

LOOK WHAT'S INSIDE:

PARENTING

MENTAL HEALTH NEWS

NCF IN ACTION

LIFE STAGES

Today & Tomorrow

by Bruce Narramore, Ph.D.

I like to plan for the long term. When my wife and I first went house hunting more than 35 years ago, we wanted to find a home where we could raise our children and live for many years. We wanted to be near some good schools, a church and not too far from our work. Now that our children are grown and we have five grandchildren, Kathy and I are still living in that same home! That long term planning worked out well.

The same is true of our ministries here at the Narramore Christian Foundation. When we founded the Rosemead School of Psychology in 1970 we were looking to the future. My uncle, Dr. Clyde Narramore, and I knew that we could only do so much. But if we could train a sizeable number of fine Christian psychologists we could extend our influence for decades to come. Now over 800 Christian psychologists have graduated from Rosemead and are serving the Lord around the world! Countless thousands of people no longer have to turn to non-Christian counselors with their personal and family problems.

The same is true as we help develop the Cornerstone Counseling Center for

LETTER , continued on page 2 ►



UNDERSTANDING AND PREVENTING TEENAGE SUICIDE

PART
ONE

by Bruce Narramore, Ph. D. and
Vern C. Lewis, Ph. D.

An average of one person every 16.7 minutes kill themselves in the United States. This is more than die of homicide. Nearly 4,000 of these suicides each year are committed by teenagers and young adults between the ages of fifteen and twenty-four. Suicide is the third leading cause of death for young people in this age group. In China, it is the leading cause of deaths among late adolescents and young adults. And so it is around the world. Scores of

thousands of young people tragically end their lives just as they are approaching maturity. What drives these young people and what can parents and friends do to help before it is too late?

Driven to Despair

Although no single personality type is especially prone to suicide, studies reveal clear connections between suicide and certain lifestyles and experiences. One study found that more than half of young suicidal victims were drug or alcohol abusers at the time they committed

SUICIDE, continued on page 2 ►

missionaries in Southeast Asia. We know that this fine counseling center can serve missionaries and their families for decades after we have gone home to be with the Lord. Looking toward the future is one part of wisdom. Proverbs challenges us "Look to the ant, you sluggard, observe her ways and be wise... She prepares her food in the summer, and gathers her provision in the harvest" (*Proverbs 6:6-8*).

Yet at the same time, we live with the knowledge that any of us could die or Christ could return to Earth for His children at any moment. We know that if we fail to share our faith with those in need today, they could end up in a Christ-less eternity. "Of that day and hour no one knows" (*Matthew 24:36*). We want to make a difference now. There are kind words to say to friends and neighbors, kind deeds for those in need, sharing the good news of Christ with those around us, and investing our financial resources to make a difference now. By wisely investing our time, talents and resources in serving Christ and His kingdom now, we are building up a rich treasure chest for our future years on earth and for all eternity! We should live with one eye toward the future but with our feet firmly planted in the now! †

COVER STORY
CONTINUED

SUICIDE, continued from cover

suicide.¹ Another research project found that nearly one in four adolescents who run away from home attempt suicide, and that one in five adolescent homosexuals have attempted suicide. These figures show that suicide is part of a larger picture. Drugs, running away, and homosexuality all reflect underlying emotional or relational problems and when those "solutions" fail, distressed teenagers turn to one final "solution."

The universal common feature among adolescent suicide victims is that they have lost hope. They are discouraged and depressed and convinced that they will never be better. Unwilling to live forever in despair, they decide to end it now.

The Bible tells us, "Hope deferred makes the heart sick."² In suicide, hope has not only been deferred, it has been lost. No matter how outwardly successful or "together" these adolescents seem to others, they are inwardly wracked with emotional pain that seems too great to bear.

Marlin was a lonely adolescent whose father abandoned his family when Marlin was ten. After Marlin's father left, his mother started using Marlin to make up for her lost husband. When she was upset about finances or her job, she turned to Marlin for encouragement. When she was sad, she looked to Marlin for consolation. She told him she didn't know what she would do

without him, and when Marlin planned his own activities, she often told him she needed him around the house.

