

Destiny™

A CHALLENGE TO BETTER LIVING

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'Heroes can't die!'

In July 1973, Alfred Yau was shocked to learn his uncle Bruce Lee, Kung-Fu Master and famous martial arts actor and film director, was dead.

"No way, you must be kidding," Alfred told his mother Qiugin Lee. "We met him last week. He is an iron man, my super hero!"

At the funeral half an hour later, Alfred saw his uncle lying motionless in a casket and realised that this was real.

Alfred remembers: "Uncle Bruce was dead while making his last movie, *The Game of Death*. Suddenly, death was so close to me. It was unbelievable that my super hero would die.

"I realised that one day I would be the same as Uncle Bruce. I asked myself, 'If life is short, what is the purpose of life if we will all die?'"

Devoid of any answers, Alfred pressed on with his schooling, then his hopes of furthering his studies at home were shattered



FLASHBACK TO 1972: Alfred Yau (bottom left) and his brothers with their mother Qiugin and uncle Bruce Lee

by poor results in his Hong Kong Public Certificate Examination.

A high school friend, who was irreligious like Alfred, suggested he could get a business degree in Canada through a Christian organisation called Education

When his film star uncle Bruce Lee died, Alfred knew nobody is invincible.

Ministries, but even this seemed impossible until two miracles happened.

"After the interview, I was offered Grade 13 in a Toronto public high school," Alfred remembers. "Then Canada immigration gave me a student visa even though I only had funds for one year of study. Funds for three to four years were usually strictly expected."

However, it was a hard landing



Bruce Lee's nephew Alfred Yau and his wife Ivy

for Alfred in Toronto. For the first semester, his workload was heavy and he struggled against exhaustion and winter temperatures below -20 degrees Celsius.

One day, freezing and alone at a bus-stop, Alfred cried to himself, "What's the purpose of my life?"

He remembers: "Due to my busy study schedule I deliberately avoided all extra-curricular activities, especially anything to do with followers of Jesus, but there seemed to be such people all around me.

"My cousin Felix had married a pastor's daughter, Esther, and I visited an old couple who I had known in Hong Kong. They all encouraged me to go to church when I was free. But, I ran away from them."

Then, one night, Alfred mother's rang to say they did not have enough money to support him — he would have to return home "unless a miracle happens". Frightened by this prospect, Alfred changed his mind about God.

"Hopelessly, I knelt down and prayed, 'God, if you are real, please change their mind. I want to stay to fulfil my dream. I

promise to commit myself to You if there is a miracle.'

"A week later, mum said they could support me, but I stubbornly did not keep my promise to God."

The following year, a non-religious classmate asked Alfred to go with him to a Christian meeting.

• Turn to page 11

Desperate cry was heard

For Parem Veer it seemed he would never live up to his parent's expectations.

The deed was done and with the last cut of the scissors Parem Veer Singh's long hair fell to the ground. Finally, he was free from all the expectations placed on him by his parents.

"I was an only child and therefore all my family's expectations rested on me," Parem Veer says.

"My father was the only Sardar in our community and he travelled a lot. I tried hard in my studies to make him proud, but I was never very academic and this made me feel worthless."

• Turn to page 3



Depression relieved

Euthanasia ... is death good?

BY PETER BRAIN

There are many tough issues we have to face as a community. One of these is euthanasia (a word of Greek origin meaning “good death”). The personal pain of those suffering long-term chronic illnesses, along with the grief of loved ones who watch on, feeling ever so helpless, is without question real. Heart wrenching examples of people who are going overseas where they can take their life, or of those seeking assistance to do so in our land are portrayed on our television screen.

The stakes are high, however, for any nation which is prepared to legislate for the assisted killing of its people. A number of issues need to be considered seriously. Assisted killing would change forever the nature and character of the practice of medicine. We are all the beneficiaries of a medical system that seeks either to cure sickness or manage pain. A number of years ago, Indigenous mothers in the NT recognised this simple logic when they refused to take their sick children to doctors whilst there was debate on legalising euthanasia.

The ‘thin end of the wedge’ creep

is another concern that is very real. The chronically ill today, are the handicapped tomorrow. Do we really want to be part of an ethical philosophy that devalues life? In countries where assisted killing has become a way of life, the wonderful practice and advances in palliative care are not well developed. Coupled with a tendency for chronically ill people to be made to feel a burden (emotionally to families and economically to families and the State), a subtle – and in some cases not so subtle – pressure is applied.

There is, of course, a better way. Our generally accepted view of life, following our Judeo-Christian heritage, is that all life is valuable since we are made in God’s image. It is He who has enabled discoveries in palliative care and who gives strength through family members, friends, medical and chaplaincy staff in attending to those with long or short term palliative care needs. Communities where this is the norm learn to be more compassionate. Whilst pain and debilitating illnesses are always distressing they bring



opportunities that assisted killing fails to comprehend. There is the opportunity for love and tenderness to be expressed, or old hurts to be reconciled, that often takes time to express. Inevitably, assisted killing will leave a residue of guilt; a guilt that must be lived with. Reconciliation with God through Jesus Christ is essential to a good death (the meaning of euthanasia). Nowhere is our frailty and helplessness so clearly seen as during chronic illness. At the same

time, the mercy and promises of God in Jesus Christ are never so precious.

Rarely in life is it wise to solve one very real problem with another very real problem. God invites us to rely upon Him by bringing our problems to Him. He has, I believe, helped us wonderfully with the growth of palliative care, in alleviating and managing pain and in providing the way of eternal life through His Son’s death and resurrection on our behalf. □

TIPS FOR LIFE

STARTING OVER AGAIN

BY ALAN BAILEY

The end of a year and the beginning of a new one usually cause people to reflect on what has passed and look forward to better things in the future. Of course, we all know that broken resolutions are



proverbial, but can we break this cycle?

The future is untouched

As a New Year stretches before us, it offers us the chance of a new beginning. It’s hard to mess up tomorrow before it dawns but, no doubt, it can happen. Tomorrow’s destiny is being carved out by the actions of today. Just the same, there is some comfort in the thought that the future offers something new: a change, a new set of more favourable circumstances.

The fact that vague hopes and wishful thinking are so notoriously disappointing forbids me to encourage people with a few words of pleasant philosophy about a brighter future. The trouble is, we are all carriers. Some will inevitably carry a virus over the threshold into another year. All of us carry emotional baggage gathered over the years. Personal characteristics often reveal a proneness to various kinds of failure that just keep recurring.

The future becomes like the past because it’s what lurks within us that makes or breaks our happiness much more than the circumstances we are facing.

We so often spend time trying to change everything but ourselves.

A trap

Masses of people feel trapped between a past they would rather forget and a future which threatens to be more of the same.

I sympathise with the feeling. It calls for something more than good advice, though that may be at least a start. It calls for more than better luck – which is totally out of our hands even if there is such a thing.

Dealing with what we are by nature holds the key to our escape from the dilemma. But who, what, can change our nature? Or can we have a new one? Yes, a new nature, a new set of active principles can be implanted in people by Almighty God. I have experienced it as have countless others.

One clear statement about it is: “If anyone is in Christ he is a new creation; the old has gone, the new has come” (2 Corinthians chapter 5, verse 17).

In this way, the future can be different. You can carry something new across the threshold into tomorrow. A life cleansed from all the sin that has marred the past, and both the desire and power to be different within.

A God-oriented person is not bound to the slavery of circumstance but is enjoying a dimension of life that is found nowhere else.

We are not made perfect nor is life problem free, but the new has come, and no-one who has it would trade it for the old. □

Crossword

- ACROSS**
- 1 Worth
 - 5 Bulgaria’s capital
 - 9 Type of generator
 - 10 Protective covering
 - 12 Dictionary abbr.
 - 13 Pied _____
 - 14 Metal bar
 - 15 Scent
 - 16 A drinking vessel
 - 18 Spongelike part of flowering plant
 - 20 Feeling of apprehension
 - 22 “Sesame Street” Muppet
 - 23 In poor health
 - 24 Drooping
 - 25 Plaything for two
 - 26 Destitute
 - 27 Get together

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32

SOLUTION PAGE 11

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Puzzle Level: Medium



SOLUTION PAGE 11

		7						
						4	5	
6		9	7	4		1	8	
	9		3		7		2	
				2	8			5
		1						8
2			4					3
3			6					
	7	8						

Family Finance

by VALORIE BURTON

BEATING BUSYNESS – 5 SIMPLE RULES

Is your life fruitful and joyful, or overloaded and stressed out? Most days, I managed to get a lot done, but with very little structure in my life I felt scattered and ineffective.

Here are five simple ways I learned to be disciplined, to align my daily actions with my priorities and be intentional about reclaiming my schedule. Incorporate them into your life to put an end to unnecessary busyness.

1 Learn to say no. No will empower you to bring your schedule under control. You have the right and the responsibility to decline activities that do not fit into your schedule or reflect your personal goals. What activities do you need to let go?

2 Promise little, if anything at all! You may be tempted to tell people you’ll do little things, but when life becomes hectic, it’s far too easy to forget what you’ve promised. You’ll have more integrity and less stress if you under-promise and over-deliver. Rather than saying you’ll get something done tomorrow, say “by the end of the week.” Then when you finish tomorrow, the other person is delighted and you’ve eliminated the stress of trying to meet an ambitious, self-imposed deadline.

