



The DEAF LUTHERAN



Official Publication of the International Lutheran Deaf Association & the Board for Missions of the Lutheran Church-Missouri Synod

Spring, 2000

St. Louis, MO

Volumes 92, No. 1

DEAF LUTHERAN DEVOTION



Rev. Mark Anderson,
ILDA Pastoral Advisor

Greetings in the name of the Lord Jesus Christ the only true Savior and Friend of sinners! Once again, we are about to celebrate still another great day of our Christian life – which is no other than the glorious bodily resurrection of the Lord Christ Jesus our precious Savior! Hallelujah!

My brothers and sisters in Christ, we should be aware that Easter is much more important than Christmas itself! Yes, we know that Jesus was born to save us sinners; yet, to be more clear, the Heavenly Father sent His own Beloved Son Jesus down here on the earth to die and rise again so that all sinners are forgiven all their sins. The fact that God raised Jesus from the tomb is that even the power of death could not keep Jesus, who is God Himself, in the darkness of the grave forever. Moreover, the resurrection of Jesus has completely conquered the rule of Satan and the pains of hell forever and ever. As a result, God restored us to His everlasting Kingdom. No wonder why the Bible describes the Son of God as the Giver of life to all of His followers, especially you and myself! Praise Him for His Mercy!

The most God-pleasing way we can say about the above good message is:

I BELIEVE!

The Holy Spirit, the Comforter living in our hearts by Word and Sacrament, leads and encourages us to believe in the bodily resurrection of Christ with a firm belief that God will also raise us from the dead or the “sleep in Christ.” Just as Jesus arose in great glory, so will we at the Last Day when He comes back with His holy angels as the King of all kings and the Lord of all lords. How exciting it will be when Jesus finally comes back for His flock to live with Him in perfect peace and happiness! Glory, praise, honor and worship be given to the Father, the Son and the Holy Spirit, the Triune God always!

Come, my brothers and sisters in Christ, let us be very bold and share the marvelous,

exciting and comforting message of the glorious resurrection of the Lord Jesus with all people who do not understand the true and correct importance of celebrating Easter. Pray that God gives us the courage to say:

**JESUS IS RISEN!
HE WILL RAISE US, TOO!
HALLELUJAH!**

God wants to save all people so we go and say-sign these words to all!

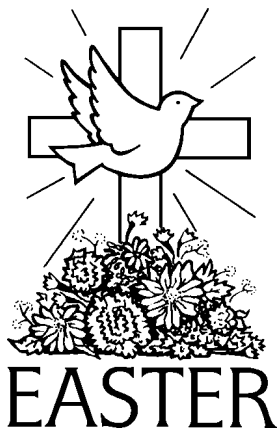

Alleluia!
CHRIST IS RISEN

ILDA Pastoral Advisor

Feet for Hands...

Dr. Rodney Rynearson has been a missionary to the Deaf with The Lutheran Church–Missouri Synod for the last 42

years. He is retiring from full-time service in June 2000 and will start on an adventure and lifelong dream of walking the Appalachian Trail. This 2000+ mile trail runs from Georgia to Main. As a way to help fund the new **Deaf Institute of Theology (D.I.T.)**, he is accepting pledges for each mile traveled. Send your pledge to: **Deaf Institute of Theology, LCMS World Mission, 1333 S. Kirkwood Rd, St. Louis, MO 63122** or e-mail to: **DIT@LCMS.ORG**. Pledge per mile (total \$) are: **one cent (\$21.60), two cents (\$43.20), five cents (\$108.00), ten cents (\$216.00), or one dollar (\$2,160.00)**. *Be sure to include your pledge choice, your name, address, and e-mail address if applicable.*



April 23, 2000

Greeting to you all in this New Millennium Year!

Thanks God he has led us into this new year without any major "Y2K" problems! With all those media attentions and doomsayers saying we would have a major Y2K Earth crash and fears, I was as most of you, were prepared for the new millennium: some cash, food, water and gasoline on hand and computer files backed up.

Friday, December 31st was my holiday day off from work. I spent the afternoon watching CNN to get a 12-hour advance notice on what might happen by the time mid-night strikes the USA. As the hours went by, midnight in Japan, China, India, Russia and so on, their new year passed without any problems. Wow, how beautiful every country

showed their fireworks and celebrations. Doves fluffing off in Bethlehem. Sadly there were some countries that didn't feel like celebrating. Venezuela was one country. They are suffering from the recent rain and flood damage with many people killed.

The Christmas Issue of *The Deaf Lutheran* was mailed in early December. We hope that you all have receive it. A reminder: December was renewal month. If you haven't renewed yet, please do it soon. Contact Larry Ginter, *The Deaf Lutheran* Business Manager, if you have any question. His e-mail address and phone numbers are on the back of this newsletter.

David G. Brown, Editor



April 2, 2000



ILDA 1999-2001 Mission Project Brochures...

ILDA new Mission Project brochures has been printed and mailed to your churches during January 2000. Please check with your church or pastor to make sure they have arrived. Envelopes of 25 brochures has been mailed to each of the 53 deaf churches and envelopes of 5 to each of the 130 interpreted churches.

Help ILDA reach its goal of \$55,000 before the convention in Indianapolis on June, 2001!

Pam Kane, ILDA Mission Project



ILDA Brochures...

New brochures has been printed and mailed to your churches on December 31st, 1999. Please check with your church or pastor to make sure they have arrived. Envelopes of 25 brochures has been mailed to each of the 53 deaf churches and envelopes of 5 to each of the 130 interpreted churches.

