

Reformed

A MAGAZINE FOR THE CHRISTIAN FAMILY

SEPTEMBER 2014
Volume 33 Issue No. 11

PERSPECTIVE

CELEBRATING 30+ YEARS



THE GIFT OF SLEEP

P.18

WHAT THE CHARTER SAYS ABOUT PRIVATE SCHOOLING

P.14

ON WHAT BASIS HUMAN DIGNITY?

P.24



IN A NUTSHELL • FROM THE EDITOR • BOOK REVIEWS • CROSSWORD

Is this not
your copy of
Reformed
Perspective?



Enjoy Reformed Perspective all year long. Receive freshly designed monthly issues with articles pertinent to Reformed living.

CDN \$50/year

USA \$55/year

Int'l \$69/year

**SUBSCRIBE
TODAY**

Call **888.773.7780**

Reformed **PERSPECTIVE**

A MAGAZINE FOR THE CHRISTIAN FAMILY

Published monthly by the Foundation for the publication of a Reformed Social-Political Magazine (Reformed Perspective Foundation).

For Subscriptions or to Change your address, contact:

Reformed Perspective, 322 Caradoc St N., Strathroy, ON N7G 2N2
subscribe@reformedperspective.ca
1-888-773-7780

For Letters to the Editor, Advertising and Submissions, contact:

E-mail: editor@reformedperspective.ca

Editor: Jon Dykstra

Regular Contributors: Sharon Bratcher, Christine Farenhorst, Margaret Helder, Anna Nienhuis, Michael Wagner

Board of Directors: John Voorhorst (Chairman); Henry Stel (Managing Editor); James Teitsma (Secretary/Treasurer); Bob Lodder

Secretarial Address (Board Matters): James Teitsma
8 Granite Cove, East St. Paul, MB, Canada, R2E 0L6

Art Direction, Design and Layout: Compass Creative Studio Inc.
compasscreative.ca

Contact Address for South Africa:

Arie Roos, Box 584, Kuilsrivier, 7580 Republic of South Africa

Contact Address for Australia:

Pro Ecclesia Publishers, PO Box 189, Kelmescott, W. Australia 6111

Copyright statement: Copyright in letters, articles, cartoons and any other material submitted to Reformed Perspective and accepted for publication remains with the author, but RP and its reciprocal organizations may freely reproduce them in print, electronic or other forms.

This periodical is owned and operated by the Foundation for the publication of a Reformed Social-Political Magazine, a nonprofit organization, whose purpose is described in Article 2 of its constitution: "to publish periodically a magazine promoting Reformed principles in all spheres of life, especially the social, political and economic realms." In carrying out its objectives, the society is bound by the Bible, God's infallible Word, as it is summarized and confessed in the Belgic Confession, the Heidelberg Catechism, and the Canons of Dort (Article 3 of the constitution).

If you are interested in the work of Reformed Perspective Foundation and in the promotion of Reformed principles in all spheres of life, especially in your local area, and you need help, call John Voorhorst at 1 (403) 328-9114 (days), and 1 (403) 345-2904 (evenings).

Annual Subscription Rates:

Canadian Funds – 1 year \$50.00, 2 years \$93.00, 3 years \$137.00*
Canada Airmail \$73.00,* U.S. Airmail (U.S. Funds) \$80.00
U.S. Funds – 1 year \$55.00, 2 years \$100.00, 3 years \$145.00,
International Surface Mail \$69.00 (2 years \$125.00, 3 years \$184.00)

International Airmail \$115.00

***including 5% G.S.T. – G.S.T. No. R118929272RT0001**

We acknowledge the financial support of the Government of Canada, through the Canada Periodical Fund (CPF) for our publishing activities.



Cancellation Agreement

Unless a written subscription cancellation is received we assume you wish to continue to subscribe. You will be invoiced prior to the subscription renewal date.

