiful, healthy

HEALTHY BODY, continued on page 2 ►

HEALTHY BODY, continued from cover

women were plagued by their own critical internal voice.

A Beautiful Body: The Yellow Brick Road to Acceptance?

It is no wonder that American women feel unhappy about their bodies. The average fashion model today is 5'11" and weighs 117 pounds, whereas the average American woman is 5'4" and weighs 140 pounds.¹

From a very early age, Western girls are faced with the implicit message in the media that they must be ultra-thin to be accepted. This message is reinforced for many by parents, siblings and other extended family members. In school, girls observe how their obese classmates are treated by their teachers and peers, and this message is further confirmed.

The damaging consequence of this imbalanced valuing of appearance is that many girls and women learn to do whatever it takes to be thin and attractive in order to experience love and acceptance. Is there, however, another way to look at the body? As Christians, we are called to be in the world but not of the world. What would an "other world" perspective on the body teach us?

Whole People: Soul & Body

God created us in his image with a unity of body and spirit. Our bodies are just as important to our status as image bearers of God as our minds or souls. Not only did God create us as embodied humans, he also revealed himself to us in the form of an embodied human person, Jesus Christ. God also redeemed us through the physical death and shedding of Jesus' blood (*Colossians 1:22*). And finally, we know the body is important because God is going to resurrect it (*1 Corinthians 15:35-44*). We are not intended, therefore, to disdain or hate our bodies. Rather, we are to present our bodies as "living sacrifice[s], holy and pleasing to God" (*Romans 12:1*).

When we devalue our bodies or act as if they are only important because they house our souls, we do not take seriously who and what God has made us to be: embodied persons in his own image. However, when we go to the

opposite extreme and become preoccupied with our bodies, then we allow our bodies to become idols or false gods. As Brennan Manning writes: "When we give anything more priority than we give to God, we commit idolatry."² Food, money and prestige can be idols, but trying to look like the ideal American female can also be. Our bodies are important, but we honor God not by being fixated on our appearances, but through valuing and honoring our bodies as one part of God's good creation.

My friend Becky has taught me about the value of seeing myself as a whole person. Becky is a beautiful woman who happens to have a reddish birthmark covering much of her right arm and hand, as well as a small part of her upper back. As a little girl, Becky noticed that her skin looked different from the other kids, and so when she took a bath she would try to scrub off her birthmark. Her mother would explain to her that her birthmark was part of her and that it wouldn't go away with scrubbing. Now that Becky is an adult, she likes her birthmark and no longer tries to scrub it away. Her husband loves it, and she sees it as part of who she is. Becky looks at herself as a whole person – and her birthmark is one part of that whole self.

Tools for the Journey

If you misuse your body by treating it poorly and/or hating it, then you cannot honor and reflect God fully, so let's discuss several ways to grow in your capacity to mirror God as an embodied human person.

Focus on what you can do (instead of what you look like)

You can do amazing things. Your skeleton replaces itself every three months. Your liver replaces itself every six weeks, your skin every month; and your stomach lining every five days.

Make a list of specific things you can do. Your list might include things like:

- ♦ I can breathe (don't underestimate the amazing creative power infused in the simple act of your bodily existence!).
- ♦ I can feel pain, letting me know

when something is wrong or dangerous.

- ♦ I can play tennis or take the dog for a walk.
- ♦ I can feel a warm summer breeze on my face.
- ♦ I can conduct a conference call, participate in a meeting, teach a class.
- ♦ I can hug a friend or play with a child.

Affirm yourself for these things – you really are remarkable! As you begin to appreciate yourself for what God has enabled you to do, not just for what you look like, you'll be motivated to try new things. For example, after I started running, I was able to appreciate my legs for being strong enough to support me even when I'm tired, rather than focusing on the imperfections of their shape or size.