When Marlin reached middle adolescence, he struggled to find some relief from his mother's pervasive influence and over-protection. He took a part-time job, stopped telling his mother about his daily activities, started disagreeing with her and occasionally got into angry arguments. Working, withdrawing, and fighting were his efforts to distance himself from his mother's engulfing personality. But his mother fought back. "We never talk anymore," she complained, appealing to Marlin's guilt. And when Marlin lost his temper, instead of recognizing her son's anger as a signal of his frustration with her and his need to separate and grow up, she effusively "forgave" him, saying, "I know you don't want to hurt your mom. I'm sure you won't do that again." This reinforced Marlin's guilt and his belief that he wasn't entitled to his natural emotions. He increasingly despaired of ever becoming a mature adult and establishing a life apart from his mother.

When Marlin was sixteen, he started dating Lisa. She quickly became his only source of emotional support besides his mother. In her he found an understanding person who helped him feel less like Mama's boy. Before long he was spending hours at her house and rarely went anywhere without her. After several months of

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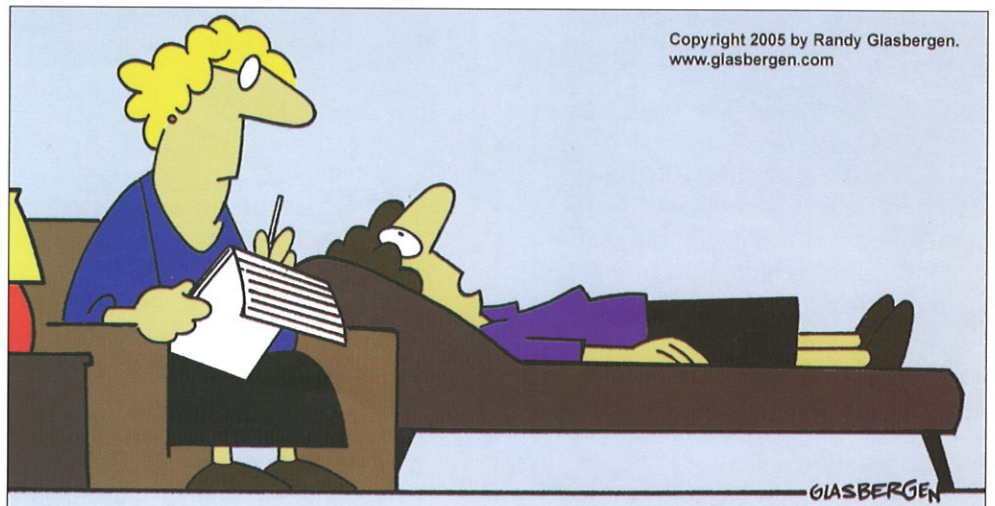
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LAST LAUGH



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"How could somebody steal my identity when I still haven't figured out who I am?"



dating, they began to talk of marriage. This gave Marlin a little hope for separating from his mother and becoming an adult.

In time, Marlin's dependency caused Lisa to edge away. Finally, Lisa broke off their relationship. Marlin wrote a note telling Lisa life wasn't worth living without her and then took his life.

Marlin's suicide grew out of a combination of his longstanding problems, his middle adolescent crises, and his loss of his most important relationship. He was programmed for depression and self-doubt by his father's abandonment and his mother's controlling need to bind her son to herself. These problems were accentuated by his normal adolescent struggle to separate from his mother and start feeling like an adult. He had no one to turn to except Lisa. When she left he couldn't cope with losing her because he didn't believe he had the inner resources to go on by himself.

Inverted Anger

Marlin's suicide reveals another reason contributing to some adolescent suicide — anger turned on himself. His suicide note showed his anger towards Lisa. "If we were together I would be alive today," he wrote. He was actually furious over being rejected by Lisa but didn't know how to express it so he turned his anger on himself. "I hate you." became "I hate myself." The Bible refers to this connection between anger and depression when it says, "Fathers, do not embitter your children, or they will become discouraged."³

If Marlin could have shared his angry feelings with someone who understood he might not have turned them on himself.