Encourage your church members and friends to join ILDA! Contact Sandi Green (IC_GREENSM@lcms.org), Karen Beiter (Kjbndp@rit.edu) or David Brown (CreaBrowns@aol.com) for more brochures if you need more. The brochure can also be copied on your church's copy machine.





More Photos From ILDA Cleveland '99 Convention



ILDA President-Elect, Richard Norton



ILDA Pastoral Advisor, Rev. Don Leber



Deaf Choir Director Award: 1st place Rev. Paul Tessaro and his Eternal Mercy Deaf, Memphis, Tennessee members.



ILDA Board at Work June 22-24, 1999...



Pacific Region President, Charlie Kotal

ILDA President, Dennis Konkel



ILDA Historian, Mae Madding



God's 1,000 Club, Mary Tingler



ILDA Secretary, Alice Hagemeyer; Mission Project, Pam Kane; and ILDA Treasurer, Karen Beiter.



Ron and Mae Madding; 2003 ILDA Host, Mr & Mrs Mark Johnson; and Dixie Region President, Carol Seeger.

News from around the Regions...



**Coming...
Indianapolis
2001 ILDA
June 20-24,
2001**

Northwest Region...

Cross of Christ, Edmonton, Canada... held their garage sales last October. Proceeds for Special Capital Project at Pas Natura Ranch. They are raising fund for the Ranch Recreation Centre Project. **D.I.T.:** *Jerry Douziech* and *Joanne Walmsley* has passed the First course "Christian Care-giving."

Faith Lutheran, Spokane... **D.I.T.??? Deaf Institute of Theology!** Pastor Hewitt and 20 other pastors and lay leaders joined together in St. Louis and have recently finished video taping the ASL course materials for D.I.T. level three. DIT is open to anyone who wants to be a better leader.

Pacific Region...

Pilgrim, Los Angeles, CA... the latest report is that **Rev. Don Leber** is home recovering from his stroke. He has been determined to attend the Ephphatha Conference in Texas in late February and to attend his planned cruise this September! Rehabilitation Fund for Leber is being handled by Dawn Langemeier. Also *The Pilgrim Torch* is now on the internet (web site): www.psw.lcms.org/deafministry.htm. Also remember Lutheran Deaf Camp Week is in July. Check with the church at (213) 389-9940 or the web site for correct dates.

Midwest Region...

Calvary Lutheran, Des Moines... In January, their deaf **Pastor George Ring** has served in deaf ministry for 50 years. Recent death... **Eldon Moon, Ambrose Elliott Jr., Marian Leander,** and **Don Anderson.**

Ruth M. Degenhardt, age 79 yrs, Omaha entered God's Kingdom on Christmas morning. **Don Anderson** and **Bill Pittman** of Waterloo, and **Marian Leander** of Ottumwa has joined Jesus in Heaven.

Central Region...

Peace Lutheran, Indianapolis... **D.I.T.:** *Scott Wilson, Nancy Hicks, Alan Rork* and *Lynn Kivlin* has joined D.I.T. Vicar Konkel and Pastor Munz has been videotaped in St. Louis. There are eight levels (about 30 different classes) in D.I.T. **Lois Clemon** has joined Jesus in Heaven.

Great Lakes Region...

Alpha, Rochester... wait patiently for a new pastor.

Good Shepherd, Toledo... **Robert Davidson** has entered God's Kingdom.

Trinity, Pittsburgh... **Patrica V. Ritchey, Joanna Watt Carnahan, Valeria Wills Morgan, David Guenter, Phyllis Jablonski, John Campero,** and **Adeline Selowski** has

entered God's Kingdom.

Christ Lutheran, Cleveland... is hard at work in preparing their new church building. Bids and contractors are being reviewed now. Pictures will follow in the next few *Deaf Lutheran* newsletters.

Holy Cross, Columbus... Our Lord Jesus called **Emma Lou Henshaw** home with Him on Jan 11th.

Eastern Region...

Chapel, Charlotte... Carolinas Lutheran Deaf Ministries continue at these churches: **Brington, NC**, 2306 Lacy St., Sundays 11 AM and **Chapel Hill, NC**, 230 Ervin Rd, Sundays 10:30 AM. Also, don't forget the Augusta and Greensboro areas.

Christ Lutheran, Silver Spring... **Diane** and **Tony Munoz** has written an interesting story about their trip to Spain, Portugal and Morocco last October in their church's newsletter, *The Mustard Seed!* **G. Paul Snyder** has joined Jesus in heaven on Dec. 27th. He was the "eldest" members of Christ Lutheran Church.

The Jelly Beans...

Red is for the blood He gave
Green is for the grass He made
Yellow is for the sun so bright
Orange is for the edge of night
Black is for the sins we made
White is for the grace He gave
Purple is for His hour of sorrow
Pink is for our new tomorrow
A bag full of jelly beans colorful and sweet
Is a prayer
Is a promise
In a special treat.

Happy Easter!

by Betty Mowl

History in the Making at Mill Neck Manor...



On November 19th, members of the Mill Neck Manor Board of Trustees, administration, staff, students, alumni, politicians, family and friends joined together to break ground on the Mill neck Manor campus for Mill Neck Manor's new Deaf Education Center.

The new two story, 44,000 -square foot educational facility will provide modern classrooms, a library, cafeteria space, the latest technology and a 240-seat auditorium, designed to meet the needs of the hearing impaired.