If you begin reciting body-hating messages, remind yourself that you were created as an embodied person in God's image and look for ways to turn the negatives into positives. For example, if you dislike your wide hips, try reframing that thought into a positive appreciation, such as, "Thank you, God, for making me a woman with curves – curves designed by you to nurture and sustain life. Thank you, God, that my curves remind me of how very much a woman I am." Even if you're feeling skeptical, you might be surprised how a little gratitude can change your perspective. When I look down at my post-pregnancy stomach and feel the negative body messages cueing up, I try to close my eyes and remember what that belly looked like with my precious baby boy living inside it. Things aren't exactly the same there now, but I like to think of my new stomach as a reminder of the gift of motherhood. This doesn't mean I buy out the Ben & Jerry's ice cream at my local grocery store and stop exercising in celebration of my baby-making body. Rather, I find that I want to be nicer to myself when I think of my body in this way.

Honor God with your behavior

God has created us with bodies that tell us important things, like when we need food or drink. When we maltreat ourselves by undereating or overeating

we do not honor God. Begin monitoring your physical hunger. God has made you with a body that gives you clear signals to let you know when you are hungry and full, thirsty and satisfied. Take a day when you can eat according to your body's signals (versus convenience, impulse or pre-arranged dieting mealtimes). Wait to eat until you feel the physiological signs of hunger. When you do feel physiologically hungry, eat! Try to eat slowly so that you can continue to listen to your body. Be aware of each bite of food and drink plenty of fluids. When you begin to feel full, stop eating. When you are tempted to slip back into unhealthy patterns, remind yourself that your body is not the enemy. God created you purposefully as an embodied human being. Perhaps go back to the previous step, and begin listing again what you can do, instead of just thinking of your body in terms of appearance. Ask God to allow his truths to penetrate your core and overrule those self-critical thoughts.

Learn about God through bodily activities.

You can learn about God through pleasurable activities (such as walking through nature or seeing a sunset), and you can also learn about God through

activities that challenge you physically. By pushing yourself to power walk or jog for two miles, or to ride the exercise bike for thirty minutes, you can learn about "press[ing] on toward the goal to win the prize" in a new way (*Philippians 3:14*). When you push yourself through temporary physical pain to attain a goal, God can teach you powerful object lessons about perseverance and endurance.

You can also learn about God through self-denial. The list of characters in the Bible who model self-denial and fasting is lengthy, but John the Baptist is one prime example, "for John came neither eating nor drinking" (*Matthew 11:18*). Richard Foster, in his classic book on the spiritual disciplines, *Celebration of Discipline*, writes this about fasting: "More than any other Discipline, fasting reveals the things that control us. We cover up what is inside us with food and other good things, but in fasting these things surface."³

If you fast, you may be painfully reminded of your earthly and human nature. There is also a mystery in fasting. Through what looks to the outside world like a very physical and tangible exercise, you can experience an intense inner transformation and revelation of God's Spirit.

Look at your body as a whole

We grow toward wholeness when we stop breaking our bodies into pieces that we like and don't like. For example, "I have nice eyes, but my arms are chubby," or "Pretty smile, but two skinny legs." You have a whole body. Start trying to think of and appreciate your body that way – not as a bunch of imperfect parts thrown together.

Here are some practical ways you can begin to appreciate your body as a whole.

- ♦ Buy clothes that fit the real you right now, not the fantasy you that is ten pounds less. Wear clothes that are comfortable and that you feel good in.
- ♦ Make a list of ten things you like about yourself that have nothing to do with your appearance. Post this list on a mirror to remind you of your value when you start attacking yourself.
- ♦ Take time to figure out what makes your whole self feel good, and then do those things. Perhaps you'll soak in a bubble bath or enjoy a warm cup of tea in a soft robe and slippers by the fire.
- ♦ If you constantly compare yourself to other women, begin by not comparing yourself to airbrushed models and adolescent girls in low-rise jeans. Instead, look at the real women around you – all of them, not just those that are

HEALTHY BODY, continued on page 8 ►

PSYCHOLOGY FOR LIVING

Published quarterly by the Narramore Christian Foundation, 250 W. Colorado Blvd., Suite 200, Arcadia, California 91007.