Internal Pressure and Impossible Expectations

Twenty-two-year-old Ken was in his last semester of college. A good student who was respected by faculty and peers alike, Ken had been elected president of his senior class. The entire college community was shocked to hear that Ken had hanged himself in his dormitory room just a few weeks before he would have graduated. Ken is typical of another group of adolescents who sometimes turn to suicide.

Ken's father was a successful minister who had built a large church from scratch. He was highly regarded in the community, and although he was somewhat of a workaholic, he was no different from many suc-

cessful business and religious leaders. Ken was the youngest of his parents' three children and both of his siblings were married and doing well. His mother was a talented person who loved her children and was supportive of her husband.

Inside this apparently ideal family, however, a crisis was brewing. Although Ken's father was a fine man, his personality created problems for his extremely sensitive son. Ken's dad could cope with anything and he never allowed himself to appear weak to his family or friends. He didn't show feelings of discouragement or worry. And when he encountered a problem, he prayed about it, attacked it with a determined attitude, and worked it through.

Ken's older brothers managed to do rather well in this environment. They grew up to be a lot like their father and became achievement-oriented businessmen. Ken had a harder time. He was bothered by things that didn't upset his brothers. He had a tender spirit and needed more patience and understanding. Since his father seemed bigger than life, it was difficult for Ken to feel that he could ever be successful like his dad.

When Ken started struggling with his sexual feelings as a teenager, he felt intense guilt. But since he was sure no one else in his "perfect" family struggled with these feelings, he couldn't share them with a soul.

Coupled with this sexual guilt was Ken's adolescent need to compete favorably and prove himself to his peers and parents. His approaching graduation signaled that he must move into a world inhabited by people like his successful older brothers and his father. This intensified his feelings of inadequacy and fears of failure.

Since Ken never shared his doubts, he didn't realize his feelings were normal. Many adolescents feel similar pressures in their homes, and many college graduates have serious doubts about their entering a

competitive world. Unlike Ken, however, most late adolescents don't have such a "perfect" father. And most late adolescents are able to share at least a few of their doubts about their ability to cope with life.

Like Ken, a surprising number of suicidal adolescents are well liked, high achieving, and outwardly successful. But beneath their success they are never satisfied with their performance. They never live up to their unrealistic expectations and they never feel good about themselves. The tyranny of unattainable perfectionism drives them to do better and better but it is never enough. Every temporary satisfaction or new success dissipates under the relentless accusations of their demanding consciences, which echo either their parents' impossibly high standards or their own unrealistic expectations.

The Acting-Out Teenager

Another high-risk group for suicide is made up of socially active adolescents who are partying, using alcohol and drugs, periodically in trouble with school authorities or law officials, or engaging in other risky behavior. Unknown to others, a significant number of these adolescents are frantically searching for pleasure or excitement to ward off underlying feelings of depression. Their lives are devoid of meaning and purpose because they have no spiritual faith and life makes no sense. Their choice of friends only makes matters worse and their escapism compounds their problems and eventually leads to unyielding despair. Their untimely deaths sometimes look like accidents. In reality, they are a veiled attempt to end the struggle for meaning and purpose by sensational and risky behavior. Unfortunately, for some, these behaviors ultimately result in death. †

In the next issue, Drs. Narramore and Lewis will discuss warning signs and ways of preventing teenage suicide.

1 Fowler, R.C., Rich, C.L., and Young, D. "San Diego Suicide Study II: Substance abuse in young cases," *Archives of General Psychiatry* 1986 Oct 43(10): 962-965.

2 Proverbs 15:12

3 Colossians 3:21

Adapted from the book, *Parenting Teens* by Dr. Bruce Narramore and Dr. Vern C. Lewis

Releasing Rachel

by Eileen Rife

I remember dreaming of the day I would be a mother. My husband, Chuck, and I prayed for children, and God answered by sending Rachel. We committed Rachel to the Lord before her birth, praying she would know Jesus as her Savior and Lord—and that He would use her for His kingdom's glory. My highest aspiration was to see Rachel walk with God and listen to His voice. I had imagined her meeting a nice young Christian man and settling down in local ministry. That was a plan I could endorse.

When Rachel chose a missionary's life in India, I became nervous and upset. I was surprised how unprepared I was for the Lord to call her to a life as a missionary to a foreign field. How naive I had been. The prospect of Rachel spending her life overseas so far from home troubled me so much it was keeping me awake at night.