The new center is schedule to open its doors in January of 2001.

Future Regional Conference Dates...

Northwest Region...

No dates submitted yet.

Pacific Region...

June 8th-11th, 2000 at Concordia University at Irvine, California. LeeAnn Kotal is the coordinator for this conference.

Midwest Region...

June 23-25, 2000 at Black Forest Camp and Conference Center, North of Colorado Springs, CO.

Central Region...

May 4th-7th, 2000 at Holiday Inn I-94 and Rt. 132 (Grand Ave) in Gurnee, IL. Theme: "Paradise of God"

Dixie Region...

June 23-25th, 2000 at Concordia University in Austin, Texas.

Great Lakes Region...

Holy Cross, Columbus will host during late August or early September.

Eastern Region ILDA...

May 26-29, 2000 at Ramada Inn, Whitehall, PA. Hosted by St. Matthew (Clifton, NJ), St. Mark (Manhattan, NY) and St. Mathew (Elmhurst, NY). Contact person is Rev. Eric Ziegler, FAX (973) 614-1737.

Reminders...

At your ILDA regional conferences during the year 2000... **please remember to nominate and vote names for 2001-2003 ILDA Officer candidates** to be submitted to the ILDA Nominating Committee for election in 2001. Candidates are needed for President-Elect, Secretary, Treasurer, and Pastoral Advisor.

Also make sure your churches submitted their reports to your regional conference leaders.



Deadline for submitting conference dates in the next The Deaf Lutheran issue is May 15, 2000!

Web Sites to Visit...

Try www.aal.org to send electronic greeting cards with a Lutheran flavor. One greeting: "Happy Birthday to you, happy birthday to you..." but the Lutheran version is 22 verses!

Visit the American Bible Society web site which is: www.americanbible.com

Another one: www.bibleutor.com

LCMS Deaf Ministry Locations... I personally visited this site and this is a really great site to visit. It tells you the location, time, pastor, etc. for each deaf church and others. See for yourself at: <http://members.aol.com/revrmoody/deafministriesFrameSet.html>

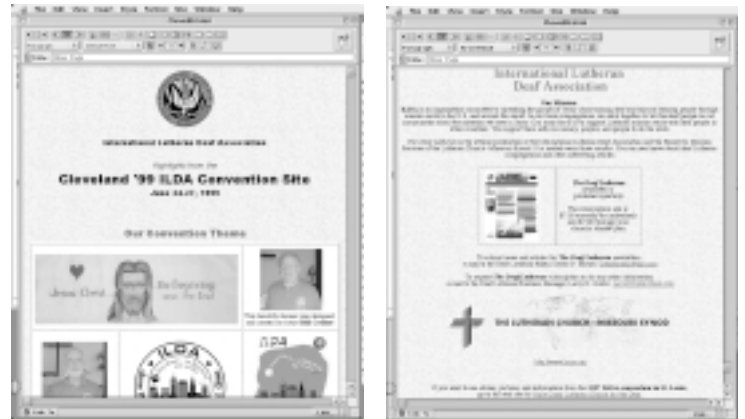
Holy Cross (St. Louis) web site provides transcripts of Sermons each Sunday with a Bible Study and Wednesday Bible Study... visit: <http://members.aol.com/revrmoody/hcdchur.html>

Check out the LCMS' Pentecost 2000 website. It is a list of new ministries being started. There are several Deaf ministries being started, small group ministries, camps, etc. Their web site address is: www.pentecost2000.com

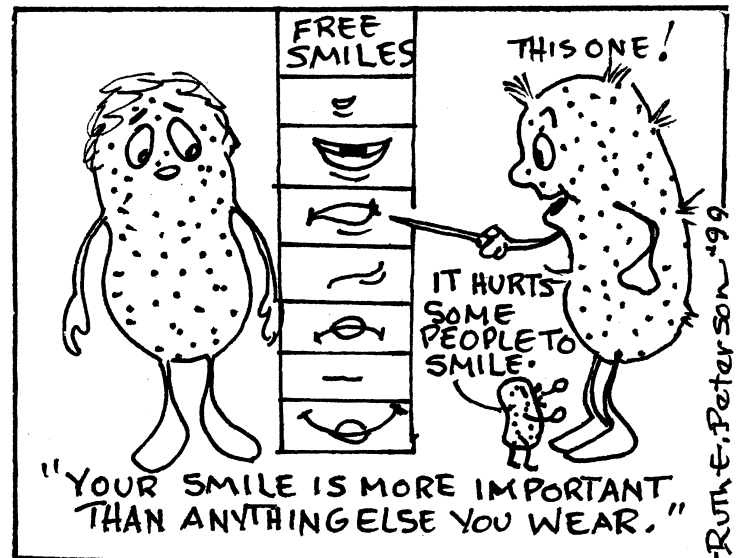
Check your credit history...

A recent TV News Report reported about a woman who was shocked to learn that someone spent all her money. A credit report indicates someone else was using her identity. The news report suggests that everyone, every year, check their credit rating. I recently visited one of the three suggested credit information sites. The one site I visited and applied at, was: www.experian.com. For an \$8.00 fee, they sent me my Personal Credit Report within two weeks. It is nice to relax now and to know that my credit history stands clear.

