

Saints and sinners: It's unhealthy to worry about health

"Vitamins," said Lewis Thomas, "have taken the place of prayer." The doctor and author of "The Medusa and the Snail" (Viking, 1995) must have been watching television when he wrote that. He admits as much elsewhere in his book.

"Television," he said, "feeds on health — or, more precisely, on diseases — for a large part of its sustenance."

He discusses the medical dramas, in which the central human dilemma is illness, and comments that "almost all the commercial messages on an average evening are pitches to restore failed health-things for stomach gas, constipation, headaches, nervousness, sleeplessness or sleepiness."

As a people, said Thomas, we have become obsessed with health. "There is," he wrote, "something fundamentally unhealthy about

this."

The new consensus, he said, is that "we are badly designed, vulnerable to a host of hostile influences inside and around us and only precariously alive."

The truth is, Thomas wrote in his best-selling book, that far from being ineptly put together, "we are amazingly tough, durable organisms, full of health, ready for most contingencies."

Our preoccupation with medical research and discovery — even our preoccupation with spiritual healing and mind cures — overlooks what wonders the body can perform when left to its own devices, said Thomas. But we must believe in the body. Worry and stress interfere with its operation.

When the body of the Irish dramatist William Butler Yeats was being lowered into the ground



george plagenz

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after his death, it was the poet W.H. Auden who said, "Earth, receive an honored guest."

That was of course a tribute to Yeats' greatness. But the "honored guest" the earth was receiving was the body which had served as the sacred repository for all that made Yeats great. Withstanding pain, storm, snow and rain, that body was as indispensable to the expression of Yeats' genius as was his intense imagination.

There are times — especially as we grow

older — when we all understand what Evelyn Underhill meant when she said, "I have often thought the resurrection of the body, unless much improved in construction, a mistake."

But really that is unfair. The body is not only the greatest marvel of creation, it may be our best proof for the existence of God.

Besides that, the love, cooperation and intelligence that manifest themselves in the workings of the body — both in health and in sickness — provide us with our best model for Christian living.

The late Dr. Richard Cabot of Massachusetts General Hospital once told the story of an auto accident victim who was brought to the hospital and died shortly afterward.

At the autopsy it was discovered that the man had had four "fatal" diseases during his lifetime — none of which had done him any harm. These

diseases had either gone into remission, or the body had found new ways to carry on the functions of the diseased organs.

It was Cabot's conclusion after many years as a physician that "a gigantic healing power fights on our side. There is a great power in ourselves that makes for health and that works day and night, when we are asleep and when we are awake."

The body performs its healing miracles with practically no help from us.

Left to itself, it sometimes does better than when it is directed "by the strong horse of the mind."

In truth, when each of us dies — though few of us can claim the genius of William Butler Yeats — it might be said as our bodies are being lowered into the ground, "Earth, receive an honored guest."

Alabama group's tiny Bibles used for evangelism in former Soviet bloc

By Jay Reeves

Associated Press Writer
MOBILE, Ala. — Paul Lemons' ministry started out small — tiny, to be exact.

He produced Russian-language New Testaments the size of matchbooks to smuggle through the mail past the KGB into the then-Soviet Union. The print was so small each softcover text came with a magnifying glass.

Big things grew from that beginning nearly two decades ago. Lemons' Alabama-based East European Harvest has since made hundreds of thousands of Bibles that have been distributed in the former Soviet bloc, and is taking on new projects in Africa and China.

The ministry, which has a hand-operated bindery in an old wood-frame shop, just purchased an automated system in a 32,000-square-foot building.

The organization runs on donations and work done mainly by church groups and individuals from as far away as Wisconsin.

"We have all volunteer labor," said Lemons, an 80-year-old Baptist minister who takes no salary. He lives off Social Security and proceeds from land he sold years ago.

The organization's busy season is under way. East European Harvest now makes normal-sized Bibles, and young people out of school for the summer work on the small assembly line.

"Sometimes there's two working in here and sometimes there's 30," volunteer Bob Phillips said as he demonstrated how Bibles are made. "You never have any idea how many lives are going to be touched and changed by one Bible that goes out of here."

The ministry may be effective, but it's

not fancy.

Bible covers are cut in one dimly lighted room, and pages produced at a commercial printer are cut and bound in another area. Yet another part of the swaybacked building is used for storage and more binding work.

Guest quarters are available for workers at the group's small compound. Classical music plays in the musty office, which was still decorated with holiday cards and a tabletop Christmas tree in late spring.

Lemons moved to the coastal city of Mobile after being seriously injured in a car accident while in Israel in 1965. Full recovery took years, and he became depressed. Finally in 1983, Lemons said, a voice came to him as he sat in a rocking chair and prayed to die.

"The Lord spoke to me and said, 'Paul, do not be afraid for I have great

things for you to do,'" he said. "The Lord said, 'You go to Russia and I will take care of you.'"