I struggled with the thought of losing my daughter. We had been close and now she would be far away in a strange land. I was afraid to lose her. I was also afraid for Rachel. *Would she be safe? What if something dreadful happened to her?* Releasing Rachel to the Lord proved to be one of my most difficult tasks in life. I knew in my heart that the Lord had a plan and I needed to find a way to get on board, but it wasn't easy and it took time.

GIVING UP CONTROL

My first encouragement came from Hannah, the mother of Samuel. Barren Hannah promised to give her child to God if He would enable her to conceive (*1 Samuel 1*). God provided Samuel, and Hannah kept her promise. When Samuel was weaned, she took him to the temple to live with the priest Eli. Samuel grew to be a godly judge over Israel, fulfilling God's mission for his life, in part because Hannah was willing to give Samuel to the Lord.

Reading Hannah's story, I realized I had not surrendered my will to the Lord. This was perhaps the primary reason for my feelings of anxiety and helplessness. I wanted things my way. It took the consistent care of friends who repeatedly and gently listened to my despair until I reluc-

tantly returned sovereignty to whom it rightfully belonged, the Lord. As I admitted that God knew better than I, I began to loosen my grip and emotionally let Rachel go.

WHAT IF?

After Rachel completed candidate school, she went on field assignment with a native missionary couple serving in a remote Indian village. During that time I would awaken around four every morning thinking, *What will she do for electricity? How will we contact one another? What about medical care? What if she is bitten by a snake and not enough anti-venom is available? What about loneliness and depression? What if Rachel misses out on meeting a nice Christian man by going on the mission field?* The "what if's" tormented me for a long time.

God used one of the most dramatic stories in Scripture to help me with my worry over Rachel's safety and well-being. God commanded Abraham to offer Isaac, his and Sarah's long-awaited son, as a sacrifice on Mt. Moriah (*Genesis 22*). I imagined Sarah kissing Abraham and Isaac goodbye that fateful morning. Perhaps not fully knowing what God had instructed Abraham, she trusted her mate to care for the beloved son of their old age, the son God would bless and whose offspring would be as plentiful as the stars in the heavens (*Genesis 15:5*). No harm could ever befall him, for God had promised. And God did provide! At the moment Abraham lifted the knife to strike his son, "the angel of the Lord called out to him from heaven, 'Abraham, Abraham!'... 'Do not lay a hand on the boy.'... 'Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son'" (*Genesis 22:11-12*). In the thicket was a ram God had placed there to be the sacrifice.

Seeing how the Lord provided for Abraham and Sarah encouraged me and assured me that, in spite of my fears, God would protect and provide for my precious daughter. He also provided support through an older couple who had children on the mission field. Carolyn would often pull me aside at church, give me a great big hug, and ask how I was doing. She would

share about her experience of letting go and pray with me. I could call her at any time and often did. Just having another mom who knew what I was going through helped ease my journey and made God's provisions more real.

Rachel soon discovered that conditions would not be as harsh as expected. She would have electricity four hours each day. Running water was available, and phone lines had been installed and she could use email to communicate with her family! God was faithful to supply Rachel's needs—and ours! While God asks us to relinquish our children, He does for their good and ours. He wants to bring good to all of us and He will always be faithful to His character. That's the kind of Father He is!

CONFIDENT IN GOD'S LOVE

I needed to learn that Rachel does not belong to me: She belongs to God, and He loves her more than I ever could. This sometimes was hard for me to comprehend. Tears would come when I least expected them, but I guarded my emotions around Rachel because I did not want to upset her. I reserved my tears for God, my husband, and trusted friends alone. My surrender to God's will and my patience were tested on several occasions. Rarely could I walk into a room of women without one of them asking, "How can you let Rachel go to India? The world is more dangerous now than ever! Aren't you concerned for her safety? What if something happens to her?"

I learned to clear my throat and calmly give this honest reply: "Rachel doesn't belong to me. She belongs to God. If it were up to me, I probably wouldn't let her go. It hurts me more than words can say. At times, I live with a huge knot in the pit of my stomach. I ache because she will never stop being my little girl. But she is an adult now, and I must let her go. Her purpose in life is not up to me. Her Father has called her, and He knows best. He can care for her far better than I can with my finite abilities."