David G. Brown, Editor



NEW! Visit the Cleveland ILDA '99 and Deaf Lutheran web site: <http://hometown.aol.com/thedeaflutheran/CleveILDA/Cleve99.html>



January Newsletter from MACAU



Jennifer Knaack



Sara McKinney

Happy New Year! Here is a update of what has been happening here in Macau. There's certainly a lot to look forward to this year. Read about some good news!

The Concordia School of Special Education has been in a small building that is situated in a run-down area in Macau. It is a smelly, old place. I'm excited to share with you the good news- CSSE will be getting a new building near the seafont, in a very nice area! This new building has much more space and a playground. Renovations and planning are underway. Funds are desperately needed if the school is to open as soon as possible. Want to help out? You can send an e-mail and find out more at this address: Dwetjen@ms.hkis.edu.hk.

"I want to be Baptized." That's what one of my favorite students, Wendy said to me last November. She is 15 years old and in grade 9. She is the first deaf student who is now taking Baptism classes. I meet with her once a week and go over the Luther's Small Catechism. It's emotional at times because I'm really excited about her becoming part of God's family. Just imagine - she will be our sister in Christ very soon! We hope she will be baptized as soon as possible - if her parents approve and everything else works out. I urge you to keep her in your prayers.

Want more good news? Diana Lee, who is now studying at the University of Macau and doing her teaching internship at the deaf school, has the opportunity to attend Gallaudet University's English Language Insitute! She will begin this fall and learn English, ASL, and leadership skills. After she's done, we hope she will go through Bible training at the Seminary or through the Deaf Insitute of Theology (DIT). Then Diana can come back to Macau and work as a leader in Deaf Missions with the deaf school. She will be able to use many reference books that are in English, communicate with English-speaking people in the USA, and work with future volunteers who only know ASL in the beginning. There are so many possibilities! *If you would like to know more about this or help out in some way, please contact Rev. Thomas Dunseth at:* Tdunseth@macau.ctm.net.

Last Christmas, the deaf students did a wonderful performance. I tried something new - half the students performing and the other half doing backstage work. We had a really nice background set this year, complete with a fireplace, bedroom, and a shoe shop. The performance was about a Old Shoe Cobbler who wanted to give Jesus something for Christmas. Jesus didn't drop by as he had promised in a dream, but instead four other needy people received the cobbler's loving care. At the end, the cobbler realized that when he had given the needy, he had also given to Jesus. I am SO proud of these students!

Sara McKinney, a new volunteer is here! She is deaf and from Grand Rapids, Michigan. She arrived in the beginning of December and is now learning Macau Sign Language. I've been

introducing her to the various activities going on at the school and at the Concordia English Center. She is gradually taking my place and will be taking on all of my prior responsibilities when I leave.

She continues to need your support and funds. Here's how you can help her out - send checks made out to **First Lutheran Church** to this address: **735 NE First Ave., Grand Rapids, MN 55744**, add a memo to '**Sara Mckinney**' or '**Macau**'. Here's her e-mail address: McKinnsa@yahoo.com. Her apartment address is: **Rua Henrique de Macedo, Ma Pou Edif. 4-J, MACAU**. I encourage you to write her! Do you want to subscribe to her newsletter? Contact her!

Frown. I'm leaving this February 8 for America. This time, I am not sure if/when I will be back in Macau. I'm saying my good-byes, packing up, wiping away some tears. I've enjoyed my time here, serving the Lord! Such a rich and learning experience! I've changed in many ways. I'm going to look for any opportunities to continue doing His work when I'm back home. I must encourage any of you. Volunteer! Do you want to do something? Come to Macau. help out. Raise some money. Write to the volunteers here and encourage them. Pray for us. Spread the word about Macau and its' unique Deaf Mission.

For those of you who have supported me over the past year and half- I must say THANK YOU. I have been able to stay as long as I have because of the abundance of funds. I have some left- which I plan to use to buy supplies for the deaf school and the rest goes to Sara. Your prayers have sustained me through the difficult and testing times. I have received e-mails, cards, and letters from some of you- they cheered me up! Last summer, at the ILDA convention in Cleveland, Ohio, I saw and talked with many of you - it gave me more inspiration. Remember it is ALL of us who are involved in the Lord's work - and truthfully, my work was possible because of all of you! Again, THANK YOU.

Would you like me to come to your church, organization, or gathering? I'd love to share about the work in Macau. I have many pictures. I am free this spring until the middle of July. My schedule will be pretty flexible. Please DO contact me and we can start arranging dates/times/places. *You can contact me via e-mail: bknaack@worldchristian.net. You can write to me: 1201 Prospect Ave, Wausau, WI. Or call me: (715) 845-4908 (voice) or (715) 845-3488 (TTY).*

Please Pray for:

- CSSE's new building
 - Wendy and her Baptism
 - Diana Lee and all her preparations to go to America
 - Sara McKinney and her continuing work in Macau
 - the Deaf students - that they may understand and know God's love for them
 - Me getting ready to leave and my safe trip back to America
- With many prayers in Christ-

Jennifer Knaack

GLRC Annual Winter Camp

Mansfield, Ohio
February 4-6, 2000

60 people from Toledo, Cleveland, Columbus and other parts of Ohio has attended this perfect weekend winter camp. The weather was just great! And snow was on the ground this year after many years of no or little snow. Saturday was a sunny day, perfect for outdoor activities. Host church for this year was Good Shepherd of Toledo.



Rev. Shirrel Petzoldt of Toledo gave lessons.



Church Feud game provided by the Toledo group.



Hungry campers enjoying their meals.



David Kaiser of Toledo, Ohio, early morning jog!