Registration: ISSN 0714-8208

Charitable Organization under Canada Income Tax Act

Registration No. 118929272RR0001

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:

One Beghin Avenue, Winnipeg, MB R2J 3X5

reformedperspective.ca

"I know it is irrational that my future should look so bleak when I get only four or five hours of sleep several nights in a row. But rational or irrational, that is a fact."



THE GIFT OF SLEEP p.18

by Sharon L. Bratcher



WHAT THE CHARTER SAYS ABOUT PRIVATE SCHOOLING

- Michael Wagner

p.14



DORTHEA AT THE WELL (JOHN 4:3-42)

- Christine Farenhorst

p.22



ON WHAT BASIS HUMAN DIGNITY? p.24

- Mark Penninga

FROM THE EDITOR P.4

- Jon Dykstra

NOTA BENE P.6

IN A NUTSHELL P.12

BOYS AND GIRLS AND SPACECRAFT AND ICEBOXES P.26

- Margaret Helder

Should doctors have to choose between their convictions and their job?

This summer We Need A Law director Mike Schouten made a splash in the opinion pages of the *National Post* by arguing that doctors have the right to refuse “to provide certain treatments based on religious or moral grounds.” For example, any Christian doctor will not want to have an involvement with abortions, and devout Roman Catholic doctors will not want to prescribe contraceptives.

Schouten argued that this should be allowed. “To be clear, we are not talking about [a doctor being allow to refuse to provide] health care services where a patient’s life is at risk,” he wrote, this is about allowing “doctors to refrain from performing non-emergency procedures should the procedure violate their individual conscience.”

In the comment section on the web version of the article readers readily granted that doctors shouldn’t be forced to perform abortions. But many were incensed at the thought of allowing a doctor to refuse to prescribe birth control. What follows are some of the arguments made against doctors having conscience protection. Each is followed by the counterargument.



ARGUMENT: If you don’t want to prescribe contraceptives, don’t become a GP.

Ephena wrote: “...If you don’t want to prescribe birth control then don’t be a general practitioner (GP), or a gynecologist. If you don’t want to perform abortions, don’t specialize in that area of medicine. The choice and restrictions should be on the part of the people with the problem, not the people of Ontario who have a hard time getting a physician anyway, or who live in rural areas and have no other choices. If your

moral objections have consequences, you should be the one to live with them, not your patients.”

COUNTER: Is prescribing birth control a necessary part of being a GP? Let the market decide.

You’ve pointed to a doctor shortage in rural areas. Do you think it’ll help to eliminate that shortage if we bar anyone who has conscience objections to birth control from becoming a GP? Many of our hospitals were started by devout Catholics, so if we want more doctors, telling this same group that they can’t practice medicine anymore (at least, with their conscience intact) wouldn’t seem a step in the right direction.

Consider too, that as Mike Schouten made clear in his article, prescribing birth control is not a vital part of the job. Imagine if we said to be a chef you must be willing to prepare puffer fish. Chefs would object that we are adding a requirement to their job that need not be there. For what reason must a GP have to prescribe birth control? Does that impact their ability to serve their patients in countless other ways?



Perhaps, instead of forcing doctors to get out of medicine or violate their conscience doing what they think is wrong, we should instead simply require them to be up front about what their conscience won’t permit. So a sign at the front that says “We don’t refer for abortions” or “We are not willing to prescribe birth control” would let patients know that they need to go elsewhere. And then we can let the market decide if there is a demand for a doctor who has these limits. No need to bring compulsion into this at all.



ARGUMENT: Accountant can't refuse to do math.

El Kabong wrote: "...if a doctor does not want to prescribe birth control, then he should not have women to care as a GP.... This is akin to an accountant complaining he hates math."

COUNTER: That's a bad analogy.

The whole point is that this *isn't* akin to an accountant complaining he hates math. Prescribing birth control is simply one small part of a GPs job, and hardly defines the position.



ARGUMENT: Why should I tolerate someone else's crazy views?