In 1985, Lemons went to Russia, which was still officially atheistic, to deliver supplies to the underground church.

"I saw very few Bibles over there. I came to the conclusion that they just were not available," he said.

He formed East European Harvest the following year with \$10,000 he borrowed, producing the tiny, black-bound New Testaments and sending along the magnifying glasses. "We mailed over thousands of those and the (Soviet) post office never once questioned it," he said.

When the Soviet Union collapsed in 1991, allowing for greater freedom of religion, Bible shipments continued. But Lemons said the group's flow of Bibles into Russia has virtually stopped.

"The Orthodox church in Russia wants to keep out the evangelicals," he said. East European Harvest is now focusing its efforts in two former Soviet republics, Ukraine and Belarus, plus Romania.

Ex-Krishna pleads guilty to abuse

WHEELING, W. Va. (AP) — A former Hare Krishna devotee has admitted to sexually abusing two girls and a woman at the New Vrindaban Hare Krishna community in the late 1980s.

James A. Prins, 50, of Moundsville, pleaded guilty on June 18 to three counts of first-degree sexual abuse in Marshall County Circuit Court.

He was sentenced to serve eight months in prison and three years of probation. He must pay his victims' medical costs and register as a sex offender.

The organization may also expand to other parts of the world. Lemons hopes to begin distributing Bibles in China, much like he used to send the scriptures to Russia when it was under communist control.

Prins abused a 9-year-old girl, an 11-year-old girl and a 39-year-old woman.

He was arrested after an internal investigation by the National Child Protection Office of the International Society for Krishna Consciousness.

The charges against Prins are not the only ones at the New Vrindaban community.

In 1998, Biswanath Sarkar failed to appear in Marshall County Magistrate Court on a charge of sexually assaulting a 16-year-old girl. He has not been found.

Bible Baptist Church
Pastor: Don Crutcher
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Worship Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Calvary Gospel Church
Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Worship: 10:30 am
Evening Worship: 6:30 pm
Wednesday: Family Night: 7 pm
Adult Bible Study and Youth Group
Saturday: Prayer Meeting: 5-7 pm
If you would like to receive a free newsletter, please call the church office.

Church of Christ
401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Evening Service: 6 pm
Wednesday: Bible Study: 7 pm

Church of the Nazarene
Pastor: Matthew Delp
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First Baptist Church
Pastor:
Fifth & Center • 899-3450
Sunday: Sunday School: 9:15 am
Morning Worship: 10:30 am
Evening Worship: 6 pm
Tuesday: Mens' Prayer Group: 5:30 am
Thursday: Ladies' Bible Study: 10 am

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Bobby Potter • 332-3956
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am



Church of Christ

First Christian Church
(Disciples of Christ)
Pastor: Loren Strait
Eighth & Arcade • 899-5233
Sunday: Worship Service: 9 am
Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

First United Methodist Church
1116 Sherman
899-3631
Pastor: Rev. Carol Moore-Ramey
Sunday: Sunday School: 10:15 am
Worship Service: 9 am

Sonrise Christian Church
Ninth & Caldwell • 899-5398
Minister: Tony Kafka
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Emmanuel Lutheran Church
13th & Sherman • 899-6161
Pastor: Scott Grimshaw
Sunday: Sunday School: 8:45 am
Worship Service: 10 am
Wednesday: Confirmation: 6 pm

Kanorado
United Methodist Church
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Goodland Bible Church
109 Willow Road • 899-6400
Pastor:
Sunday: Sunday School: 9:45 am
Morning Worship: 11 am
Evening Worship: 6 pm
Wednesday: Call for location

Grace Fellowship Church
104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder • Residence: 899-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am

St. Paul's Episcopal Church
13th & Center
899-2115 or Rectory 899-2114
Priest: Father Charles Schneider
Deacon: Gretchen Talitha
Saturday: Church School: 4 pm
Holy Communion: 5 pm
Wednesday: Bible Study: 7 pm
Sr. Warden for emergencies during the week 899-2067

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO • (970) 664-2470
Sacrament Meeting: 9:30 am
Sunday School: 10:45 am
Priesthood/Relief Society: 11:30 am

Word of Life Foursquare Church
223 E. 10th
899-5250
Pastor: John Coumerilh
Sunday: Worship Celebration & Kids' Church: 10:30 am

United Methodist Church
Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

Iglesia Del Dios Vivo
La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

Our Lady of Perpetual Help
Pastor: Father Daryl Olmstead
307 W. 13th • 899-7205
Sacrament of Reconciliation: 4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm
Sunday: 8 am and 9:30 am
Spanish Mass: 1st & 3rd Sunday: 2 pm

Pleasant Home Church
Serving the rural community for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Jim Cress
899-5784
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

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