Yes, God had loaned Rachel to me for a time to love, train, and help prepare for His work, but she was never mine to control. She belongs to God. Her purpose is to fulfill His mission for her. Jesus' mother also

Games for Health

A group of healthcare professionals and video game developers met in Los Angeles recently to discuss ways of taking advantage of the seductive allure of video games to promote health and treat a variety of adjustment disorders. One game, for example, shows promise for treating Post Traumatic Stress Disorder (PTSD). Named "Virtual Iraq," the new game is being developed to enable users to safely approach real-life traumas, like those encountered in the military, in order to help patients gain relief from recurring dreams, intrusive memories of traumatic events and associated unmanageable emotions.

A physician at the University of Washington is working with game developers to create a program that will help people with diabetes learn better self-management in order to increase the effectiveness of their treatment.

Other professionals envision training children and teenagers who have Attention Deficit Hyperactive Disorder to improve their ability to stay focused and pay attention. New games are also being designed to train health professionals like physicians, nurses, and medics who will treat trauma victims by walking them through real-life situations such as they will find on the battlefield.

The next time you see a young person playing a video game, perhaps he or she will be learning to cope with some emotional or physical difficulty. And when you see an adult excitedly engaged in a video game, perhaps he or she will be a healthcare professional preparing to treat you more effectively! Not likely, but maybe! †

(Seattle Times March 12, 2006;
www.gamesforhealth.org)

gave me a gentle reminder to let go. Mary testified in Luke 1 of God's glorious purpose in sending Jesus to be conceived and reared by her. I don't believe Mary fully understood how Jesus would fulfill God's plan, but she trusted God's love for His Son. With God's help, Mary persisted in a lifetime of letting go, which ultimately led to the most painful release of all—the cross. Although Mary did not understand God's ways, she was able to release Jesus into the safekeeping of His heavenly Father because she knew His love for Jesus was greater than her own. Through Jesus' agony, God brought about good. Mary witnessed her Son's resurrection, and later she joined Him in glory.

PURSUING GOD'S PLANS

When God works in our children's life, He doesn't want to leave us out. He also has a plan for us as parents. We can find renewed meaning in life when we encourage our children to pursue what God has called them to do and to be. Nothing is more rewarding than seeing the children we love so deeply become all that God created them to be. Letting go is hard but it solidifies in a deep and special way the knowledge that they are becoming the unique people that God desires them to be—and we have had the sacred privilege of having a part in that. And our own world view and our spiritual horizons can be expanded as we follow our children's adventures with the Lord!

Rachel's commissioning service brought these truths home to me. As her father and I watched our daughter approach the platform and calmly testify before her sending church and mission family, our tears flowed freely. They were tears of joy and tears of loss. Rachel knelt and veteran missionaries, her pastor, and deacons surrounded her, laying hands on her and offering her up to her Father in prayer. After the service a woman hugged me and said, "It's hard when your kids leave you!"

"It's bittersweet," I replied, wiping my eyes. "We trained Rachel to answer God's call, no matter what that might mean, but nothing could have prepared us for the pain we would endure in actually letting her go. But we are so pleased that she is following God's call. And knowing that she has a wonderful mission family to love her and watch out for her helps settle my mind and heart."

"And remember, in heaven, it will only be sweet."

True, I thought, no sad good-byes. No letting go. All will be sweet.

That evening, I learned that God's plan for Rachel was bigger than me, bigger than her. Resting in His loving plan is the best and safest place she could be. And it is the best place we can be. †

AUTHOR'S NOTE: Right before Rachel left for India in Nov. '04, the mission board redirected her to Bangalore. God had closed the door to Andhra Pradesh. Now we know why—He had a special surprise waiting. Two weeks after Rachel arrived in Bangalore, a veteran missionary wife told her that her ministry would be more effective if she were married, and she had the perfect candidate. Rachel assured her that she was content being single, but if God had other things in mind, she was open. Nathan Waldock traveled with his missionary father to Bangalore in January, '05 to survey the work. He had grown up in Bangalore, but returned to the States to attend Cedarville University and then seminary. Restless and uncertain about what God wanted him to do next, Nathan agreed to return to India to consider God's will. Once there, the more he saw the needs of the people, the more convinced he was that God wanted him to return there and serve Him. During this time, he met Rachel. The two hit it off and, long story short, (and yes, a very sweet story of God's provision), the two were married in the States on June 11, 2005 and plan to return to Bangalore in June 2006. A further update: Rachel and Nathan have just announced that we are to be grandparents in October. We plan a trip to Bangalore in December, 06.