KDR1979 wrote: "In order to become a doctor, you need to be highly intelligent, depend on evidence and are required to take an oath that you will act in the best interest of your patient. All of these tenets are ignored when a doctor, based on religious reasons, decides not to prescribe birth control. Such doctors apply reason and logic, and use evidence, in their daily doctoral practice. Why don't they apply these same standards, and ask the same questions, of their religious beliefs? If they're Catholic, why don't they question exactly WHERE birth control is considered a sin, and WHY.

"Before you impose your views on others, be prepared to justify them."

COUNTER: Tolerance means putting up with views you don't agree with.

A GP who won't prescribe birth control is not imposing his view on anyone. If you want birth control, you can go countless other places to get it. However, those who want to force doctors to prescribe contraceptives are imposing their view of birth control on all doctors - they leave these doctors with no options.

Christians know that we are to love our neighbor as ourselves, so that means that, even when we disagree with someone else's beliefs, we will try to accommodate them in the same way we would hope they would try to accommodate us. That's why as employers we would give observant Jews the Saturday off, even though we are confident that the day of rest is now on Sunday. We accommodate them because that's what good Christian folk do.

But if we go with your approach, and only tolerate views we agree with, then we've given up on tolerance, and have replaced it with "My way or the highway!" The better way is to refrain from imposing our views on others unless there is a clear and pressing need (and you cannot make the case that this need exists here!).



ARGUMENT: If we tolerate Catholic views, we'll have to tolerate every view.

Strat57 wrote: "Maybe they should be allowed not to treat minorities? Maybe only offer birth control to the folks they approve of? We could let them make up what they won't do as they go along as long as they think they are doing something unconscionable or unethical or immoral."

COUNTER: We don't have to tolerate every view, but if we can't make this small accommodation for Catholics, then we've given up on the whole idea of tolerance.

So a Catholic doctor who doesn't want to prescribe birth control is now comparable to a racist who hates minorities?

Some things are absolutely wrong, such as racism. Everyone knows it is wrong and Christians know *why* it's so: it's because we are all made in God's image.

But some things are less clear, and then there must be room allowed for

disagreement.

The fact is, a Catholic who objects to birth control is nothing like a racist who hates minorities. Accommodating a Catholic physician who has objections to contraception is also an easy thing to do. It means that, instead of heading to *this* doctor, the patient will have to make an appointment with *that* doctor.

That's it. That's all. If we can't make so small of an accommodation then what difference *is* small enough for us to accommodate? A woman will have to make an extra call or two to find another doctor. It amounts to a few minutes of her time. If we think that is too much of a burden to bear then let's at least own up to what we're doing. A couple phone calls is too high a cost for a woman to pay, but we have no problem with devout Catholic doctors being forced out of their practice, their livelihood, and wasting their many years of training. To save women from having to spend an extra five minutes on the phone, we are willing to completely ruin the lives of these Catholic doctors. That's the trade we're proposing: a livelihood vs. five minutes

If we can't accommodate the Catholics in this small way, then we've given up on tolerance altogether.



Jon Dykstra can be reached at editor@reformedperspective.ca and can occasionally be found mixing it up in the *National Post* comments section. Mike Schouten's July 9, 2014 *National Post* article "Doctors should be allowed to opt out of providing birth-control pills or abortions" can be found with a Google search of its title, and is well worth sharing with anyone you know who is not like-minded. It's sure to get a conversation started.

NOTA BENE

News worth noting

"TRANSGENDER TODDLER"?

BY ELISSA DYKSTRA

Jeff and Hilary Whittington received an award, earlier this year, for helping their young daughter, Ryland, "transition" into being a boy when she was just five.

On *themattwalshblog.com* Christian blogger Matt Walsh described why this situation is "bizarre, tragic nonsense."

First, it is often stated that gender should not be defined by "old-fashioned norms." When it comes to changing genders, however, liking stereotypically masculine toys is apparently enough to lose you your female identity.