Your Deaf Lutheran Computers at Work!



The Christmas Deaf Lutheran issue being produced on the Editor's new blue Macintosh G3.



NAME	STREET	CITY	STATE	ZIP	ADDRESS	CITY
100	10000	10000	10000	10000	10000	10000
101	10000	10000	10000	10000	10000	10000
102	10000	10000	10000	10000	10000	10000
103	10000	10000	10000	10000	10000	10000
104	10000	10000	10000	10000	10000	10000
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106	10000	10000	10000	10000	10000	10000
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115	10000	10000	10000	10000	10000	10000
116	10000	10000	10000	10000	10000	10000
117	10000	10000	10000	10000	10000	10000
118	10000	10000	10000	10000	10000	10000
119	10000	10000	10000	10000	10000	10000
120	10000	10000	10000	10000	10000	10000

Subscription list on the Business Manager's iMac.



Mailing labels being created from the subscription list.

The Bible in 50 Words

God made
 Adam bit
 Noah arked
 Abraham split
 Joseph ruled
 Jacob fooled
 Bush talked
 Moses balked
 Pharaoh plagued
 People walked
 Sea divided
 Tablets guided
 Promise landed
 Saul freaked
 David peeked
 Prophets warned
 Jesus born
 God walked
 Love talked
 Anger crucified
 Hope died
 Love rose
 Spirit flamed
 Word spread
 God remained.

Cuties from Pastor Mike MacDonald...

Six-year old Angie and her four-year old brother Joel were sitting together in church. Joel giggled, sang and talked out loud. Finally, his big sister had had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers."

Contributed Article...

Louise Redden, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries. She softly explained that her husband was very ill and unable to work, they had seven children and they needed food.

John Longhouse, the grocer, scoffed at her and requested that she leave his store. Visualizing the family needs, she said: "Please sir! I will bring you the money just as soon as I can."

John told her he could not give her credit, as she did not have a charge account at his store. Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward and told the grocerman that he would stand good for whatever she needed for her family.

The grocerman said in very reluctant voice, "Do you have a grocery list?" Louise replied "Yes sir" "Okay", he said, "put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries." Louise, hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scale carefully with her head still bowed.

The eyes of the grocerman and the customer showed amazement when the scales went down and stayed down.

The grocerman, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it."

The customer smiled and the grocerman started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales withheld no more.

The grocerman stood there in utter disgust. Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a prayer which said: "Dear Lord, you know my needs and I am leaving this in your hands."

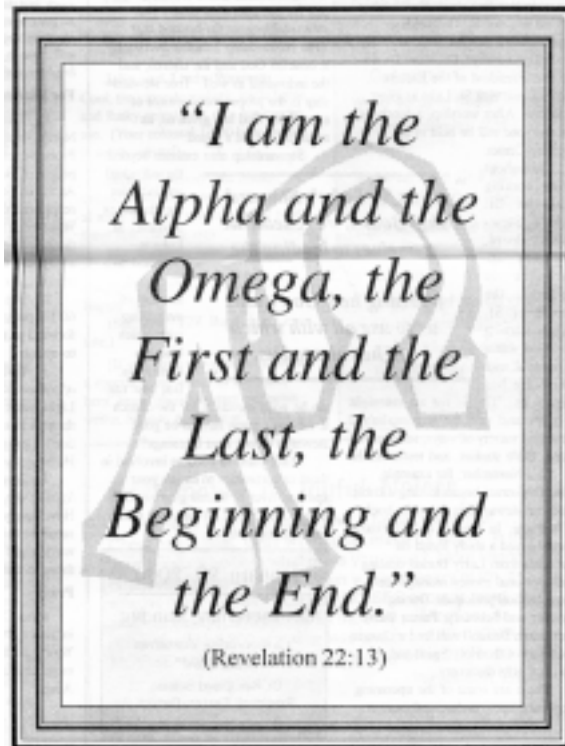
The grocerman gave her the groceries that he had gathered and placed on the scales and stood in stunned silence.

Louise thanked him and left the store. The customer handed a fifty-dollar bill to John as he said, "It was worth every penny of it." It was something later that John Longhouse discovered the scales were broken; therefore, only God knows how much a prayer weighs.

POWER OF PRAYER: Prayer is one of the best free gifts we receive. There is no cost but a lot of rewards. Let's continue praying for one another.

Article contributed by the Morrison family, The Shepherd's Voice, Toledo, OH

Message for the New Millenium:



Joyful Noises,
 St. Luke Lutheran Church & School, Cabot, PA

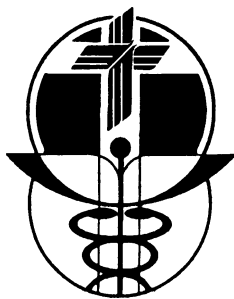
How to say "I Love You" in any language...

English	I Love You
Spanish	Te Amo
French	Je T'aime
German	Ich Liebe Dich
Japanese	Ai Shite Imasu
Italian	Ti Amo
Chinese	Wo Ai Ni
Swedish	Jag Alskar Dig
Eskimo	Nagligivaget
Greek	S'Agapo
Hawaiian	Aloha Wau Ia Oe
Irish	Thaim In Grabh Leat
Hebrew	Ani Ohev Otakh
Russian	Ya Lyublyu Tyebya
Albanian	Une Te Dua
Finnish	Mina Rakkastan Sinua
Turkish	Seni Seviyorum
Hungarian	Se Ret Lay
Persian	Du Stet Daram
Maltese	Jien Inhobbok



2000 and Well

From LCMS Health Ministries



True Hunger

We've all been made aware that, despite the advances in modern medicine, America is suffering from an overweight epidemic. As a people, we know more about nutrition than every before. Conventional diet programs have not only broadened our nutritional knowledge, but have encouraged us to become intimate with our food...the number of calories in each gram, ounces in each serving, servings in each meal.

