

# Saints and sinners: The healing powers of the mind

Deepak Chopra had the best of credentials as a practitioner of traditional medicine.

He taught at the Tufts University and Boston University medical schools and became chief of staff at New England Memorial Hospital. He also had a thriving medical practice of his own and his father was one of India's leading cardiologists.

So why did Chopra, at 33, leave all that behind?

"I got to the point," he says, "when I started feeling like a legalized drug-pusher who was masking symptoms instead of getting to the origins of disease."

Today, this native of New Delhi is the guru of alternative medicine, which combines Eastern-healing techniques with modern science. Time magazine named him one of the top 100 people in the world in the 20th century.

His metamorphosis as a doctor began in the 1980s, when he picked up a book titled, "Transcendental Meditation" (Age of Enlightenment Press, 1987), at a used-book store. Chopra says that the twice-daily, 20-minute periods of meditation prescribed in the book made him 10 times more efficient in his work.

Five years later, Chopra had a chance encounter in a Washington, D.C., hotel with Maharishi Mahesh Yogi, who had introduced transcendental meditation into the West years before. Chopra became a convert and founded the Ayur-Veda Health Center (based on Ayur-venda, an ancient Indian healing art) in Lancaster, Mass.

Harvard Magazine assigned one of its writers to check into the health center. After five days there, the writer says he was "as relaxed as a piece of well-cooked spaghetti. Even my voice was affected."



**george plagenz**

• saints & sinners

During one of the treatments he underwent, a steady stream of warm, herbed sesame oil was poured across his forehead for half an hour. The effect, he says, was "profoundly pleasurable and relaxing."

Goofy? Some of his former colleagues who practice traditional medicine may be inclined to call it that. The more polite call Ayur-Veda a fad, which amuses Chopra to no end.

"One would think," he says, "that a tradition

over 6,000 years old would be difficult to label a fad. But, it's typical of our Western bias. Fashions that come and go on the medical scene — like coronary artery bypass surgery or the appearance and disappearance of drugs every few months because they are found to have unanticipated side effects — we call that scientific medicine."

Investigating the mind-body connection taught in Ayur-Veda, Chopra became convinced that "impulses of intelligence govern the process of maintenance, repair and creation of the body," producing physical matter.

Thoughts in this view "express themselves as chemical molecules in the brain and throughout the body. When you have a thought, you make a molecule. If you have happy thoughts, you make happy molecules," says Chopra. "These happy molecules activate the body's

natural healing mechanism."

A basic principle of Ayur-Veda, says Chopra, "is that if you can make someone happy, you can trigger the healing response."

Love is the strongest of the happiness factors, Chopra believes. He cites a study of male heart-attack victims, which "showed that the most important factor related to survival was whether the patient believed his wife loved him."

Chopra's headquarters are now in La Jolla, Calif., where he runs the Chopra Center for Well-Being.

Most of his time, however, is spent traveling around the globe speaking to rapt audiences and writing.

His most recent book is "Grow Younger, Live Longer: 10 Steps to Reverse Aging" (Harmony, 2001). His books have sold more than 10 million copies in 35 languages.

# Kentucky minister serves two churches — one white, the other black

By Lori Burling

*The Associated Press*  
COVINGTON, Ky. (AP) - Every Sunday at 10:45 a.m., the Rev. Frank Horton delivers his sermon at First United Methodist Church.

Fifteen minutes later, still in his robes, he dashes four blocks across town to the pulpit at Ninth Street Methodist Church to deliver the same sermon.

This is the way it's been in the more than two years, ever since Horton took on the task of trying to breathe new life into two dwindling downtown congregations — one predominantly white, the other predominantly black.

"I think it was different for the congregation at first," Horton, who is black, said of his reception at mostly white First United Methodist. "But it's worked out well."

Horton, 64, is being honored by both

churches as he preaches his final sermons leading up to his retirement in June.