3 Set boundaries on your time. To keep your priorities you must guard the time you set aside for them. Have ‘no technology’ periods in which you turn off cell phones, TV and computers. Protect time with your family and friends. And if you’re falling behind, block out a day or a few hours to stop and catch up.

4 Don’t feel pressured to respond immediately. When someone makes a request, don’t feel compelled to give them an answer on the spot but respond like this: “Let me think about that and get back to you” or “I’ll let you know tomorrow [or next week, etc.]” will suffice. Especially if you’re a people pleaser, it is critical that you don’t answer yes on the spot. You will often end up regretting your commitment later.

5 Give yourself permission to complete tasks imperfectly. One of the biggest reasons people procrastinate then spend more time than necessary on some activities is their obsession with perfection. Live your God-given purpose with excellence, but resist the temptation to chase the elusive goal of perfection.

Too often, people live by accident, following whatever opportunities or requests cross their path. Without clearly defined priorities, it’s hard to discern which choices are best and which are best left alone. Spend your time in a way that is meaningful for you and your family. □

Courtesy Focus on the Family
Valorie Burton is a life coach, conference speaker and author

DID YOU KNOW?

All elephants walk on tiptoe – the back portions of their feet contain no bone and are made entirely of fat.

An elephant's trunk contains more than 50,000 muscles. This means that it is sensitive enough to pick up an individual blade of grass but also strong enough to rip thick branches of trees.

Just as we are either right or left handed, elephants are usually left or right tusked. The dominant tusk is normally shorter and blunter due to more frequent use.



Depression relieved

Until age twelve, Jacqueline Baeza grew up in a happy home in Chile, when, suddenly, she was shattered to discover her parents were getting divorced.

"My life began to crumble all around me, feelings of hatred and resentment grew more and more against my father for having abandoned us," Jacqueline says.

"For the next four years, I was submerged in a state of depression and in constant dependence upon doctors and medication."

One of Jacqueline's friends invited her to a church, where she was encouraged to say a prayer, but the words meant little to her.

"I had no idea what I was saying or why I was repeating them," she remembers.

Still hopeful of an escape from her depression, in the winter of 2003, she gladly accepted a school friend's invitation to a camp in Chile.

Jacqueline continues: "During the week of camp, my counsellor began to tell me about this person, His name is Jesus, God's Son, who loved us with

a love so deep and so great that He was willing to go to the cross and pay for my debt of sin, which is what Easter is all about.

"Not only did He die for my sins, but He rose from the dead three days later, and now offered me the free gift of forgiveness of sin and an eternity in heaven with Him."

Amazed by how much God loved her, Jacqueline immediately responded to God's invitation.

"On July 27th, 2003, I asked Jesus to cleanse me of all my sins and to be my Saviour," she remembers.

"I understood that there was no amount of human effort that could bring a solution to the consequences of my sin, except that I solely trust in the fact that His sacrifice was enough on my behalf."

Now aged 21, Jacqueline declares that Jesus Christ has given her real peace and freed her of depression.

"Since that day I haven't felt the need to use medication any more, not necessarily because my parents are back together – they're not – but because I have a peace and an assurance that no matter what the circumstances around me might look like, I know that I belong to Jesus and that He will strengthen and guide me." □

Desperate cry was heard

• From page 1

Now, Parem Veer wanted to have his own way, and find God for himself, as he recall he "always knew" God was there.

"When I cut my hair I was acting in rebellion," he explains. "I wanted to shock my parents and show them I was fed up with the expectations they placed on me. I hurt myself more, though, because with the cutting of my hair, the symbol of a Sikh, I felt rejected."

Parem Veer started practicing religion with hardcore spiritualism and meditation, which actually lead him to forms of satanism and witchcraft. Within five years he had

broken up with his girlfriend and he admits his life was "a mess".

"I managed to complete a degree in computing and moved to Australia to undertake study for my MBA," he says. "In Australia I lived in shared accommodation and it was here a girl introduced me to the Christian faith."

"The girl invited me to visit church on Sunday," Parem Veer recalls. "I can remember thinking I've nothing to do on Sunday, so I might visit and see how it looks."

So for the first time in his life Parem Veer entered a church building, not knowing exactly what to expect.

"The church looked impressive and the people seemed to be so free and loving, but I didn't care all that much. I continued with my other religious practices and went to the church just to please the girl who had invited me."

By January 2005, Parem Veer was ready to take their relationship further but the girl insisted he became a follower of Christ first.

"I thought I knew what that meant," Parem Veer says, "I just had to stand up the front of the church after the service and say a little prayer. I had seen people do this before and it looked very easy."

Parem Veer walked away from church adding Jesus Christ to his list of gods and goddesses, having no idea what being a follower of Christ truly meant. His girlfriend tried to explain that a follower of Christ believes Jesus is the true and living God and that the Bible was the true Word of God, but Parem Veer was not interested.

"I did not want to listen to that," he remembers. "Finally, I had enough and told her to give up Jesus Christ and adopt my family religion and practices or we couldn't marry. I stopped her from attending church and Bible studies. She wanted to go back to her country, then one day she just left!"

The feelings of worthlessness that Parem Veer thought he had escaped came back in full force.

"I felt broken and rejected," he recalls. "The pain of failure from my past came to the surface again. I felt even worse when I received my university results and they were not satisfactory. I was still under pressure from my family and now my finances were running low."

His cousin, a doctor, took him in for a while, but upon finding Parem Veer had no job, he asked him to leave.

"I had nowhere to go," Parem Veer remembers. "Life couldn't get any worse and I was contemplating suicide when I cried out to any deity that would listen."

"I cried out if there is a real God, come and show yourself to me. I wasn't expecting to see Jesus Christ, I thought another god or goddess would appear, but to my surprise I saw the fire of God coming."

"I saw Jesus on the cross and then I saw Him come off the cross and look into my eyes. He stretched out His hand towards me and said 'I am the Way, the Truth and the Life, and I have come to give you full life if you choose Me.' (John chapter 14, verse 6)."

Later, Parem Veer would interpret this vision as proof for Jesus' death and resurrection.

"I can remember saying, 'Lord Jesus, I have no other hope and I choose to follow You.' That very instant I knew God had forgiven me



and had saved me from the consequences of sin and all the expectations I had been living under."

This time Parem Veer knew what it meant to be a follower of Christ and he gladly accepted Jesus Christ as his Lord and Saviour. He attended a small local church and was provided with the shelter he needed while God delivered him from the pain, loneliness and pressures from his past.

"I was immersed in water to publicly declare what God had done for me and that I would live for Him always," Parem Veer says. "The night when the Lord saved me, He also said, 'Go and tell the world that I am coming back soon.' And this is what I am living for now. And I look forward to preach the salvation, the good news of Jesus Christ."

"It is an awesome privilege to be known by the Creator, who found me, and even though I am undeserving He is using me as His witness to His love and greatness," concludes Parem Veer. □

Destiny Communications

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**South Asia
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1500 hrs UTC Sunday
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Suicide is not the way out

According to the World Health Organization (WHO), each year a million people take their lives, while one in 20 who try every day succeed.

WHO reports that suicide is among the three leading causes of death in people aged 15 to 44 years and it estimates that by 2020 the number of these events will grow

"For I know the plans I have for you" - declares the Lord - "plans to prosper you and not to harm, to give you a future and a hope."
 Jeremiah, chapter 29, verse 11

50 per cent to 1.5 million deaths per year.

The question then is, why is it that seemingly "normal" people decide to take their life?

There are many different opinions with regards to the causes of suicide, most of which focus on the science of sociology, psychology and biochemistry. The "sciences" tend to look to the inherent distancing in our way of life, the decline of family ties, the depersonalization of human relationships and the loss of individuality in mass society as the main causes of why so many people tend to harm others and themselves.

The ability of a person to internalize that aggression and turn it around towards self-criticism and self-hatred is one of the most important ties between sociology and psychology.

But what if we probe deeper into the cause of this stigma of society?

In the Bible, God clearly says in Jeremiah, chapter 29, verse 11, "For I know the plans I have for you" - declares the Lord - 'plans to prosper you and not to harm, to

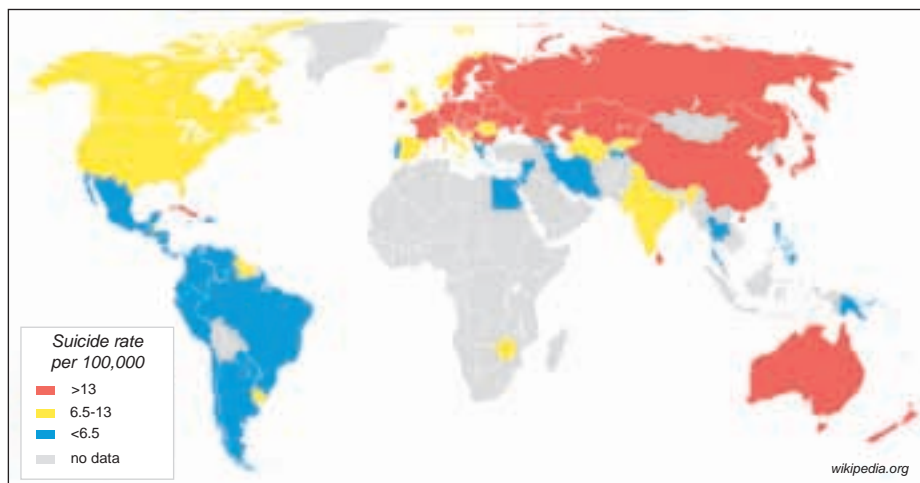
give you a future and a hope.' "

Could it be that the uncertainties of the future and lack of hope are what trigger suicidal thoughts in the heart of man, and this because we have decided to ignore God and what He wants for us?