Second, toddlers are not yet capable of using reasoning to make decisions. Ryland didn't choose to be a boy; her parents chose to make her one.

Finally, toddlers don't understand what it is to be male or female. When a little girl states that she wants to be a boy, the answer is not to take her at her word, but to provide her guidance and training as to what that means.

THE RISE OF CHRISTIAN CLASSICAL EDUCATION

BY JEREMY DE HAAN

If you haven't already heard of Christian classical education, you'll likely be hearing about it more in years to come. This is the method of teaching that was once the norm in our civilization, and it's a method more parents are choosing as decreasing standards and ungodly philosophies become the public school status quo. In the U.S. alone there are now more than 200 classical schools and over 40,000 pupils. The numbers are growing in Canada, too.

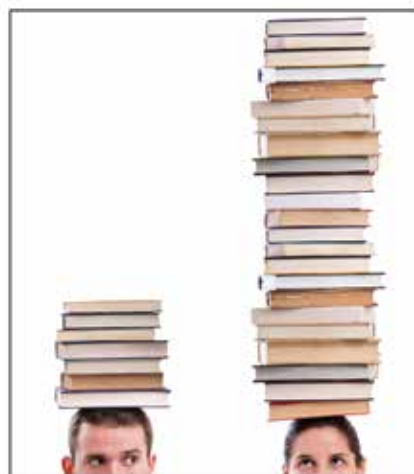
The reason many parents are making this choice is that the difference between classical and public education is too often the difference between God and idolatry. In the U.S., for example, the Common Core curriculum streamlines public school education to give kids the best chance at succeeding in college and in the world of business. This system forces education to submit to the pursuit of wealth and power. Students are thus greased and fitted to become cogs in the great economic machine, to be worshippers at the altars of Mammon.

But Scripture nowhere speaks of the measure of an education being either the sort of job for which it qualifies you, or the amount of money it enables you to earn. Rather, Proverbs teaches that a sound education sets you on the path to wisdom and right character. You are to graduate from the halls of learning with lips that guard knowledge, and with a heart that is kept with all vigilance.

Classical education aims to recover these virtues, to recover the old-

fashioned belief that an education must shape you into a rightly ordered human being. Students who learn under this method are introduced to a body of knowledge that spans the millennia from ancient Greece and Rome to the great thinkers of our time. The goal is that by wrestling with "the best which has been thought and said," as the English literary critic Matthew Arnold famously put it, students will be shaped by these noble themes and will develop into good men and good women.

Finally, classical education not only changes what students learn, but how they learn. The early grades are filled with memory work, the middle grades with logical structure and argument, and the last grades with presentation and style. This template is proving to be very effective, as classical students in the U.S. regularly outperform their peers. One recent class scored in the 96th percentile on their SAT's, while at a Texas school an 8th grade class scored an average of 50 points higher on their SAT's than the national average for 12th grade. So not only is classical education soundly biblical, it is also practical.



This is your brain on Common Core

This is your brain on Classical Christian Education

CAGE FIGHTING AND THE QUEST FOR THE GODLY, MANLY MAN

BY JON DYKSTRA

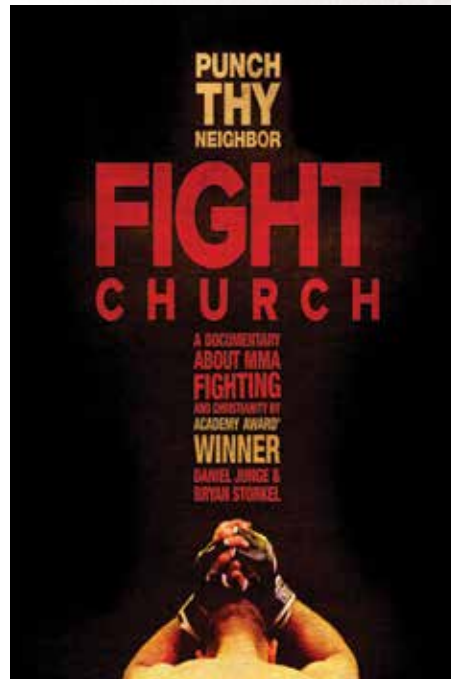
The tag line for an upcoming documentary *Fight Church* asks, “Can you love your neighbor as yourself and then, at the same time, knee him in the face as hard as you can?”