NOTE: A previous version of this article first appeared in the Nov/Dec '04 issue of *Discipleship Journal*.

Eileen Rife is a freelance writer and speaker who has authored several books. She and her husband conduct marriage seminars. Her byline has appeared in magazines, such as *Discipleship Journal*, *Women Today*, *Women Alive!*, *Parenting Today*, and *Christian Home & School*. You can contact Eileen at www.iwanttomakemy marriagework.com.

Twenty-Seventh Annual MK

by Bruce Narramore

Who would have imagined when Dr. Clyde and Ruth Narramore began the first intensive two-week reentry program for the sons and daughters of missionaries in 1979 that the program would flourish and touch the lives of more than 1,000 MK's for more than a quarter of a century? But it has!

This summer marked the 27th year that the Narramore Christian Foundation has helped the sons and daughters of missionaries from around the world adapt to life here in the



First group of 2006 MKs

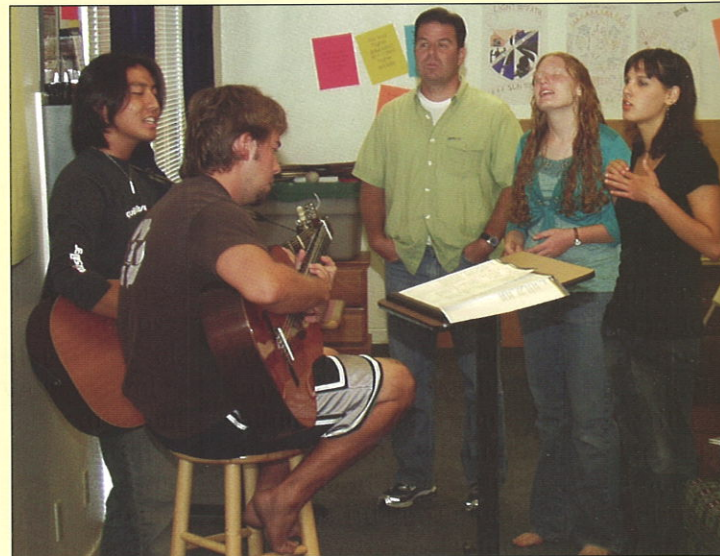


Dr. Bruce Narramore discussing the impact of childhood experiences with MKs

United States. They came with a mixture of anticipation, anxiety and loss. Those coming for the first two-week program arrived at Los Angeles International Airport from 25 different countries: Afghanistan, Australia, Bolivia, Burkina Faso, Cameroon, Chile, China, Ecuador, Germany, Guatemala, Honduras, Indonesia, Malaysia, Mexico, Nigeria, Pakistan, Papua New Guinea, Peru, Romania, Russia, Senegal, Philippines, Taiwan, Thailand and Vanuatu!

Each had very different life experiences but they also shared so much in common. They were "Third Culture Kids"-- not fully American like most of their parents, but not fully Chinese or Thai or African or Indonesian

either. They have grown up between worlds in ways that give them incredible advantages of language and cultural understanding and meaningful connections with a wide range of people as they move along in life. Yet some will struggle with painful or traumatic losses and experiences. And it will take most of them many years to really feel "at home" in the United States. They will miss their friends and the familiar sights and sounds and smells of the home countries they love and left behind.