In the Gospel of John, chapter 10, verse 10, Jesus says "... I have come that they may have life and have it abundantly."

The problem is that we think we know more or know better than God what we need and choose to trail blaze our own path. The great King Solomon said, correctly, "There is a way that seems right to man, but ultimately it leads to death" (Proverbs 16:25).

Romans 8:32 says, "He that spared not His own Son but gave him up for us all, why not also with him give us all things?" God loves us so much that allowed Jesus to take our place on the cross, paying



our debt of sin and forgiving us of our guilt by His shed blood on Calvary. Accepting this truth is the first step towards discovering all the things that God has for us. It is only logical to think that the same God who loves us so as to let His Son die for us would also have a

plan for our welfare here on earth. If only you believe and trust that He knows what we really need, we need not go to people who can defraud us, neither to emotions that can betray us, nor to circumstances that are out of our control. □

Medical matters by DR JEREMY BECKETT



DEEP VEIN THROMBOSIS

Venous thrombosis is when a blood clot forms in a vein, and the term 'deep vein thrombosis' (DVT) usually refers to this process occurring in the deep veins of the leg. This is a common and potentially dangerous condition.

Why does the clot form?

There are lots of possible causes. If we think in basic principles we can look at (i) things that cause the blood flow in the legs to stagnate, (ii) things that make the blood thicker or stickier, and (iii) things that cause damage or inflammation in the lining of the vessels, resulting in a clotting process.

Airline travel is a dangerous combination of some of these risks. It combines prolonged sitting, dehydration and stickier blood (seemingly due to the lower oxygen levels on the plane). DVT is sometimes referred to as 'economy class syndrome', and it is important take precautions to avoid this condition when flying.

What are the signs of DVT?

Often there are no signs, particularly if only the veins of the lower leg are involved. It is very common for travellers to have silent DVT after long flights, but these mostly resolve without causing symptoms. The first symptom is typically calf pain, particularly on stretching the calf. If the DVT is more extensive, involving the thigh or up into the pelvis, then the affected leg will become

Clot produced by	Potential causes
i) Stagnating blood flow	<ul style="list-style-type: none"> Sitting for long periods of time Prolonged bedrest Overly tight clothing Cardiac failure
ii) Thicker or stickier blood	<ul style="list-style-type: none"> Smoking Pregnancy Oral contraceptive pill Dehydration Surgery Air travel Inherited blood clotting disorders Cancer
iii) Damage to the vessels	<ul style="list-style-type: none"> Smoking Surgery Injury to the leg

swollen, increasingly painful, and may become mottled and darker or redder in colour.

Is DVT dangerous?

A DVT doesn't cause a lot of serious problems for the leg: mostly it can be treated with blood thinning medication without difficulty. The danger of DVT relates to what may happen if the clot breaks off and travels 'downstream'. If this happens the clot will pass back to the heart, and then (most often) into the vessels of the lungs. Here it will become lodged in a vessel which is then blocked. This is called pulmonary embolism, and if the clot is large enough to block the major vessels in the lungs it can be

instantly fatal. It is with this in mind that we treat DVT aggressively.

Diagnosing DVT

The best test for diagnosing a DVT is an ultrasound. It is simple, painless, and involves no radiation. If a DVT is confirmed and no obvious cause is apparent then there are usually blood tests required to rule out blood clotting disorders.

The treatment for DVT varies according to how extensive the clotting has become. Small clots in the lower leg may be treated with pressure stockings, and possibly aspirin. Clots that extend to above the knee carry higher risk, and are usually treated with blood thinning medication. □

Believe it or not

by DR JONATHAN SARFATI



ADULT STEM CELLS IN CONTACT LENS CURE CORNEA DAMAGE

The cornea is the transparent outer window of the eye, which also provides about two-thirds of the focusing. So corneal damage is a major cause of blindness. But now, researchers from the University of New South Wales, Australia, have invented a new way to use adult stem cells to repair corneas in three patients.¹ They extracted stem cells from the undamaged eye, cultured them on a contact lens, which was then stuck on to the damaged cornea. After 10 days, the stem cells had colonized the cornea, and produced transparent corneal tissue.

All three patients had notable visual improvement – this included one where the stem cells came from the conjunctiva rather than the cornea.

Lead researcher Dr Nick Di Girolamo said, "The procedure is totally simple and cheap. Unlike other techniques, it requires no foreign human or animal products, only the patient's own serum, and is completely non-invasive. ... There's no suturing, there is no major operation: all that's involved is harvesting a minute amount – less than a millimetre – of tissue from the ocular surface."²

This is just one of many proven cures of adult stem cell research. Conversely, the much touted embryonic stem cells, which require destruction of human embryos, have yet to provide a single cure. See also <creation.com/stem_cells>.

1. Transplantation 87 (10):1571, 27 May 2009.
 2. Science Daily, <www.sciencedaily.com/releases/2009/06/090605081151.htm>, 5 June 2009.



Dr Di Girolamo and Dr Watson

ROLLERCOASTER



FOUR FUN FILLED PAGES OF ACTIVITIES AND STORIES

The Free Gift

Kiran eyed the squat jar of multi coloured lollies on the teacher's desk. If only he could earn one jelly bean, mint leaf, snake, any one would do. The teacher's voice rang in his ears, "Next sum, number fifteen, nine times six". Kiran stared at his page. The answers for sums twelve to fourteen were blank. Oh no! There goes another lost shot at the lolly jar, he thought. It was always the same. He lost concentration again and again. He was constantly tired and often scolded. Despite making new resolutions every day, it seemed there was nothing he could do to please the teacher. One day it was his homework left at home. Another it was for disturbing Nikhil for a pen, and so on.

Swimming competitions weren't the fun they used to be either. In the country, although he was only ten, he'd been number one freestyler at the club for three years in a row. But here in the city the last six months, Chris touched the wall first every race. Kiran had increased his training by half an hour every morning. He sleepily bundled out the door at five. Even the neighbours grumbled about being woken by the loud beep of his coach's car. He tried so hard but he just wasn't good enough. And sometimes he had cheeky words with his mum, who was an A grade swimming coach and had high hopes for him.

When the school siren rang at noon, Kiran remembered his lunch box was still on the kitchen bench. Nikhil offered him half his chicken sandwich. "No, it's okay thanks, but

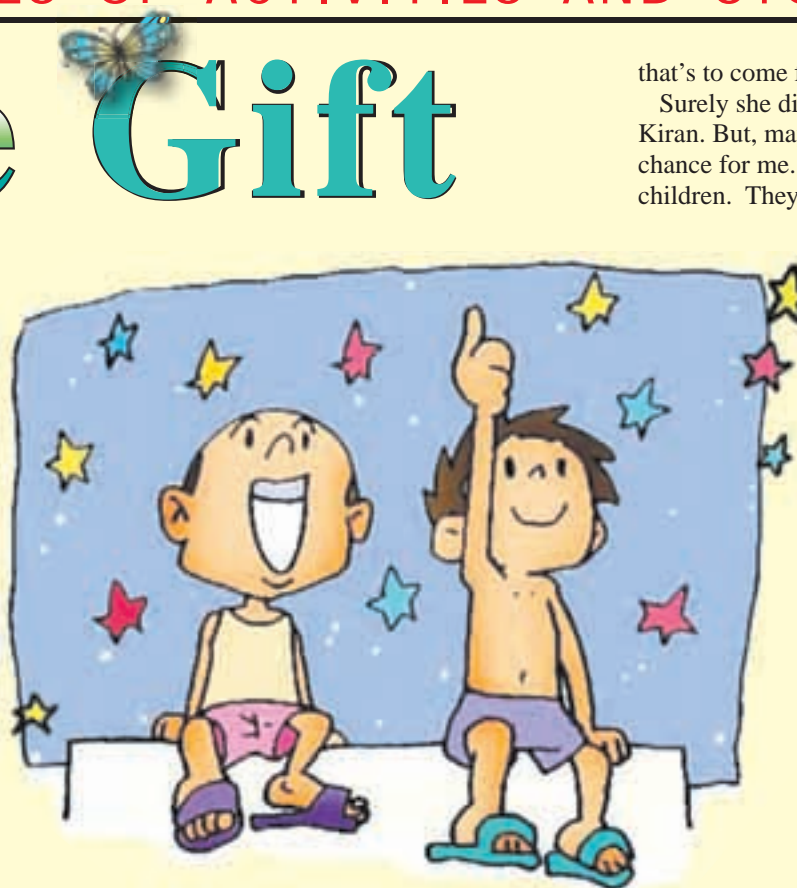
can you hurry up?" Kiran said. "Let's get the football first."