You’d be mistaken if you thought this was intended as a rhetorical question. Pastor Paul Burress – the man asking it – fights in cage matches. He thinks you can lovingly “punch thy neighbor.” He’s so committed to this idea he’s started a group called “Fight Church” which offers Mixed Martial Arts (MMA) fighters support via “Prayer & support before and/or after fights.” It only makes sense that they also offer hospital visitation.

How could a group of well-meaning Christians manage to so distort Scripture as to be able to equate “loving your neighbor” with “kneeing him in the face”?

I’ve only seen the documentary’s trailer, but it’s clear where the confusion lies: they don’t understand what it means to be a godly man. A complaint voiced in the trailer is that “mainstream Christianity has feminized men.” That’s a problem because, as Pastor Burress explains to his congregation, “as a Christian there are times when you take shots.”

True enough. And the pastor isn’t too far off track when he points his congregation to Jesus as the type of



man we should try to imitate. “Jesus never quit, Jesus never tapped out. He finished what he came to do.” But what exactly was it that Jesus came to do? He came to suffer and die for his Church. His triumph involved submission. As we read in Isaiah 53 this involved taking punishment, not dishing it out:

...He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

In Ephesians 5:25 husbands are called to be manly in precisely this same sort of sacrificial way: “Husbands, love your wives, just as Christ loved the church and gave himself up for her...” Imitating Christ in this fashion means being willing to take punishment to spare others from it.

On the other hand, we do read praise throughout the Bible for fighting men who were skilled at the violent business of war. David’s Mighty Men are celebrated in 2 Samuel 23 for exploits that include one man killing 800, another who killed 300, and a third who killed a “huge Egyptian” and a lion. These were men who were good at being violent.

But there is no similarity between the fighting they did – fighting God’s enemies and protecting his people – and the violence for entertainment’s sake done by Christian MMA fighters. Being a Christian doesn’t preclude a man from being a soldier, and it doesn’t preclude him from being able to really dish it out. But a godly man uses his strength and skills in the service of others.

Burress is willing to serve others – he and his group are happy to do hospital visitations. But what they don’t understand is that while a godly man will visit his neighbor in the hospital (Matthew 25: 36-40) he doesn’t put him there.

SPEAKING UP FOR THE UNBORN IS EASY TO DO

BY JON DYKSTRA

In May a very distinctive sign appeared on a bus bench in Chilliwack, BC. In black and white and striking pink, the sign highlights the humanity of the unborn by showing a young woman and her unborn child both making the same claim, “It’s my body!”

The group behind the sign, Valley Against Abortions, loves its location, right between a high school and a middle school where it will be seen by many teenagers every day. And with

everyone having a cellphone these days, the listed text number is accessible to any teen in need.

Interested in doing something similar? Valley Against Abortion spokeswoman Rachel Sloomweg explained that it wasn’t hard:

The bus bench was approximately \$150 to setup and \$80 per month thereafter. We approached a few people and asked them to consider donating \$80 and this would be the fruit of their money. Within a few days we had four months already paid for. At the moment we have only prepaid for six months but hopefully in the

next few weeks we will have enough to keep it up for one year!

If you want to try something like this somewhere near you, contact WeNeedALaw.ca – they have this and other signs available to choose from.



THE GALILEO / GAY MARRIAGE MYTH

BY JON DYKSTRA



What do theistic evolutionists and gay marriage proponents have in common? Both think Galileo makes their case.