"My husband calls Frank's services 'Horton's hug-in' because he hugs everyone in that chapel before he leaves," said Edna Donsback, a longtime member of First United Methodist.

Horton, who spent 20 years as a missionary in Africa, is the first black minister at First United Methodist though he's not the first to share his role with Ninth Street Methodist. The two churches shared a white minister in the 1970s, when there was a shortage of black ministers.

Horton was hired in 1999 to recruit members at each church. The pews at both churches are now half-full, with an average of 35 congregants each Sunday.

"Downtown church populations are dwindling everywhere," Horton said.

"People are going out to suburban churches that have youth groups and many activities. Most inner-city churches, like both of mine, have a small, older population."

The two congregations are the oldest Methodist churches in this Ohio River city: President Ulysses S. Grant and his parents were members of First United. Horton's sermon on a recent Sunday included a plea for the congregants to bring in new people.

"I've seen these seats full and I've seen them empty," Donsback said. "But we're getting back on track. Rev. Horton is helping us build new leadership which will help with recruiting members."

Horton said the idea of combining the two churches was discussed, but he doesn't think it will happen. "They're just two different congregations that are proud of each of their churches and their

history," he said.

A native of Fairmont, W. Va., Horton was active in church as a child and said he accepted Jesus as his savior during a revival in West Virginia when he was 17 years old.

When he turned 18, Horton enlisted in the Navy. A few years later, he felt the time he was spending at sea was hurting his marriage so he left and enlisted in the Air Force. While stationed in Anchorage, Alaska, in 1960 he decided to become a minister.

"It was this feeling — it's hard to explain — it was a feeling of dissatisfaction with my life and the way it was going. I needed a new path," he said. "I was licensed as a minister that same year."

Horton and his wife, Carolyn, moved back to West Virginia, where he became the campus minister for Marshall University.

In 1977, he was asked to chaperone three seminary students to Liberia for the summer.

"The seminary was going to pay my expenses, so of course I went — and loved it," he said.

The following year, Horton was asked to become the acting president of the seminary he had visited in Africa the previous summer. Horton took the three-year job and which led to his missionary work and a two-decade career in Liberia.

"During those 20 years I went all around the country teaching evangelistic workshops and holding crusades," Horton said. "We lived through five military coups. But God was with me. I knew he would protect me."

In 1999, the couple returned to the United States after Carolyn — who is also a missionary — fell ill and had to