President: Dr. Bruce Narramore

Founder: Dr. Clyde M. Narramore

Editors: Robert and Melanie Whitcomb

Art Director: Richard W. McDill

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LAST LAUGH



"It says on your resume that you were created in God's image. Very impressive."

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Mission Possible

by Clifford E. Denay, Jr.

Our single-engine Cessna Caravan came in low over the rooftops of Punta Gorda, a small village near the Guatemalan border in southern Belize. The eleven members of our mission team were silent, exhausted. This was our third and final stop since landing in Belize City earlier in the afternoon. Later I learned, because of the fading sunlight, we had only one shot at the unlighted landing strip. Truly, ignorance is bliss.

The small town's lights sparkled below us like fireflies. Our lone pilot had flown with confident abandon, manhandling the aircraft's wheel with his left hand and speaking a rapid-fire Mayan dialect into a walkie-talkie with his right. After touching down safely, I laughed when my nurse-practitioner wife Jane turned to me and said, "What a cowboy!"

What in the name of heaven am I doing here? I thought.

I have never had a "missionary mind." In fact, I fought this trip from the moment our youth director proposed it. My list of reasons for not being on this airplane was long. Yet, here I was. My arguments against the journey ranged from safety for the team members in a third world culture to a personal fear of flying. I've always believed in keeping my feet on the ground. Plus, in the church of my youth, a "missionary" was someone else that was sent to a faraway land. It simply never occurred to me that I could be a missionary, too, that I could fit into that role. Also, stories about dead missionaries frightened me.

Imaginary fears throughout my life have often stopped me in my tracks.

"Also, I reasoned, 'God has other work for me to do.'" Like keeping my nose to the grindstone at home. As a licensed professional counselor at our local community college, I have never-ending demands on my time for the entire gamut of psychological services. My mental health work often feels all-consuming. How thin can I

spread myself? I wondered.

Thinner than I thought, it turned out God spoke to me through the voices of other team members who encouraged and prodded me to join them. Still, I protested. Then one evening, Don, a quiet neurologist in our small group, spoke in a whisper: "Cliff, these concerns have a way of working out. Why not give it a try?" His words were spoken with compassion for my fears. Even his glance offered understanding. If this silent soul can put his faith and our safety in God's hands, why can't I? I can, I decided. Something in my heart changed. At that moment I knew I was in. I decided to step into my fears instead of run away from them. And to place my concerns at the foot of Jesus' cross.

This trip was my trip; this work was my work; this call was my call. Now my team was about to land in another world.

The children's orphanage we had been invited to visit needed a lot of repair because of hurricane damage. So we quickly set to work. Out came water soaked ceiling panels in the school's classrooms. Termite damaged rafters were replaced. We painted the repaired rooms, replaced broken doors, and worked in the neglected flower beds. Often, the orphanage children worked alongside our team members. Soon, constant smiles, loving glances, and endless hugging began to add up.

We fell in love with each other, and our lives were forever changed.

Jesus said, "The harvest is plentiful but the workers are few" (*Matthew 9:37*). The phrase I often hear is "There's too much to do and not enough people to do it." Because of the love between a small group of children in Belize and my church mission team, I have come to understand that God's call may mean an actual trip to a part of the world that scares me, a place I would just as soon not see. But by praying for more faith and putting my fears into God's hands, I had the opportunity to fall in love with people

about whom I knew nothing. Now I have more room in my heart for love, not less!

I've also learned something surprising. A "mission trip" can be taken in my hometown. I don't have to go anywhere else to do "mission" work. Simply volunteering to be a soup kitchen worker or asking to be assigned to a struggling church committee can be a mission experience. Or it may be my turn to be a Sunday school teacher. Or the local college or university may need my tutoring skills for struggling students. The mission possibilities (and needs) are never-ending and nearby.