Theistic evolutionists have long loved the story of Galileo: the tale of how he corrected the Church – and was persecuted for it – when he proved that the Earth went around the Sun, and not, as the Church said, the other way around. The moral of this story, they propose, is that just like Galileo corrected the Church in his time, the Church today needs to reinterpret its understanding of Genesis 1 and 2 in light of what Science has discovered about our origins.

Church-going gay activists are taking up Galileo as their champion, too, to argue that the Church needs to re-examine its stance against gay marriage. In his book *God and the Gay Christian*, Matthew Vine writes:

...remember that Christians in Galileo's day...did not change their minds about the solar system because they lost respect for their forebears or for the authority of Scripture. They change their mind because they were confronted with evidence their predecessors had never considered.... *Does new information we have about homosexuality also warrant a reinterpretation of Scripture?* (his emphasis)

And Galileo's story can be used by more than just evolutionists and gay activists – it is infinitely adaptable.

For example, yes, the Bible says we are conceived and born in sin (Psalm 51:5). But that's not what many psychologists contend, so isn't it about time the Church learned its lesson from the "Galileo incident" and re-examined Original Sin in light of what we now know about human nature? And, yes, you may think God created them male and female (Mark 10:6) but haven't you heard that gender is a social construct! There are now more than 50 genders to choose from! Doesn't this new information about gender also warrant a reinterpretation of Scripture? Evolution, homosexuality, Pelegianism, gender fluidity: Galileo is a friend to them all.

But what if the Galileo story doesn't prove what so many want it to prove?

And what if a better moral to the story might be something along the lines of, it is very dangerous to let outside sources tell us how to understand Scripture?

The truth is, it wasn't a biblical view that Galileo overturned, but rather a Greek one. As Philip J. Sampson explains in his book *6 Modern Myths*, "Aristotle – not the Bible – taught explicitly that, 'everything moves around the Earth.'" The Church held to a Earth-centered cosmology because they were influenced by Aristotle, and, as one author put it, read the Scripture "through Greek spectacles." They were wrong to do so.

Of course, it certainly is possible for the Bible to be misinterpreted by the Church – that's the very premise behind the Protestant Reformation! But the story of Galileo has been used by evolutionists, and is now being used by gay activists, to argue that it is self-evident Science is far more reliable than the Bible, and thus we should readily reinterpret even the longest-standing biblical doctrines in light of what Science tells us today.

And not only is that not a lesson we can draw from Galileo, we could very readily draw the opposite and conclude that the Church's big mistake was interpreting the Scriptures in light of the Greek Science of the day.

SOURCES: Philip J. Sampson's *6 Modern Myths*; Gary DeMar's "Kirsten Powers Jumps on the Pro-Homosexual Bandwagon" pasted to *AmericanVision.org* on June 12, 2014.

FEARFULLY AND WONDERFULLY MADE PART I

BY JON DYKSTRA



More complex than previously thought' -- how often have we heard that phrase in news stories about the human genome?"

This very good question was asked in the May 29 edition of *Evolution News and Views* (evolutionnews.org)

in an article on the latest human DNA discovery. This latest find involved the discovery of "193 novel proteins" that were coded for in areas of the genome that were previously thought to be junk DNA.

To restate it more simply, evolutionists believe that large sections of our DNA, or genome, are nonfunctional. These sections are thought to be leftover junk from our previous evolutionary incarnations – remnants of instructions for how to live underwater, for example, from back before we emerged from the oceans.

As Christians we know the Fall impacted us right down to our DNA, so we wouldn't be surprised if there were some small nonfunctional parts in our genome, but we wouldn't expect these

areas to be vast. And what we find, and what this latest research echoes, is that junk DNA doesn't seem to be junk at all, and that most of our genome seems to have some sort of function.