Once we become intimate with our food, we may eat in response to an emotional or spiritual, rather than a physical, hunger. Long-term dieting has separated us from our God-given ability to determine our own physical hunger and satiety. The following steps can work to reveal our true hunger.

- **Stop dieting.** Throw away your scales, calorie counters, and other diet gadgets and gimmicks. Decide to never go hungry or deprive yourself of food again. Choose to embark on the adventure of feeding yourself on all levels: physically, mentally, spiritually, and socially.
- **Normalize food, eating, and self-care.** All foods are equal, regardless of calories or nutritional value. No food is off limits, bad, or forbidden. Food is just food. Once food is put in its natural place, it is no more or less important than other sources of nourishment. Play, laughter, prayer, work, intimacy, friendship, relaxation, creativity, exercise, and social support all contribute to your health and well being.
- **Be generous with yourself.** Keep an ample, accessible supply of foods you love, and nonfood snacks that nourish and revitalize you. If you love hot soup, carry a small thermos with you to work. If you hunger for daily movement, plan time for stretching, walking, swimming or other activities you love. If you hunger for the Word, schedule a daily time to spend studying your Bible. Replace self-neglect or deprivation with self-care, and strive for healthy balance in your life.
- **Tune in to your internal hunger.** Become a responsive listener to your biological hunger, and learn how to separate it from your psychological, spiritual, social, emotional, and mental hunger. Are you hungry for food in your stomach or in your mind? Do you need something meaty like a hamburger, or do you need time to chew over a perplexing problem at work or home. The goal is to recognize the kind of hunger you have and, if possible, satisfy it.
- **Develop tolerance of yourself.** It takes time to develop consistent, appropriate self-care habits. If you snack on food when you are really hungry for a friendly talk with a friend, don't despair. It is normal to fall into old habits when you are trying to develop new patterns. Practice being sympathetic and patient with yourself.

Fine-tune your skills. The more you practice responding to your hungers, the more adept you'll become in figuring out exactly what you need, when you need it, and how much you need. You will become an excellent self-nurturer and, in turn, a nurturer of others.

Article submitted by LCMS Health Ministries

ATTENTION: WARNING SIGNS!!!! Read NOW!

The following list contains information that is very important to your health and well-being. Please read the list carefully. It could be life saving.

1. Persistent presence of supportive friends.
2. Chronic positive expectations - a tendency to frame events in a positive light.
3. Regular signs of joy in living.
4. Sense of spiritual renewal in the Lord.
5. Increased sensitivity to others.
6. A tendency to adapt to changing conditions.
7. Increased appetite for physical activity.
8. Tendency to identify and communicate feelings.
9. Repeated episodes of gratitude and generosity.
10. Compulsion to care for other people.
11. Persistent sense of humor. Known to laugh out loud.
12. A life centered in the forgiveness of Christ.

If you have any of all of the above signs, Praise God! They are the warning signs of good health.

"May the God of hope fill you with all joy and peace as your trust in him, so that you may overflow with hope by the power of the Holy Spirit."
Romans 15: 13

Article submitted by LCMS Health Ministries Information provided by Catherine Lick, RN, LCMS Health Advocate, MI District

Internet Exploring

This year some 25.5 million Americans are expected to turn to computers for answers to their health questions. The World Wide Web (AKA the Internet) provides a wide array of health information at your fingertips, but reliability is not guaranteed. When "plugging into" an unfamiliar health information site, ask yourself the following questions:

- Who is the source? Does it seem reliable, or is there potential for bias (i.e. is it profit-driven)?
- What are the author's credentials and qualifications in the subject area covered?
- Is the information presented in an objective, balanced manner?
- How current is the information?
- Is the information well written?

You are most likely to get reliable information from leading medical centers, university hospitals and government health agencies. Check out these sites for reliable information on health and wellness.

Mayo Health Oasis: <http://www.mayohealth.org>

This famous clinic's Web site provides accessible health information and allows users to E-mail questions to clinic physicians.

National Institutes of Health: <http://www.healthfinder.org>

A government sponsored site with links to more than 1400 health sites.

Medhunt: <http://www.hon.ch>

A medical search engine that allows users to type in key words to appropriate sites.

Health Assessment: <http://www.youfirst.com>

A site providing free, confidential, health assessments. Identifies and provides helpful information on reducing health-related risk factors.

When seeking answers in cyberspace, remember to maintain a healthy skepticism. Don't believe everything you read. Check out Internet advice with your doctor, and don't start taking remedies recommended on the Web without first consulting your doctor.

Article submitted by LCMS Health Ministries

Microwaving Water to Heat it Up...

I feel that the following is information that any one who uses a microwave oven to heat water should be made aware of. About five days ago my 26-year old son decided to have a cup of instant coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for but he told me he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup he noted that the water was not boiling but instantly the water in the cup "blew up" into his face. The cup remained intact until he threw it out of his hand but all the water had flew out into his face due to the buildup of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring. He also may have lost partial sight in his left eye.