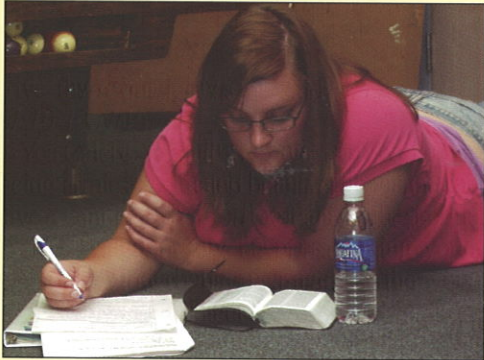


MK worship team leaders

But for two weeks here with us, they had an opportunity to reflect on their MK experiences, their concerns for their futures, and any areas of special difficulties or struggles. They discussed the importance of allowing themselves to feel the sadness and face their grief over leaving friends and

Forget Your Age and Enjoy Life

by Joan Clayton



A time to reflect

family behind. They laughed but seriously reflected on some of the things they learned about themselves from the personality tests they took. They started learning how to handle and resolve feelings of anxiety, anger and depression. And they playfully dunked each other in the swimming pool and created water games to play in the middle of a hot Southern California day.

When it was time to leave there were tears and lengthy hugs. Some had developed friendships that will last a lifetime. Many had renewed hope and confidence in their ability to survive and thrive in college in the U. S. Others had begun to face painful inner struggles and found that there are sensitive Christian counselors who will be able to help them move into adult life healthy and happy and confident about themselves, their lives and their relationships. Many found a deeper relationship with Christ.

Nearly all commented on how much they appreciated the caring seminar staff and how meaningful it was to share their lives with other MK's with similar experiences. Now they have completed their reentry training and are traveling to colleges and universities around the United States. Please pray for them as they continue their new journey with the Lord and new friends in this strange land far from home and friends and family that they love. Also, please pray for the next group of missionary kids who will soon arrive to take this life changing seminar! †

Our culture puts a premium on youth and beauty. Television commercials flood us with products that supposedly keep us looking young. The underlying message is “the young and beautiful” get all the breaks, including money, attention, superior lifestyles, and the list goes on. Extreme makeovers are “in” despite the pain and expenses.

I think we should try to look our best, but to be preoccupied with youth and beauty can be disastrous. We rarely read about the compromises, health deterioration, temptations, addictions, deprivations and disappointments that overcome some who spend incredible amounts of money trying to preserve their youth and happiness. I am reminded of *Psalms 112:1-2*: “Happy are those who respect the Lord, who want what he commands. Their descendants will be powerful in the land; the children of honest people will be blessed” (*NCV*). Youthful looks are no guarantee of happiness, meaning or fulfillment in life.

I have seen self-esteem go down the tube as some pass formal retirement and move into their older years. To them I say, “God has a purpose for you and you are a person of worth. You have accumulated wisdom from your life’s experiences that needs to be shared. Your prayers make a difference and the world still needs you.”

Growing older does not mean we are unacceptable or without value. God tells us through *Proverbs 16:31*, “Gray hair is a crown of splendor, it is attained by a righteous life” (*NIV*).

I love Caleb’s attitude in *Joshua 14*. His faith in God never waned and he served the Lord with vigor and optimism from the beginning. “...so here I am today eighty-five years old! I am still as strong today as the day Moses sent me out; I’m just as vigorous to go out to battle now as I was then. Now give me this hill country that the LORD promised me that day. You yourself heard then that the Anakites were there and their cities were large and fortified, but, the LORD helping me, I will

drive them out just as he said” (*Joshua 14:10-12 NIV*).

Yea Caleb! What a guy! We may not be facing armies like Caleb but surely we can have a winning spirit. Our golden years can be filled with things we never had time for previously. Now we have extra time to pursue hobbies, volunteer with charitable organizations, and spend with family and friends. The more you give yourself away, the happier you will be.

Keep a positive self-image. You are important to the Lord and to society.

Be an encourager. Everyone you meet can use encouragement.

Share the wisdom you have accumulated, especially just good old common sense. The world needs it.

Relax and laugh. “Laugh and the world laughs with you.” Find humor in simple things.

Keep up personal grooming. Taking care of yourself helps you feel fit.

Give hugs and compliments freely. It’s not too late to help others feel better.

Remember, “...the joy of the LORD will make you strong” (*Nehemiah 8:10 NIV*). “But for you who honor me, goodness will shine on you like the sun, with healing in its rays” (*Malachi 4:2 NCV*).