On Saturday it was Nikhil's birthday. The pizza was tasty and Kiran felt at home with Nikhil's family. Sure, they were strict, but there was a kindness there. It was the same kindness he'd noticed in Nikhil. "Don't forget, when you're free, JACK'S club is on Wednesday afternoons," Nikhil reminded him with a high five goodbye.

The school holidays came and there was a break between swimming seasons. Suddenly Kiran had a lot of spare time. He remembered Nikhil's club. "Jesus Activity Club for Kids" sounded very religious. But there must be something good about it, Nikhil never missed. Kiran decided to go.

Club day came. In the game where they used a rolled up newspaper as a hockey stick, Kiran's team cheered him on each of the five goals he scored. At the afternoon tea, he tucked into a scrumptious apple muffin. Afterwards, he plopped on the carpet next to Nikhil for the talk and prayer. On the floor by the leader, Kiran spotted a fancy glass plate. On it was a white paper lace doyley and a Snickers bar. Yum!

But then a bitter thought stole into Kiran's mind. Oh no, this was the club version of the school lolly jar. And he thought of how he hadn't volunteered to even up the other hockey team, and he'd



raced to the front of the line for the biggest muffin. He sure hadn't earned that Snickers. His shoulders slumped and he sighed. His mind drifted.

Suddenly something the leader said made Kiran sit up. He gazed at her as she spoke, "Anyone can come forward when I have finished this talk and take the Snickers bar," she said as she held out the plate. Then the leader said something Kiran had never heard before. "You see, like this Snickers bar, God's love is free. You don't have to earn it. In fact no matter how many good things we do, none of us can be good enough to deserve God's love, as He is perfect. Because He loves us, God sent Jesus to die on the cross to take the punishment for all the wrong things we have done. All you have to do is believe this and ask God to forgive you. Then you will become a member of God's family, forever."

"Now, who would like this Snickers bar? There is only way for you to get this Snickers today. Do you know what that is? There is only one way. And

that's to come forward and accept it."

Surely she didn't mean it, thought Kiran. But, maybe, just maybe, this is a chance for me. He glanced at the other children. They were squirming and

all eyes were on the Snickers. There's only one way to test it, he thought. Kiran shot off the floor to the front. The leader offered the plate. Slowly, and with a thankyou, Kiran took a firm hold of the Snickers.

Over the month-long swimming break, Kiran went to JACK'S every week. He thought a lot about God and asked Nikhil a lot of questions about Him. Deep in his heart Kiran came to know God loved him and he accepted what Jesus had done in dying on the cross for him. He learnt to rely

on God for the strength to do all the good things he wanted to. Back at school, Kiran noticed he concentrated better.

One day, before the new swimming season, Kiran got the courage to chat to his mum about something on his mind. "Mum," he said, "I was wondering if I could give up competitive swimming. I could play tennis at Nikhil's club instead and keep going to JACK'S with him."

Kiran was surprised when his mum said, "Your dad and I have noticed that you're different since you've been going to JACK'S club. It seems to be doing you a lot of good. I guess if you really want to you can give up swimming. Yes, tennis would be good, and you can go to JACK'S every week."

"Thanks Mum!" Kiran replied. He breathed a sigh of relief as he walked outside and thanked God for answering his prayers, for the free gift of His love and the wonderful new life He had

HELP KIRAN FIND HIS WAY



TO NIKHIL'S HOME



SPOT THE DIFFERENCE



LITTLE PRAYER

Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and ask you in as my Saviour and Lord. Thank You for forgiving my sins and giving me eternal life. Take control of the throne of my life. Make me the kind of person you want me to be. Amen

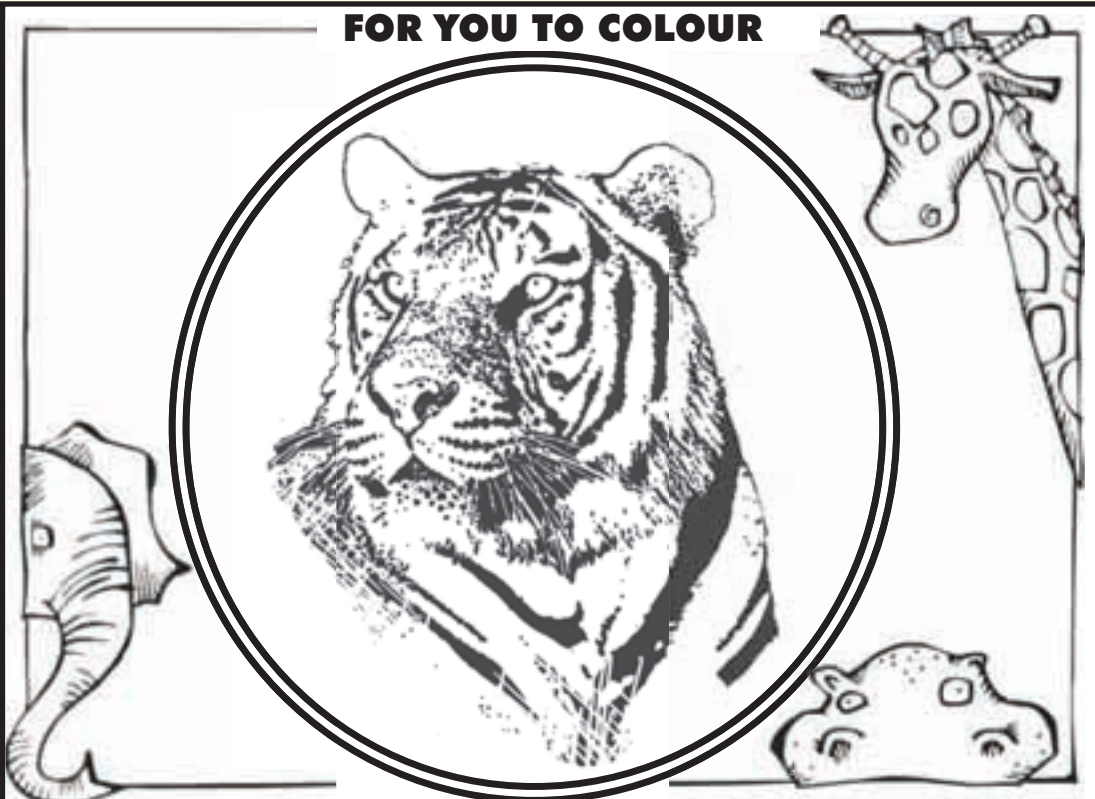
Find your way to the Taj Mahal



SPOT THE 3 DIFFERENCES



FOR YOU TO COLOUR



God created the Heavens and Earth-
-all you see, all you don't see. *Genesis 1:1*

MEMORY VERSE

WE HAVE GIVEN YOU A FEW LETTERS TO GET STARTED.
KNOWING A CERTAIN BIBLE BOOK WILL GET YOU THREE MORE LETTERS!

18	16	8	A	I	"I	I							
22	10	3	8	3	23	3	15	15	7				
A													
7	20	17	23	10	26	26	16	4	22	20	16	4	1!
P													
2	22	10	15	9	3 2 : 8								

BRAIN TEST

Can you match up these parts to make whole words? Some use 2, some use 3 parts! Three have only 1 part.

Write your answers in the spaces, then check them with the correct answers below.



Answers:

- | | | | |
|---|-------|----|-------|
| 1 | _____ | 7 | _____ |
| 2 | _____ | 8 | _____ |
| 3 | _____ | 9 | _____ |
| 4 | _____ | 10 | _____ |
| 5 | _____ | 11 | _____ |
| 6 | _____ | 12 | _____ |

Arithmetic

by Elva Schroeder

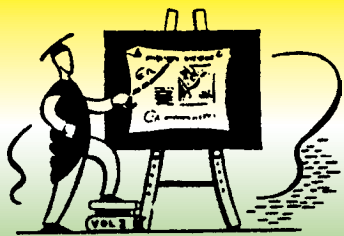
Below are ten questions which all have a **NUMBER** as their answer. Write the correct **NUMBER** (not word) on the lines to the right, then add them up to see if you get a total of 125. If you do you will know you have them all correct.

- 1 Try to keep the (NET) Commandments _____
- 2 Jesus chose (WETVEL) disciples _____
- 3 There are (RUFO) gospels in the Bible _____
- 4 The Wise Men brought (RETEH) gifts to baby Jesus _____
- 5 God created the whole world in (XIS) days _____
- 6 In Noah's time it rained for (TRYOF) days and nights _____
- 7 Jesus fed 5000 people from (VEIF) small loaves _____
- 8 He also used the (WOT) small fish in a boy's lunch _____
- 9 Jonah was inside the whale for (RHETE) days _____
- 10 Jesus fasted in the desert for (YORFT) days _____

TOTAL = 125



- 1 Our month of January is named after the Roman god Janus who was said to have two faces, one looking back at the previous year and the other looking forward towards the year ahead. As we start another school year we can look back on all God's goodness to us in the past year, then look forward to what exciting things He may have in store for us in the coming year.
- 2 If you remove the first letter from the following words they will become new words yet still sound the same when you say them out loud : **scent, wrap, knot, knew, aisle, write, whole, knight, kneed.**



SPELLING TEST

by Elva Schroeder

The jumbled words below are all things you see or use at school. Unjumble them and write your answers on the lines at the right. Then take the letters in the boxes and write them on the lines below to find out what God has promised to do for us.