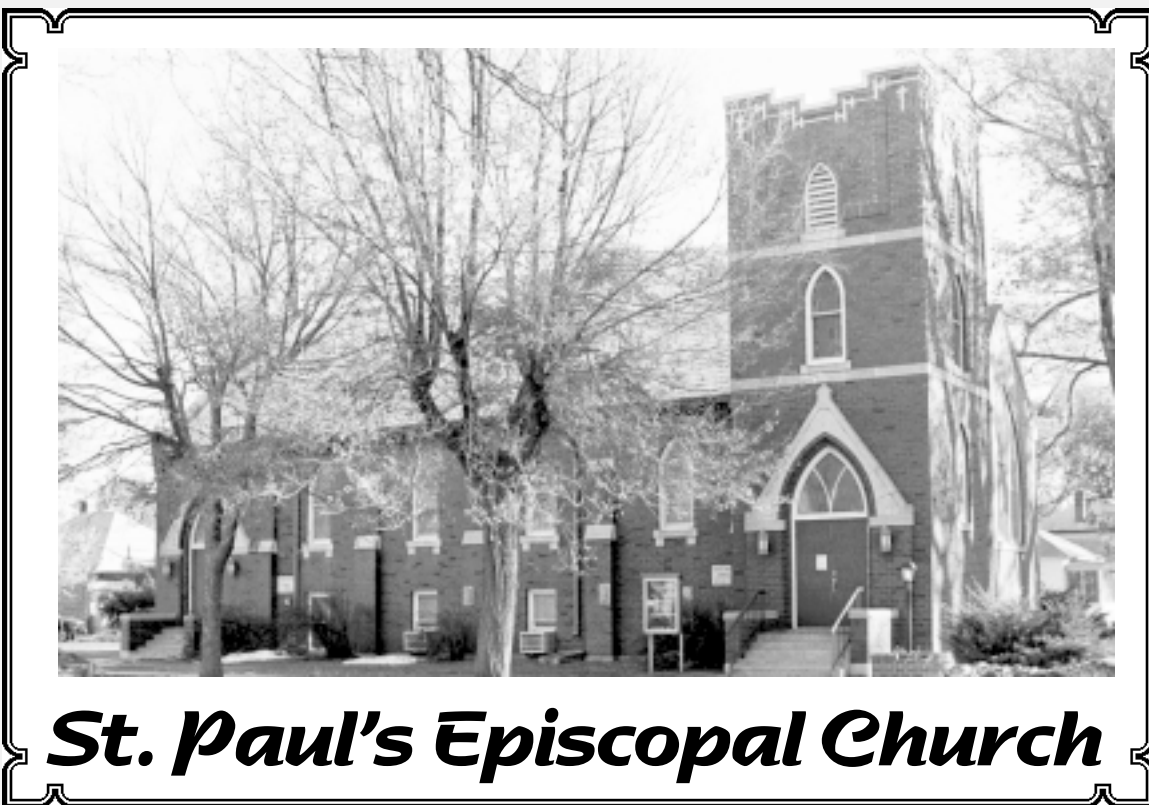
have one leg amputated. That's when the Methodist bishop assigned Horton to northern Kentucky.

Horton said the message of his sermons remains the same for both congregations each Sunday, though he acknowledges the music and his style of language change from church to church.

He incorporates some of what he learned in Africa into the services. First United Methodist has added bongo drums, a traditional church instrument in Africa, into its band; Ninth Street parishioners pray in a group at the front of the church, much like African congregations.

After retiring, Horton plans to split his time between Africa and the United States.

"I made a decision long ago to work for God," he said. "I've felt satisfaction and joy ever since."



**St. Paul's Episcopal Church**

**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 Service: 10:30 am  
Evening Service: 6:00 pm  
Wednesday: Adult Prayer and Worship: 7:00 p.m.  
Youth @ the Rock House: 7:00 p.m.  
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**Church of Christ**  
401 Caldwell  
899-6185  
Sunday: Bible Study: 9:45 am  
Worship Service: 10:45 am  
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: Bud Chester  
Fifth & Center • 899-3450  
Sunday: Sunday School: 9:15 am  
Morning Worship: 10:30 am  
Evening Worship: 6:30 pm  
Tuesday: Mens' Prayer Group: 6:00 am  
Thursday: Night Bible Study: 7:00 pm

**Seventh Day Adventist Church**  
1160 Cattletrail  
Pastor: Arlin Cochran • 785-332-2888  
Saturday: Sabbath School: 9:30 am  
Worship Service: 11 am

**First Christian Church (Disciples of Christ)**  
Pastor: Loren Strait  
Eighth & Arcade • 899-5233  
Sunday: Worship Service: 10:30 am  
Sunday School: 9:15 a.m.  
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: 9:15 am  
Worship Service: 10:30 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  
Youth Group at Gattshall's at 5:30 pm  
Adult Bible Study 6 pm

**St. Paul's Episcopal Church**  
13th & Center  
899-2115 or Rectory 899-2114  
Priest: Father Charles Schneider  
Deacon: Gretchen Talitha  
Adult Forum: Sunday: 8:30 am  
Morning Prayer: 9:30 am 1st & 5th Sundays  
Holy Eucharist: 2nd, 3rd, & 4th Sundays: 9:30  
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

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Pastor: Jim Cress  
899-5784  
Sunday: Worship Service: 9 am  
Sunday School: 10 am  
Evening Service: 6 pm

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