So I've decided to listen for God's call and stop running from the world's needs. Now, when I hear the questions, "Whom shall I send? And who will go for us?" I want to answer with Isaiah, "Here am I. Send me!" (*Isaiah 6:8*).

Yes, send me. Please.

About a year after returning from our trip, our team members learned that the orphanage we had served unexpectedly closed. A few of our youth group members stayed in touch for some time with two or three of the teenagers from the orphanage. They were hoping to attend college in the United States. Some of the seeds of hope we had planted in their hearts seemed to be taking root. I'm not sure what happened to the younger children. I pray they're safely in God's loving embrace.

But this I do know. I will always



Bill Gates Limits His Children's Computer Time

Speaking to a business audience in Canada recently, Bill Gates, the founder of Microsoft, said that he and his wife Melinda limit the amount of time their children can spend on the computer. The amount of time? Forty-five minutes a day for games during the week and one hour per day on weekends, plus all the time they need for homework.

According to an Associated Press news release reported on FOXnews.com, Gates said there was no problem until his ten-year-old daughter started attending a school where students use computers for almost everything. "She became very avid and discovered a lot of computer games, including

one that runs on the Xbox 360 called 'Viva Piñata,' where you take care of your garden. She could spend two or three hours a day on this... 'because it's kind of engaging and fun.'" At that point Gates and his wife decided to limit their children's computer time.

When Gates's son asked if he was going to have limits like that his whole life Gates replied, "No, when you move away you can set your own screen limits." What a great and practical answer! If only more parents would do the same. †

"Bill Gates: My Kids Get Limited Computer Time" FOXNEWS.com. February 21, 2007

"The harvest
is plentiful
but the
workers
are few"

(Matthew 9:37)

love every child and staff member of that remarkable place. And I know they will always love me. Mission possible? Absolutely.

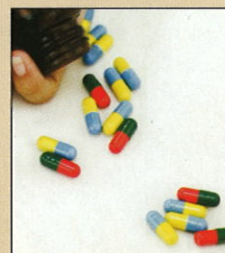
I'm not afraid anymore. Send me! †

Clifford E. Denay, Jr. holds an M.A. in counseling and a specialist in education degree. He is an adjunct professor of psychology and a licensed professional counselor at North Central Michigan College. He writes for Men of Integrity, Psychology for Living, War Cry, Marriage Partnership, Purpose, Live, Horizons, Quaker Life, Evangel, Standard, Glad Tidings, Simple Joy, Stewardship, Senior Living, and Church Libraries. He is a contributing writer in the book *Stories of Inspiration: Lessons and Laughter in Student Affairs*. He and his wife Jane have two grown children.

Good News and Bad About Adolescent Drug Abuse

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), overall illicit drug use among 12-17 year olds decreased from 11.6% in 2002 to 9.9% in 2005. These percentages mean that 367,00 fewer youth aged 12-17 used drugs like marijuana, heroine, or Ecstasy in the last month of 2005 compared to 2002. The same survey reported that nearly 91% of young people in that age bracket reported seeing or hearing drug prevention messages, suggesting that prevention messages may be making a difference.

Despite this good news however, there is another side of the coin. Twelve to seventeen year olds are using increasing amounts of prescription and over-the-counter drugs like Coricidin Cough and Cold Tablets and Robitussin DM. These and many other cold remedies contain an ingredient called dextromethorphan or (DXM), a cough suppressant that, taken in high doses, can cause hallucinations



similar to LSD. These types of drugs are legal, easily available, and internet web sites like MySpace offer teen stories of the "high" and how much to take to get it. Since it takes a sizeable overdose to cause

hallucinations, there are serious side effects, including liver damage.

In response to these trends, SAMHSA and Partnership For a Drug Free America recommend that parents educate themselves about the drug problem, become aware of the risks to their children, and communicate early and often to their children. Solomon gave wise advice to parents a few thousand years ago when he wrote in Proverbs 22:6 "Train up a child in the way he should go, Even when he is old he will not depart from it." Effective preparation of children for wise living must begin early. This is certainly true if we want to successfully "drug proof" our children. †

Adapted from *OC Family*, May 2007, "Parents Beware New Trends In Teen Drug Abuse," pg. 48-50.