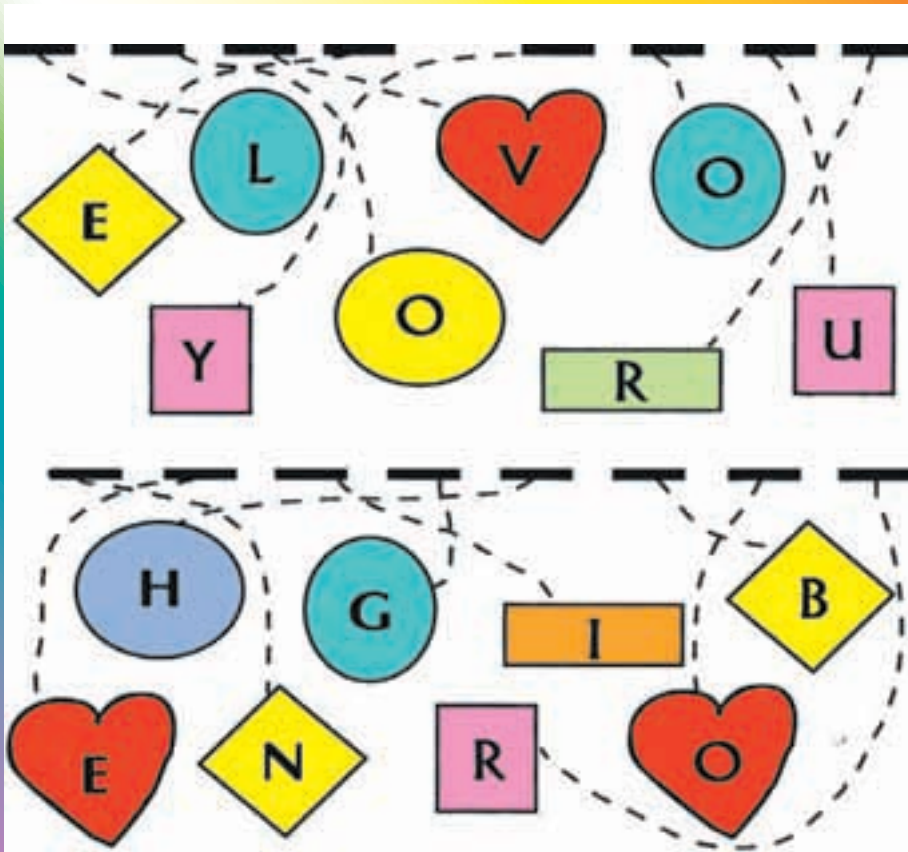
- 1 You find maps in this (LASTA) _ _ _ _
- 2 Your teacher sits at this (SKED) _ _ _ _
- 3 Teacher writes on the blackboard with this (LAKCH) _ _ _ _
- 4 You write or draw with one of these (CLIPEN) _ _ _ _
- 5 This person tells you what to do (RETCAHE) _ _ _ _
- 6 You use this to draw straight lines (LURRE) _ _ _ _
- 7 At the end of each term you do these (SETTS) _ _ _ _



*** GOD HAS PROMISED HE WILL**

Teachers Stories

Jesus Christ told the story about the good Samaritan to help us understand something very important we must all do. Follow the dotted lines to each letter and write that letter on the line.



AARTI: "Hey Judy, do you know why our teacher has to wear sunglasses to school?"
 DEVI: "No – why does he wear sunglasses to school?"
 AARTI: "It's because we're all such bright students."

DEVI: "Can you tell me why the jelly-bean wanted to go to school?"
 AARTI: "No – I'm sure I don't know."
 DEVI: "It was because he really wanted to be a smartie."

ADITYA: "Teacher, would you be angry with a boy for something he did not do?"
 TEACHER: "Of course not!"
 ADITYA: "That's good, because I didn't do my homework last night."

The first-grade teacher asked Abha the date of her birthday.
 "December the 10th," replied Abha.
 "What year, dear?" asked the teacher.
 "Every year," said Abha.



Challenge Word Search

K	T	P	K	K	B	R	K	M	S	G	P	R	R	M
S	C	A	R	O	L	R	E	C	Y	R	S	E	E	A
P	S	A	O	O	O	A	I	C	I	G	R	T	A	T
O	W	K	P	W	J	E	H	N	E	E	S	U	D	H
R	S	S	E	K	N	E	C	C	K	S	B	P	I	S
T	O	M	T	C	C	I	C	C	C	B	S	M	N	E
S	O	H	E	U	P	A	O	T	A	I	H	O	G	D
H	S	U	B	A	D	L	B	R	F	L	H	C	S	A
Z	Y	L	L	U	B	Y	T	N	E	D	U	T	S	R
P	E	N	C	I	L	O	F	W	T	S	X	V	A	G
Y	L	B	M	E	S	S	A	P	E	L	A	G	L	H
X	U	P	A	P	E	R	A	A	R	H	Q	R	C	M
R	M	T	X	B	I	S	J	Z	I	N	N	N	E	O
J	P	U	K	B	S	G	Y	Y	A	U	U	A	V	U
Y	P	A	L	I	B	R	A	R	Y	L	P	Q	O	K

ASSEMBLY BACKPACK BOOKS BULLY BUS CAFETERIA
 CHALK CLASS COMPUTER ERASER GRADES GYM HOME-
 WORK LIBRARY LOCKER LUNCH MATH PAPER PASS
 PENCIL PRINCIPAL PROJECT READING RECESS SCIENCE
 SPORTS STUDENT STUDY

BRAIN TEASERS



- 1 If two's company and three's a crowd, what are four and five?
- 2 What is black when it is clean but needs cleaning when it is white?
- 3 What word becomes shorter by adding two letters?
- 4 From the letters in the word SLATE, see if you can make up four other words, using the same five letters.

ANSWERS: 1.Nine. 2. A blackboard 3. Short 4. Steal, tales, least, state

TRUE TRUTHS

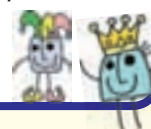
1. The Bengal tiger's roar can be heard for up to three kilometers
How many miles away would that be?
2. The Himalaya Mountains stretch over 6 countries. Can you guess which countries they are?
3. Which river would you say is considered the heart of India?



ANSWERS: (2) Miles. (2) 6. India, Bhutan, China, Afghanistan, Nepal, and Pakistan (3) The Ganges

A little ABC joke for your friends

To trick your friends, ask them who can say the alphabet backwards in the shortest time. When they have tried, you say you can beat them easily. Then you just say the words, "The alphabet backwards," and you've won!



CHANGE THE LETTERS

Take the letters in the words **THE CLASS ROOM** and rearrange them to make two words that mean 'a teacher'.

Clue: In Galatians 3:24 (KJV) the apostle Paul tells us that the ten commandments and other laws God gave to Moses were to act like a

to teach us that we need to receive Jesus as our Saviour to have our sins forgiven and become a child of God.
 PS : The first word begins with S and the second with M.



Meeting the new boy

Anita was a quiet girl who didn't make friends easily.

She was thrilled when Veena asked her to join their group. Veena and her friends were easily the most exciting people at the High School.

Veena said, "We're going to have some fun with that nuthead, Nishant. Right?"

The others grinned. Anita didn't know anything about Nishant, who was a new boy. But if Veena said Nishant was a nut-head, then Veena must be right.

Veena gave her orders. "Ronita, tell Nishant you've got

something to show him. Bring him to the back of the gym. Anita, I want you to stay on the corner and watch out for teachers. We don't want them interfering, do we?"

Anita ran over to the gym and reported to Veena. The others were already there, all except for Ronita.

"Off to the corner!" said Veena, and Anita took up her position and waited for Ronita to bring Nishant... only things didn't work out as planned!

Anita dodged back to report. "I can see Ronita coming with the new boy, but they've got some-

one else with them. I think it's Vivek."

Anita knew Vivek because they went to the same Youthgroup. They weren't friends, exactly, but she did know him.

Veena wasn't pleased. "Head him off, Anita. We don't want him spoiling the fun."

Anita began to feel uneasy. For the first time she asked herself why the teachers mustn't see what they were doing, and why Vivek must be prevented from joining them.

But Ronita



some things better than you. Should we laugh at you because you can't draw as well as he can?"

The bell went, and the hangers-on melted away. Anita picked up Nishant's bag and gave it back to him.

"Sorry," she said. "I

had already reached the corner with Nishant. Keren stopped Vivek, and said half-heartedly, "Hi, Vivek. What are you doing here?"

She didn't think her voice sounded natural, and Vivek seemed a bit bothered, too. He tried to look round her, to where Nishant had been dragged into the circle of girls around Veena.

Vivek said, "What are they doing with Nishant?" He tried to push past Anita, and she tried to stop him. Only, Vivek was bigger than her, and they ended up in the group round the new boy.

Veena and Ronita opened the new boy's school bag. Veena held up one of Nishant's books and laughed. "I reckon this ought to go up on the notice board, marked 'First prize'!"

"Oh, no! Please!" gasped Nishant. Two of the girls held him, and he was going red in an effort to get free.

"How do you spell 'could', Nishant?" asked Veena. "Look, Nishant spells it 'kob'. He's a real champion speller, aren't you, Nishant?"