While at the hospital, the doctor who was attending to him stated that this a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc. It is however a much safer choice to boil the water in a tea kettle. Please pass this information on to friends and family.

via e-mail

Fitting Hymns...

The Dentist's Hymn Crown Him With Many Crowns
The Weatherman's Hymn There shall be showers of Blessing
The Contractor's Hymn The Church's One Foundation
The Tailor's Hymn Holy, Holy, Holy
The Golfer's Hymn There is A Green Hill Far Away
The Politician's Hymn Standing on the Promises
The Optometrist's Hymn Open My Eyes That I might See
The IRS Agent's Hymn I Surrender All
The Gossip's Hymn Pass It On
The Electrician's Hymn Send the Light
The Shopper's Hymn Sweet By and By

Now, for those who speed on the highway - a few hymns for you:

45 mph God Will Take Care of You
55 mph Guide Me, O Thou Great Jehovah
65 mph Nearer My God to Thee
75 mph Nearer Still Nearer
85 mph Heaven Is My Home
95 mph Lord, I'm Coming Home
and over 100 mph Precious Memories

via e-mail

The \$20 Bill...

A well known speaker started off his youth sermon by holding up a \$20.00 bill. In the room of 200, he asked, "Who would like this \$20.00 bill?" Hands started going up.

He said, "I am going to give this \$20.00 to one of you but first, let me do this." He proceeded to crumple the dollar bill up. He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. "Now who still wants it?" Still the hands went into the air.

"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.00

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value in God's eyes. To Him, dirty or clean, crumpled or finely creased, you are still priceless to Him.

Psalms 17:8 states that God will keep us, "as the apple of His eye."

via e-mail

Subject: Bible Questions

Q. Who was the greatest financier in the Bible?

A. Noah was floating his stock while everyone else was in liquidation.

Q. Who was the greatest female financier in the Bible?

A. Pharaoh's daughter went down to the bank of the Nile and drew out a little prophet.

Q. What kind of man was Boaz before he got married?

A. Ruthless.

Q. Who was the greatest comedian in the Bible?

A. Samson brought the house down.

Q. Where is the first baseball game in the Bible?

A. In the big inning, Eve stole first, Adam stole second, Cain struck out Abel and the prodigal son came in last.

Q. How did Adam and Eve feel when expelled from the Garden of Eden?

A. They were definitely put out.

Q. What is one of the first things Adam and Eve did after they were kicked out?

A. They raised a little Cain.

Q. What excuse did Adam give to his children to explain why he no longer lived in Eden?

A. "Your mother ate us out of house and home."

Q. What is the best way to get to Paradise?

A. Turn right and go straight.

Q. Which servant of Jehovah was the most proficient lawbreaker in the Bible?

A. Moses broke all Ten Commandments at once.

Q. Where is the first tennis match in the Bible?

A. Joseph served in Pharaoh's court.

Q. Where is the first recorded Biblical case of constipation?

A. In Kings where it says that David sat on the throne for forty years.

Q. Which Bible character had no parents?

A. Joshua was the son of Nun.

Q. Why didn't Noah go fishing?

A. He only had two worms!

Q. How do we know they didn't play cards in the ark?

A. Because Noah sat on the deck.

Kid's joke...

A four-year-old girl was learning to say the Lord's Prayer. She was reciting it all by herself without help from her mother. She said, "And lead us not into temptation, but deliver us some e-mail. AMEN."

via e-mail

Easter Story Cookies...

Needed for receipt: zipper baggie -
wooden spoon - tape, Bible
1/2 cup pecans or walnuts
1 tsp vinegar - 1/8 tsp salt
1/8 tsp cream of tartar
1 tsp vanilla extract - 1 cup sugar
3 egg whites

Sat. evening - preheat oven to 300°F

Place nuts in zipper baggie and let children beat them with the wooden spoon to break into small pieces.

Explain: after they arrested Jesus, Roman Soldiers beat him. Read John 19:1-3.

Let each child smell the vinegar. *Explain: Jesus was thirsty on the cross and someone gave him vinegar to drink. Read John 19:28-30.*

Beat egg whites with mixer on high speed until frothy. Eggs represent life. *Explain: Jesus gave His life to give us life. Read John 10:10-11.*

Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. *Explain: we remember the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27.*

So far the ingredients are not very appetizing. Taste the sugar. *Explain: the sweetest part of the story is that Jesus died because He loves us. He wants us to know Him and belong to Him. Read Psalm. 34:8 and John 3:16.*

Let each child smell the vanilla and tartar. *Explain: They wrapped Jesus' body with spices before burial. Read John 19:39-40.*

Slowly add the sugar, the vinegar, vanilla, and cream of tartar and continue beating with the mixer on high speed for 12 to 15 minutes until stiff peaks are formed. *Explain: the color white is what God sees when Jesus cleans us from sin. Read Isaiah 1:18 and John 3:1-3.*

Fold in broken nuts, Drop by teaspoons into wax paper covered cookie sheet. *Explain: each mound represents the rocky tomb where they laid Jesus' body. Read Matthew 27:57-60.*

Put the cookie sheet in the oven. Close the door and bake for 12 minutes. Then turn the oven OFF. Give each child a piece of tape and seal the oven door. *Explain: Soldiers sealed Jesus' tomb. Read Matthew 27:65-66.*

GO TO BED! *Explain: they may feel sad to leave the cookies in the oven overnight. Jesus' followers felt very sad when soldiers sealed the tomb. Read John 16:20 and 22.*

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bit. The cookies are hollow! *On the first Easter Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1-9.*

**HE IS RISEN!
HE IS RISEN INDEED!**

from Faith Lutheran Church, Spokane, WA April 1999

Good Friday...