Kevin Narramore Weds Barbara Hensel

Friends of NCF will be pleased to know that Dr. Kevin Narramore and Miss Barbara Hensel were married on June 23rd at the home of Kevin's parents, Dr. and Mrs. Clyde Narramore, in Pasadena, California.

The bride is the daughter of Mr. and Mrs. Herbert Hensel of Thousand Oaks, California. She is a graduate of Westmont College and works as a Clinical Audiologist. Kevin is involved in hedge fund partnerships and manages a nonprofit program, "Hope After Hardship," for Congressional District Programs of Falls Church, Virginia.

The garden wedding and dinner reception was officiated by the



groom's uncle, Rev. Gordon Elliott, from Hendersonville, North Carolina. The bride was attended by Karen Daryn, an Educational Audiologist for Burbank Unified School District, as matron of honor. The best man, B. Robert Burdo, is President of the Board of Trustees of Santa Rosa Junior College.

Guests from as far as Anchorage, Alaska, attended the outdoor wedding and reception. It was a lovely evening, and highlights included a lively string quartet and special music by operatic singer, Dr. Deanne Murray.

After honeymooning in Victoria, British Columbia, the couple is living in Southern California. †



International Partnerships Staff and their children enjoy an evening of entertainment during week long seminar.



Dr. Bruce & Kathy Narramore, Dr. Bill & Midge Kirwan, and Dr. Keith & Ginny Edwards relax with their translator and guide during their stay in Yalta.



Baptist Church in Yalta, Southern Ukraine.

CHRISTIANITY, continued from page 1

Identity", and "Learning from the Prodigal Son". The NCF team found that the questions and concerns of the Ukrainian families were much like those of Christians here in the U.S. They love the Lord but often struggle with personal and family issues.

In between the formal sessions, we spent time offering individual counseling to the staff and staff couples.

The retreat was held in Evpretoria, on the west edge of Crimea, in a kind of dormitory/hotel building once owned by a company that built much of the Soviet Union's space equipment.

Since all of the lectures had to be translated and some counseling required a translator, the work was difficult. But the International Partnerships staff members were deeply appreciative and responsive and many expressed their desire for us to return for more in-depth work. †

More Than 1500 MK's Have Completed NCFS Re-entry Program

The summer of 2007 marked a significant milestone in the Narramore Christian Foundation's ministry to missionary families. The eighty "missionary kids" who flew to California for the two annual MK reentry programs pushed the number of MK's who have taken this intensive transition seminar to more the 1500!

The program, begun by Dr. Clyde Narramore and the staff of NCF in 1979, has served sons and daughters of missionaries from nearly every evangelical missionary agency around the world. This year alone, MK's came to the seminar from 36 different countries where their parents are serving with 29 missionary organizations and ministries!

During the intensive two week program the MK's have daily worship times, lecture and discussion presentations on topics like "Coping with Transitions," "Dealing with Anger and Depression," "Understanding Grief and Loss," "Building Meaningful Relationships," "Understanding U.S. Culture," "Postmodernity" and "Strengthening Your Faith."