"Give that here!" said Vivek, and snatched the book from her. "You make me sick, Veena! Nishant's spelling is nothing to laugh at. If you could do half the things he can do in art, you'd be laughing. You should keep quiet about what you don't understand."

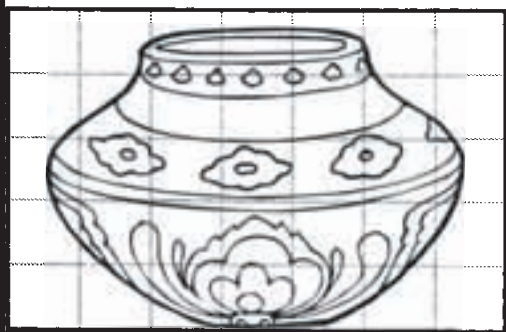
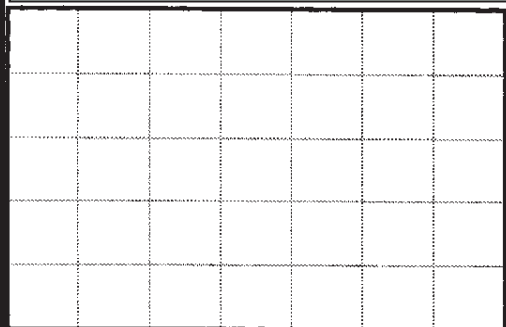
"I understand that he's a dummy!" shrieked Veena. "And anyway, what makes you think you can interfere? ... Anita, I thought you were on guard."

"I was," said Anita. "But I don't understand, either. I thought Nishant was supposed to have done something funny."

"See for yourself!" Vivek opened the book. Anita drew in her breath, for it was full of squiggles and letters written backwards. She could make out some of the words, but others were a complete mystery to her.

Vivek said, "Nishant is dyslexic. We're all different, aren't we? You can read and write, Veena, but he finds it difficult. On the other hand, he can do

TEST YOUR SKILL IN COPYING THE PICTURE



SPOT the 10 DIFFERENCES



STRANGER DANGER

Maybe someone has told you not to get into a car with a person you don't know. A stranger can also be someone you may have seen but don't really know! Do you know why parents warn their children about this? Because sometimes strangers seem to be nice, but are actually not very nice at all. They may show you a lolly or even promise to bring you a cute puppy. But don't go with them! This person might be a very bad person who could hurt you. When a stranger stops their car near you and calls out to you, the best thing you can do is run! Run away as fast as you can.

A Small Prayer

Dear God,
Please help me to LISTEN to those who TRULY CARE about me and not to someone I don't REALLY know.



Wise Proverb

Smooth talk from an evil heart is like glaze on cracked pottery.

Proverbs CH:26:23



JOIN THE WORDS ON THE LEFT TO THOSE ON THE RIGHT TO MAKE TEN LARGER WORDS

UNDER
FOR
CAR
LIGHT
LADY
NECK
DRAW
POLICE
CROSS
NOTE

HOUSE
WORD
LACE
BRIDGE
WARD
MAN
STAND
BOOK
ROT
BIRD

ANSWERS: UNDERSTAND, FORWARD, CARROT, LIGHHOUSE, LADYBIRD, NECKLACE, DRAWBRIDGE, POLICEMAN, CROSSWORD, NOTEBOOK.

Fire chief fights fire of jealousy

Loadius Sendaluzi is the Chief Fire Officer for the City of Zomba in Malawi. He was appointed to this important position in March 2008, but has been serving in the Fire Services in Malawi since February 1985.

Loadius Sendaluzi has been involved in fighting major fires in Blantyre at a number of factories. However, the worst fire he has ever had to fight was one that raged inside his own heart; because the fire of jealousy and sin was burning up his life on the inside and he could not put it out himself.

In spite of his professional success, Loadius suffered from a problem that he could not overcome in his own strength.

“I had a problem of jealousy, which forced me to tell lies against others, mostly those who seemed to achieve something in their lives,” he confesses.

One day God challenged Loadius about his life.

“Late in 1985 as I was coming from the bank in Blantyre I attended a meeting. The speaker

read from 1 Corinthians 16, verses 16-20, and dwelled much on people with jealousy. He stressed that wherever there is jealousy real development is a problem. After I went back home the message continued to linger in my heart for some days, if not for a week.”

Mr Sendaluzi was convicted by this message; but he still did not know what to do about it or how to be free from his own sin. As he says, “At this time I was praying so that I can get out of this problem which was eating me up - jealousy. One day at a certain meeting we invited a speaker and in his opening remarks he stressed much on the dangers of jealousy and the need to pray so that we can be protected from this.

“When I went home that night I prayed to Jesus Christ to assist me to get rid of jealousy and the tendency of telling lies. Though not fully delivered, I started to get away from the problem. To enrich my spiritual life I joined Bible study groups and started to know more about God’s love and grace and forgiveness.”



Loadius Sendaluzi

Still burdened by jealousy and sin Loadius Sendaluzi struggled on in his life until the year 2000 when he attended a meeting in Chichiri, Blantyre: “The talk was from 2 Corinthians 3:1-62 Corinthians 3:1-6. The speaker said that this letter is not written with pen or ink, but by the Spirit of the Lord, not on a tablet of stone but on a human heart. He continued to preach that Jesus is the best letter everyone of us should always need to read. Jesus went through various situations, but he never gave up. He said that some of us are letters which when people read them they are full of sorrow, witchcraft, deceit and jealousy. He continued to say that many people think by going to church they will enter the kingdom of heaven. How can one enter into heaven when one is full of sin, he preached? There

are people full of jealousy and full of lies and they think they will enter into heaven. You are cheating yourself, he said. It is only when you accept Jesus as your Lord and Saviour that your salvation is assured, the speaker stated.”

Mr Sendaluzi was gripped by this message and he finally realised what he needed to do to be free of the power of jealousy and sin in his life: “As the man was speaking, something came into my mind as to what I can do to do away with this sin of jealousy. At the end of the message the speaker asked those who wanted special assistance to remain behind. I did exactly that. I told him about my problem of jealousy and the spirit of telling lies. He prayed for me and I confessed my sin before the Lord Jesus and accepted him as the Lord and

Saviour of my life.”

Since that day Loadius has seen the Lord helping him to overcome the challenges that he has faced. He has developed a new attitude as a father: “As a father in my family,” he explains, “I now seek to love and teach my family members and share with them the love of God through the Saviour, Jesus Christ.”

Finally, although he is the Fire Chief for Zomba City, Loadius now has another Chief to whom he can refer vital decisions in moments of crisis: “Here in Zomba during the kitchen fire at the College of Health Sciences and during another fire at the Works Training Centre, even though we had inadequate resources, Jesus was with me to help me to make good decisions for the fire-fighters to use for a successful operation.” □

Believe it or not

by DR JONATHAN SARFATI

WHITE BLOOD CELLS SPROUT “LEGS”!

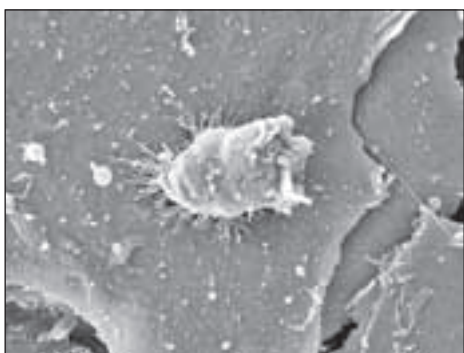
When there is an infection, white blood cells are rushed to the site to “eat” the invading germs. But how exactly do they get there?

Researchers at the Weizmann Institute of Science in Rehovot, Israel, have overturned previous “wisdom”, that the white cells move somewhat like inchworms. They showed that they

move more like millipedes—they sprout tiny “legs” less than a micron (1/25000 inch) long. These legs have sticky adhesion molecules called LFA-1 (Lymphocyte Function-Associated Antigen-1), so they can bind to partner adhesion molecules on the surface of the blood vessels. A report in *Science* legs Daily stated, “Tens of these attach and detach in sequence within seconds—allowing them to move rapidly while keeping a good grip on the vessels’ sides.”

These “legs” also act as probes, sensing exit signals. And while these legs keep the cells from being swept away by the strong blood flow, this flow helps the adhesion molecules to enter “highly active states”. This is needed to force them to dig into the vessel walls so they can sense the proper signals, and to leave at the right place.

So even “simple” white blood cells now sprout legs with three functions: “gripping, moving and sensing distress signals from the damaged tissue.” One wonders how creatures coped with infections before these white blood cells evolved legs ... more likely, they were designed that way! □



A scanning electron microscope image of a white blood cell with “legs”

Courtesy of Creation Ministries International. <CREATION.com>

Better Parenting by David and Charissa Scotford

Television - friend or foe?

I hope you appreciate me ‘taking on’ such a controversial topic as the television! I feel there is a need to talk about some of the advantages and disadvantages of it to help you make an informed choice about its use.

I’m sure many parents can remember learning their ABC’s from Sesame Street and many nursery rhymes and craft activities from Playschool – proof that television can be educational and beneficial!

There is no denying that TV is fun and a fantastic ‘babysitter’. I’m sure it’s no coincidence that Playschool comes on right when I need my afternoon cup of tea and need to start getting dinner ready!

However, there is a lot of research which has been done to prove that too much television can be detrimental to a child’s development and attention span.