Remember about Jesus on cross
Jesus died on cross for all sins

Remember for Jesus pain, suffer and death
Pain and suffer involved crucify on cross

Take away the sins of world
Sins are washed already clean his loving

Our cleaning for relieving our burden of sin
His faithful and forgive our sin

Remember purpose/set us free in Christ
Our hearts are so fully of his love

He raised his son from dead
Christ is risen!

Let us rejoice in Victory/Jesus
Let us rejoice in our wonderful salvation

Praise the Lord
Jesus is Christ! Amen.



Rom 6:1-23

by Lisa Douzietch

Cross of Christ, Alberta, Canada

Man's Life...

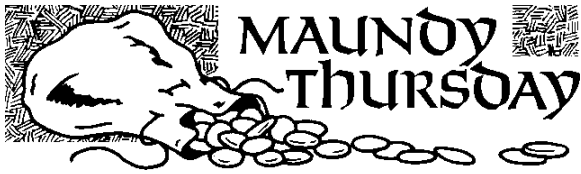
God created the mule, and told him, "You will be Mule, working constantly from dusk to dawn, carrying heavy loads on your back. You will eat grass and you lack intelligence. You will live for 50 years." The mule answered: "To live like this for 50 years is too much. Please, give me no more than 30." And it was so.

Then God created the dog, and told him, "You will hold vigilance over the dwellings of Man, to whom you will be his greatest companion. You will eat his table scraps and live for 25 years." And the dog responded, "Lord, to live 25 years as a dog is too much. Please, no more than 10 years." And it was so.

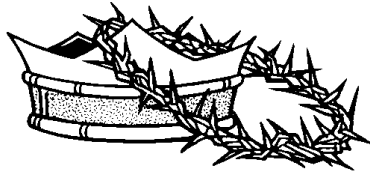
God then created the monkey, and told him, "You are Monkey. You shall swing from tree to tree, acting like an idiot. You will be funny, and you shall live for 20 years." And the monkey responded, "Lord, to live 20 years as the clown of the world is too much. Please, Lord, give me no more than 10 years." And it was so.

Finally, God created Man and told him, "You are Man, the only rational being that walks the earth. You will use your intelligence to have mastery over the creatures of the world. You will dominate the earth and live for 20 years." And the man responded, "Lord, to be Man for only 20 years is too little. Please, Lord, give me the 20 years the mule refused, the 15 years the dog refused, and the 10 years the monkey rejected." And it was so.

And so, God made Man to live 20 years as a man, then marry and live 20 years like a mule working and carrying heavy loads on his back. Then, he is to have children and live 15 years as a dog, guarding his house and eating the left-overs after they empty the pantry; then, in his old age, to live 10 years as a monkey, acting like a clown to amuse his grandchildren.

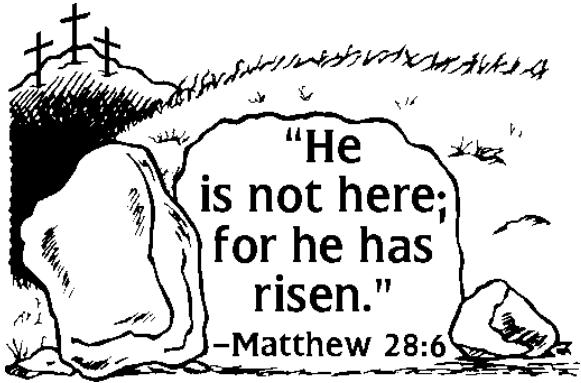


April 20, 2000



Good Friday

April 21, 2000



1999-2001 ILDA Mission Project Goals...

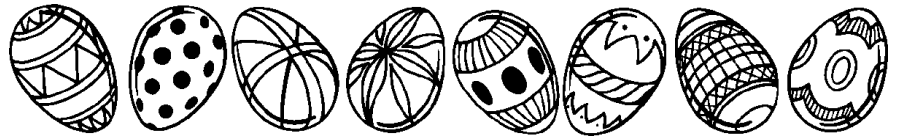


1. Deaf Mission Planters Institute \$15,000
2. Macau (Volunteers) 2,000
3. Ghana 2,000
4. D.I.T. and Zacharias 16,000
5. Pax Natrua Ranch (Canada) 1,000
6. Camps for the Deaf
 - Nebraska 3,000
 - California 3,000
 - Ohio 3,000
7. Starfish Learning Center 6,000
8. Computer (Deaf Lutheran) 4,000

Total \$55,000

Pam Kane of Cleveland, Ohio will continue to be your ILDA Mission Project Chairperson. Payments and contributions are to be made out to: **1999-2001 ILDA Mission Project** and mailed to:

**ILDA TREASURER
Karen Beiter
7300 Briggs Rd.
Lima NY 14485**



Official publication of the International Lutheran Deaf Association and the Board of Mission, The Lutheran Church-Missouri & Sons Division, Fairview Park, OH.

Subscription Fee: Individual... \$7.50 per year, church Blanket Plan... \$7.00 per year. Please send all subscription fees and address changes to: Larry D. Ginter, Business Manager, 4134 Sarasota Dr., Parma, OH 44134-6242. FAX: 440-885-1020. e-mail: LarryDGinter@aol.com

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