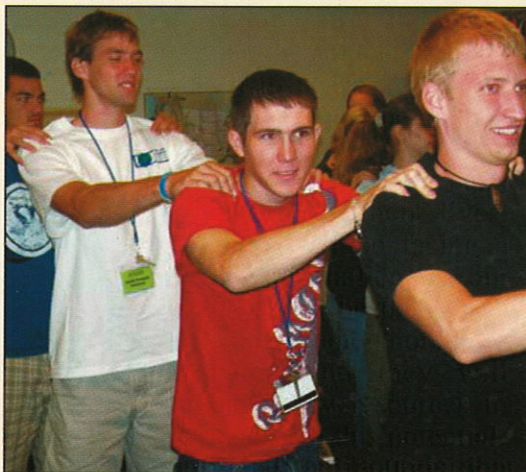
The students also take a series of personality tests and have both group and individual counseling sessions where they can share personal struggles and concerns with trained Christian counselors. But the intensive program isn't all work and no play. One afternoon and evening they have a pool party and barbecue at the home of Bruce and Kathy Narramore. On Saturday they spend the day at Knott's Berry Farm, a well known amusement park in Southern California. On Sunday they worship at a local church with a multicultural congregation. The students use other free time for Frisbee, swimming, basketball and other recreational activities.

One student summed up the impact of the program this way: "It's going to be a much clearer, smoother transition because I understand a lot more about myself and God."

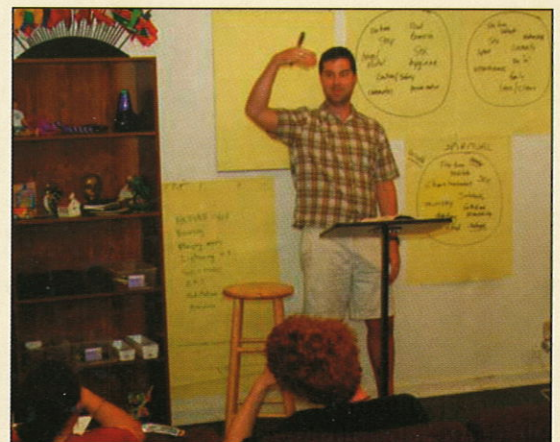
Soon after the seminar, the students headed off to nearly 50 different colleges and universities around America, to enter the next crucial period of their lives. They will be facing a lot of challenges but they will be much less anxious and more prepared and they will have new resources to deal with this potentially difficult transition time. ✚



First 2007 MK re-entry participants.



MKs exercise between lectures.



Christian counselor, Brent Bounds, shares with MKs on the topic of "Boundries."

skinnier or more fit than you.

♦ Stop filtering out the positive information you get about yourself. Allow yourself to accept positive feedback, and incorporate those things into your view of yourself.

♦ Replace your negative thoughts about your body with items from your list of things you appreciate about yourself. For example, if you are constantly telling yourself, "I've gained too much weight. Nobody will like me when I look like this," remind yourself of all the reasons people will and do like you, such as "People like me because I'm a kind person. I am thoughtful. I am a loyal friend."

♦ Finally as you journey toward wholeness and self-acceptance stop waging war with your body! Instead, remind yourself that your body is part of how you are "fearfully and wonderfully made" (*Psalms 139:13*). We are not to worship our bodies, ignore them, misuse them or hate them, but to embrace them. Make a commitment to not waste any more time hating your appearance and treating yourself badly. God intentionally created us as embod-

ied people, and we grow in wholeness when we begin appreciating God's good creation. †

¹"Media Bombards Women with Mixed Weight Messages," *Consumer Health Journal* (October 2003, citing statistics from the Alliance for Eating Disorders Awareness, retrieved at www.consumer-healthjournal.com/articles/women-and-weight.html).

² Brennan Manning, *The Ragamuffin Gospel: Good News for the Bedraggled, Beat Up, and Burnt Out* (Sisters, Ore.: Multnomah, 1990), pp. 83-84.

³ Richard Foster, *Celebration of Discipline: The Path to Spiritual Growth* (San Francisco: Harper San Francisco, 1988, p. 55) Abridged from "Stronger Than You Think" by Kim Gaines Eckert, Copyright © 2007 by Kim Gaines Eckert. Used with permission of InterVarsity Press, P. O. Box 1400, Downers Grove, IL 60515. www.lvpress.com. Dr. Eckert is assistant professor of psychology and counseling at Lee University in Cleveland, Tennessee. She is also clinical director of Kids Talk, the Lee University play therapy center.

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