Firstly, it can limit their imaginative and creative play. They can watch without thinking too much!

Secondly, the fast moving, ever changing sensory overload nature of TV shows, means that our children get used to things moving at that pace. However, the reality of life, is that things aren’t always that fast



moving or engaging.

Suddenly, sitting still and listening to a book being read or sitting quietly and listening to someone talk for half an hour becomes a challenge they find hard to concentrate on.

The old adage ‘everything in moderation’ certainly applies to the use of television in your child’s day.

Computers & technology

by DARRYL BUDGE

WINDOWS 7 – WHAT'S NEW

Windows 7 has some significant interface changes. A new taskbar displays large icons of your applications, showing running applications within a glowing box, plus non-running applications that the user has 'pinned' to the taskbar (by right-clicking it in the start menu list). The traditional long-name taskbar is still available.

Hover your mouse over an item on the taskbar application and it will show a small preview of all windows related to that application. Right-click on the taskbar item of a Windows application (and very recent commercial applications) to show a 'jump-list' of recently used files and other commonly accessed actions.

Drag a window to the far left or right of the screen and the window will automatically resize to fill half of the screen. Drag to the far top and it will maximise. Shake a window and all other applications will minimize.

A new 'Aero Peek' button at far right of the taskbar enables all applications to become transparent when hovering over, or minimized when the button is clicked.

The "Documents", "Pictures" and "Music" locations now link to customizable virtual 'Libraries' that link to the familiar folders of old.

Touch-screen actions and many more media format supports are supported natively in the OS, including unprotected Apple music and video.

Windows Calendar, Windows Photo Gallery, Windows Movie Maker, and Windows Mail are not on the install media, but new 'Windows Live' branded versions can be downloaded from <windowslive.com/desktop>. These are also compatible with XP and Vista.

What's improved?

Start-up, shutdown and standby/hibernate routines are much faster and smoother. Memory demands are also slightly lower as many non-essential Windows services are disabled by default.

User Account Control, which troubled Vista users with security alerts for the most basic of changes, is now configurable from extreme paranoia to no alerts at all.

Driver support for devices is much improved over Vista, as manufacturers have been able to test their products for a much longer time period than when Vista was released.

Can I upgrade my desktop?

Microsoft's new operating system places about the same demands on a computer as their previous version Vista, which, given it is now three years later, is laudable. A 2006 model PC or newer is therefore likely to meet the recommended requirements: 1 gigahertz processor (a netbook is adequate), 2 gigabytes of RAM (most netbooks need an upgrade), DirectX 9 graphics card with WDDM driver model 1.0, 20 GB of available disk space, and DVD drive if installing from DVD media.

There are three retail (full or upgrade) versions that you can buy. Windows 7 Home Premium is equal to the Vista variety, and now includes a backup application but does not support network-located backups or joining a domain. Professional adds the afore mentioned features, plus guaranteed XP compatibility with 'XP Mode', which requires a processor capable of hardware virtualization (Intel VT or AMD-V) and 'Microsoft Virtual PC' via download. Windows 7 Ultimate adds BitLocker file and whole-drive encryption. □

I nearly lost my daughter

"I thought I had it all, a husband whom I was in love with, a son who was the joy of my life, a great job, everything was just perfect," says Sherry Balkaran. "I had everything that I had ever really wanted. Then I discovered I was sixteen weeks pregnant with my second child."

During her first check-up the scan revealed "some abnormality", according to her doctor.

Sherry says the week until her next check-up was the longest, most uneasy week of her entire life. "I did not tell anyone what the doctor had told me at this stage, not even my husband."

She brought her husband along the next time and after two scans the doctor asked them to sit down, because the news was "not very pleasant".

"My husband and I both were very tense, as he told us that the baby I was carrying didn't have a spine and in a case like mine there was only one alternative."

He recommended they abort the baby, saying, "It would be useless to carry the baby to full term as it would be unable to face a normal life."

"I was given one week to decide," Sherry recalls. "I was so devastated at the thought of having to abort my baby, because being brought up in a Christian home I knew that abortion was wrong."

"During the last couple of days before the decision, I became a woman whose body, mind, emotions and spirit became bound by bitterness. I hated myself."

As a child Sherry had trusted in Jesus Christ as her Lord and Saviour. "I had loved the Lord since childhood. But in the agony of my struggle I bitterly denounced nearly every religious tenet I had ever been taught. I did not realize the devil was systematically undermining and destroying the health of my mind."

"My body suffered. The valley was so steep, so very dark. I tried to pray to God and felt He was no longer there. Depression enveloped like a heavy fog, and I was lost in it before I even knew what was happening."

"Finally when I could not take it any



Sherry and Shenice Balkaran

longer, I told my mum the news. My mum was a strong Christian and dedicated to the things of God. She held me and we both cried at the predicament I was facing. That evening she related my story to my brother who is a church pastor. They both prayed for

me, believing that both my baby and I would be fine.

"On Sunday I went to church as usual but was feeling down. This was the day I heard so clearly the audible voice of God: "For I know the plans I have for you. Plans to prosper and not harm you..."

Jeremiah chapter 29, verse 11. That was it. I came home and called out to God. I told the Lord I can't take this anymore.

"Even with my clouded mind and sick emotions I knew Jesus had sacrificed Himself on the cross for me. I knew that sacrifice was the key which enabled God's healing power to be operative in my life. I was not going to kill my unborn baby."

"I realised that God can never take over unless I handed Him full control."

"Monday morning I confidently told the

doctor I was going to have this baby regardless. Everything had been prepared for the abortion to take place, so when I told the doctor my decision, he was quite shaken. He told me that I was making a big mistake and it was not fair on the child I was carrying. I stayed very cool as I told him that God's ways are not our ways and that the only reason I was not having the abortion was because my trust was in the God I was serving, and not on man's opinion. He respected my decision, patted me on my back and told me, 'Good luck to you, girl. You are very brave.'

"Finally when the moment arrived, and the doctor announced I have a daughter. My first question was. How is my baby doctor, is she normal?"

"He told me that I have given birth to a 3.5kg baby girl, 100% healthy, and normal, I stress, normal baby girl: God's precious gift Shenice!"

"How good, how gracious, how free giving to totally undeserving children is our loving Father. How I thank God for Shenice, what a joy she is to my life. If it was not for God's grace she would never be born. Shenice has just turned 13. And she is growing more beautiful by the day. All credit goes to God!" □



Childhood is full of changes: the start of school, making new friends, playing sports and developmental changes. And in order to thrive in each area of life, children need a well balanced and healthy diet.

The five food groups of which all children need to eat a selection of foods are:

- Breads, cereal, rice, pasta & noodles
- Vegetables & legumes
- Fruit
- Milk, yoghurt & cheese (and dairy alternatives)
- Meat, fish, poultry, eggs, nuts & legumes

What about cakes, biscuits, lollies, cool drink, chips etc.?. The hard truth is that these foods are simply 'extras'. They are not needed for complete nutrition – however if these foods are treated as 'sometimes' foods that are only eaten in small amounts, a healthy diet can still be achieved.

It is good to remember that feeding children is not like following a recipe – they

Healthy Living

WITH MIRIAM THYER
(BSc. Nutrition, BSc. Health Promotion)

Healthy eating for your child

are little people with their own personalities and likes and dislikes. The following tips can assist you in providing your child with an excellent diet:

- Provide nutritious snacks, such as fruit, vegetable sticks with dip, smoothies and healthy muffins
- Make sure your child eats a healthy breakfast. Skipping breakfast will affect their ability to concentrate and perform throughout the day

- Involve your child in the planning and preparation of meals. When cooking is made fun and interesting, and it is something the children enjoy eating, they will jump at the chance to help make a mess in the kitchen
- Have a time set aside when children can enjoy 'extra' foods – such as birthday parties, school holidays or Friday nights. If children know they will get these types of foods only on specific occasions, they are less likely to ask for them at other times, meaning their regular diet is generally very nutritious

Finally, exerting some loving discipline and control over the eating patterns of your children will do everyone a big favour. As a parent, you will be giving your child an excellent start to life. And your child will be nurtured in a loving and healthy environment where their well-being is the utmost priority.

Happy eating

BUILDING BETTER MARRIAGES

What's your conflict style?

BY ROB FURLONG

Part 1: Avoidance

When I counsel couples preparing for marriage, I have found it extremely valuable to help them determine the way they personally approach conflict and the impact, for good or bad, that this has upon those around them.

Every one of us has a method for dealing with conflict and when we discover our preferred "style" it can help open up better ways of handling conflict in the future.

One of the most common forms of dealing with conflict is avoidance. To be sure, there are many times when you would be wise to avoid a conflict. A couple of months ago I was on my way to the hospital to visit my new born granddaughter and her Mum and Dad. As I walked through the car park I became involved with a belligerent young guy who was clearly spoiling for a fight. It was clear that he had been drinking, he was obviously putting on a good show for his friends and he began to "shape up" to me in order to fight. I did my best to settle him down, told

him that I did not want to fight him and continued on my way into the hospital with his abuse ringing in my ears. The bottom line was that I did not want to become another "one punch" statistic – I think avoidance was the best approach that night.