I’ve made my list for when I’m 90. God willing and my health allowing me, I will wave at train engineers, wear false eyelashes and bat them at my husband each day, eat chocolate pie for breakfast, hold up “bunny fingers” behind peoples’ heads, bleach chin hairs because I won’t have time to shave, buy a life insurance policy (if I can afford it!) while looking forward to the next birthday, and write a book called “Some people are Crazier Than Me.”

I’ll be happy every step of the way. You can be happy too! Forget your age, remember God’s promises and blessings, reach out to others and enjoy life! †

Joan Clayton is a retired teacher. She married her high school sweetheart and they will be celebrating their fifty-eighth wedding anniversary this summer.

Serving God's Servants



Dr. Clyde and Ruth Narramore have served missionaries and pastors around the world for more than 50 years. To honor and extend the Narramore's faithful, visionary ministry the Directors of the Narramore Christian Foundation announce the creation of the

**Narramore Endowment Fund for Pastors & Missionaries.
You Can Help Establish This Lasting Endowment.**

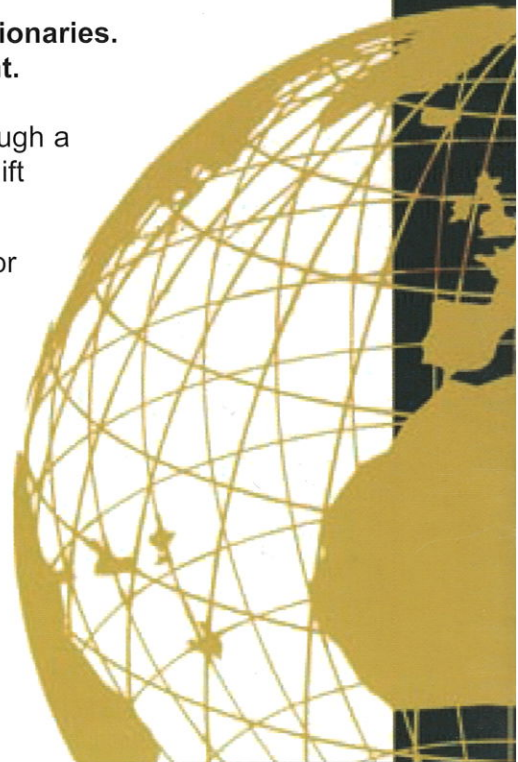
Please join us in funding this vital endowment and honoring the Narramores through a current gift of cash, stock, or real estate or through your will, trust, or charitable gift annuity. Our initial goal for this ministry fund is \$1,000,000.

YES, I want to help perpetuate this ministry to God's choice families in ministry for years to come and honor Dr. and Mrs. Clyde Narramore for their faithful ministry.

Here is my one time gift of \$ _____
 I am committing \$ _____ annually for the next three years
 I would like to make a gift to the endowment through
 My Will A Gift Annuity A Living Trust
 A Gift of Stock or Property Other Assets

Name _____
 Address _____
 City _____ State _____ Zip _____
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Mail today to: Narramore Christian Foundation P.O. Box 661900, Arcadia, CA 91066-1900 or phone us at 800-477-5893 if you would like additional information on making a deferred gift.



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Mildred Dean Rice	Dr. Paul & Margie Pang
Mildred Dean Rice	Rev. Luke & Jenny Zhang
Mildred Dean Rice	Dr. Cherry Steinmeier
Mildred Dean Rice	Helen and Loring Tabor
Mildred Dean Rice	Phyllis McCoy
Mildred Dean Rice	Vi Nicholson
Judith Whiteford Smith	Mrs. Lorraine Klann
Roy Felton Tobin	Mrs. Lorraine Klann

Presented by:

COMMENTS FROM NCF READERS

"I have received a miracle today and I can't thank you enough. I came across your site completely by accident and on the first page I came to I read something which was so personal I started to cry and read the entire article. I learned so much about myself. I'm actually a psychology major in college and I'm a faithful Christian who has heard a lot of sermons and read a lot of theories, but never saw myself acting this way through any of it. I had to let you know that you've changed my life just by existing. So thank you very much."

— K.L.



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