But there are many times when avoidance to conflict is the worst possible approach that a person can take, especially in a marriage. For example, a husband becomes increasingly concerned about the fact that his wife's alcohol consumption is getting out of hand

and that she is becoming more and more dependent upon it. She is no longer caring for herself or the needs of the family and every one knows there is a problem but no one is talking about it. Unless her husband sits down with her and lovingly confronts the issue, people are going to increasingly suffer and be alienated in the process. It's like the "elephant in the room" scenario. Every one knows it is there, but no one wants to talk about it!

Now, if you are an "avoider" when it comes to dealing with conflict, let me explain something to you as gently as I can. People who avoid conflict are really saying two things: "There is no issue that I care deeply enough about that I would fight for it and there is

no person I care deeply enough about that I would fight for them." As I said earlier, there are times when avoidance of conflict is appropriate. But equally true is the fact that there are also times when there are issues or people that do matter and we should be prepared to fight for them as well as face the consequences.

No one wins when we consistently avoid conflict. Other people are hurt by our failure to act, we inflict pain upon ourselves and we also confirm the person with the problem in their behaviour.

I remember a time in my own marriage when my Mum was making some selfish and unfair demands upon me that were making a deep impact on Karen. My method of dealing with it? I simply ignored Karen's concerns and failed to address my Mum's unfair demands. The end result? I had one very unhappy wife and I perpetuated a problem in my Mum by not confronting her at the time. I learned a powerful lesson that day: no one wins when you avoid conflict! (I am pleased to say that I changed my pattern as a result of this experience!)

Avoidance is not an effective means of dealing with conflict and will not solve issues in your relationship: it will only make them worse. May we have the wisdom to recognise those things that we need to address in our relationships and the things that we need to let go. □

Next issue we will focus on people who are concerned only with keeping people happy as they deal with conflict – see you then!



According to new research, the long held belief that newborn brains are mostly inactive and merely respond by reflex needs to be discarded.

Alison Gopnik, a psychologist at the University of California, Berkeley, admits: "We've had this very misleading view of babies. The baby brain is perfectly designed for what it needs to do, which is learn about the world. There are times when having a fully developed [adult] brain can almost seem like an impediment."

Gopnik says babies naturally find excitement and discovery in the most mundane. "For a baby, every day is like going to Paris for the first time," she explains. "Just go for a walk with a 2-year-old. You'll quickly realize that they're seeing things you don't even notice."

At birth a baby brain contains more brain cells, or neurons, than the adult brain, after which begins a "pruning process", eliminating seemingly unnecessary neural connections.

Accordingly, the parts of a baby's cortex responsible for sensation and higher thought are better connected than in adults, and this is vitally important for babies to assimilate vast amounts of information with ease.

An experiment led by Rafael Malach at Hebrew University, examining brain scans of adults watching a movie showed prefrontal areas were suppressed, while the back of the brain associated with visual perception was turned on.

Gopnik comments that this is very much like how a young child views the world.

"You are incredibly aware of what's happening – your experiences are very vivid – and yet you're not self-conscious at all," Gopnik says. "You're not thinking about anything but what's on the screen."

She adds: "It's seeing the world in a grain of sand." □

Now for your comments...

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'Heroes can't die!'

• From page 1

Alfred listened to the speaker, Josiah Man speak about Jesus' words in Matthew chapter 16 verse 26: "What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"

"This verse reminded me that my super hero Uncle Bruce had died suddenly in his prime time," says Alfred.

"At the end of his message, Josiah invited all the young people to think seriously about what was the purpose of our lives. He said, 'Who could give us the peace, and comfort us when you were alone? Don't forget your inner needs, and don't run away from God. Come and commit your life to Jesus Christ. Confess your sin and lay down your burdens before Him. Don't run away. Keep your promise!'

"Then Rev. Man started singing, 'Because He [Jesus] lives, I can face tomorrow. Because He lives, all fear is gone. Because I know, He holds my future. My life is worth the living, just because He lives.'

"At that moment, my heart melted and I welcomed Jesus Christ as my personal Saviour and King

of my life. Two months later, I was baptised in water to publicly declare my commitment to Jesus Christ.

"I had found my real super-hero, Jesus Christ! By His sacrifice on the cross, He bore the penalty of my sins and gave me eternal hope in Him!"

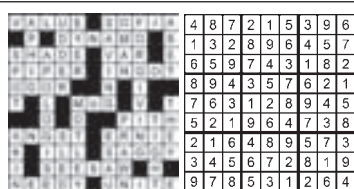
For a time, Alfred volunteered at a Christian bookshop on weekends. Then after a student conference, he was challenged to serve God full-time, so he later enrolled in an undergraduate theological degree.

"When I finished this degree, I returned to Hong Kong and worked in the Life Insurance industry for six years, telling people about the Life Insurance policy, and training the Life Insurance agents.

"This was my training ground for the future outreach and evangelism ministry to Asian migrant families around the world."

Today, Alfred is very thankful that God rescued him from a purposeless life.

"Long ago, I lived in fear of death, searching for meaning in my life," he says. "Thankfully, I found the real meaning of life when I met my real hero, the Lord Jesus Christ. He is an awesome God above everything in the world." □



Born to serve

Known as one of the best tennis counterpunchers of all time, in 2008 Michael Chang was deservedly inducted into the International Tennis Hall of Fame.

Michael holds numerous “youngest player” records and is still considered the world’s most famous Chinese tennis celebrity six years after his retirement.

In 1989, at the age of 17, he overcame debilitating leg cramps to defeat Ivan Lendl, who was the number one ranked tennis player in the world, and then bested Stefan Edberg, the then-current Wimbledon champion, in the final to win the French Open. He became the first Chinese player to win the world-class tennis match, the first American to win since 1955, and the youngest male Grand Slam winner in history.

Speaking to the press prior to his Hall of Fame induction, Michael recalled that momentous victory over Lendl.

“For me, I think the Lord wanted me to win to put a smile on Chinese people’s faces,” he said.

It is tough to compete in every generation that followed his generation, he said, but, “as an athlete, I used my speed, agility and quickness to go out and play against the big guys.”

Over his 16-year career Michael stood not only as an athlete of immense talent and determination, but also as a man of integrity.

He took 34 titles, was a finalist a further 24 times, and earned \$19.1 million US before he retired in 2003, but tennis was

never the most important thing in his life.

His beliefs have been well documented, particularly after his 1989 win in Paris, when he openly thanked his God and Saviour, Jesus Christ, stating, “Without Him, I’m nothing.”

Michael became a follower of Jesus in 1988 at the age of 15.



Michael acknowledges the crowd to mark his retirement during the US Open on September 4, 2003.

Photo by Ezra Shaw/Getty Images

“I had been doing a lot of searching,” Michael writes on his website. “I think at that particular age, at least of me, you’re wondering about things like the meaning of life and trying to find yourself. I had a lot of questions.

“My grandparents had given me

a Bible and encouraged me to read it every day. On this particular occasion I didn’t have anything else to do so I decided to take a good look at my Bible and see what it had to say.

“I looked at the index and found that it covered all these different subjects. So I looked up subjects like friendship and love and found the Bible to be really true, very pure, in a way in which I wanted to live my life.”

From then Michael was inspired to keep on reading about the Lord Jesus and his love for all people. As a result of doing this he came to the point of making a personal commitment to the Lord Jesus Christ.

His commitment to Jesus Christ marked a significant turning point in his life, and set him on what can only be described as an extraordinary journey. With Jesus in his heart this pint sized player with tremendous determination made an incredible mark on the world tennis scene.

“Tennis is more than forehand and backhands. It’s an opportunity to serve God. A lot of people see me as a role model – not everybody – but some and I want to portray a Christ-like image.

“I look at it this way: when people read the Bible, read it genuinely, they see that it expresses a lot of love, a lot of giving, a lot of peace. It is something I feel the people of this world – especially the young kids – need.

“There’s a lot of turmoil, peer pressure, and temptations that can lead youngsters astray.”

In 1999, Michael formed the Chang Family Foundation, which introduces the good news of Jesus Christ to people through sports and outreach events in Asia and the USA.

Through all competitions and experiences of his life, Michael says Jesus Christ has been the faithful bedrock of his life.

“I have found that knowing the Lord Jesus personally and reading my Bible keeps me on track. It enables me to be a positive role model and influence.”



4 August 1996: Michael Chang jumps for the ball during the Infiniti Open in Westwood, California. Photo: J.D. Cuban / Allsport

Thus, through his faith in Jesus, Michael maintained the focus and integrity through a long 16-year career. He remained humble and undistracted by money and fame.

“Many things on the professional circuit can get your mind off the main focus. It is easy to get conceited and your head swells. You see the popularity. It is easy to say to yourself, ‘I’m a big star now and I’m making a lot of money. People are after me and they want my time.’

“But it should not be that way, because tennis is a career like

anyone else’s. Tennis just happens to be more in the spotlight.

“Everyone can contribute to society. It’s really your choice what you do.” In January, Michael will play for Team America alongside World No. 6 Venus Williams at the Hong Kong Tennis Classic, an exhibition tournament that features retired male players and active female players.

Michael is married to 25-year-old Amber Liu, also a Chinese-American and professional tennis player. □

Michael’s personal website is www.mchang.com.



Michael returns a shot to Jim Courier during a Legends singles match on August 1, 2009 in Los Angeles.

Photo by Stephen Dunn / Getty Images

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