This latest finding also shows that the deeper we dig the more complex we discover Man really is. In Darwin's day, the human cell was understood as the basic building block of life – the insides of it were unknown. As Michael Behe described it in his book of this title, the cell was "Darwin's Black Box." But now we know better; now we know the level of complexity inside the cell is comparable to a human city. And the more we learn, the more reason we have to be in awe of our Incredible Designer!

ABORTION CLINIC CLOSES IN NEW BRUNSWICK

BY MIKE SCHOUTEN

After more than 20 years of operation, on July 18 the Morgentaler Clinic in Fredericton, New Brunswick performed its last abortions. Even in spite of a crowdfunding effort to keep the clinic open that reportedly raised more than \$100,000, the doors were shut for the last time at month's end.

The province of New Brunswick has become a battleground in recent

months with pro-choice advocates demanding the government remove Regulation 84-20, which stipulates that a pre-born child can only be killed with public money if the act is carried out in a hospital and has been approved by two doctors. Meanwhile, pro-life activists have been encouraging Premier Alward and his government not to capitulate to those demands. Provincial governments have the

constitutional responsibility to regulate healthcare, which the courts say includes the regulation of abortion.

It remains to be seen if the clinic's closure will save lives by lowering the number of abortions in New Brunswick, but as the forceps and suction machines are used for the last time in this clinic, we can thank God for this victory.

DOMAIN NAMES OF EVERY TYPE INCLUDING, PERHAPS, .HYPE?

BY JON DYKSTRA

It is, perhaps, the ultimate opportunity for personal self-expression: you can now register your very own personal domain name.

While you've long been able to set up a website at *coolguy.com*, or *coolguy.net* or even *.info* or *.ca*, the Internet Corporation for Assigned Names and Numbers (ICANN) is currently working through applications that could give us as many as 1,300 new domain extensions. There may be more than 1,000 new ways to end your domain instead of *.com*, or *.au*.

Are you feeling colorful? All sorts of combinations could be possible from *think.pink* to *true.blue* and *go.green* (though they say it's not easy being green). You could celebrate where you live, as long as you're in Tokyo, Vegas, Miami, Hamburg, Moscow, or even Quebec – all of those are possible new domain names. But if you live in, EastBunbury, you're out of luck. You can't be *www.carl.eastbunbury*.

Why not? To get a new domain extension approved, there is a \$185,000 application fee, plus a \$25,000 annual service fee that gets paid to ICANN. Besides these fees there is, of course, the need for employees, computers, offices, and all the usual things you need to run an Internet-based company. In other words, there's a lot of money involved in getting a

new domain extension started up. So someone thinks there's enough people and businesses that are proud of their province for *.Quebec* to make a go of things, but no one thinks there's enough for *.EastBunbury*.

It's easy to guess that some of the new domain extensions may become popular. A lot of people may want to advertise their favorite drink with *.beer* or *.vodka*. Some people may want to show the world their vocation with *.dentist* or *.vet* or maybe *.actor*. If you're an expert at something, you may want to advertise your status as the *www.swimming.guru* or *www.archery.ninja*. You can even be the *www.history.expert* if you want.

There's definitely an interest in relationships as *.dating*, *.wed* and *.singles* will all be available as domain extensions.

Some domain extensions may cause problems. You just know that someone will register the domain *www.obama.gop* and someone else will register *www.ronaldreagan.democrat*.

As interesting and odd as some of these new domain extensions are, some just leave you shaking your head and wondering. I get that consumers like to save, and we may look for saving at a *.qpon* website, but will there really be enough people who want to celebrate consumer excess that they're willing to register a *.BlackFriday* domain name for their business?

Two troubling domains come in *.gripe* and *.wtf*. What does it say about us



that there are at least two businesses gambling that enough people will want to do nothing but grumble on their websites that they're willing to put up \$185,000 to get these domain extensions approved?

Two proposed domain extensions that may make you think are *.hiv* and *.gay*. Are there really enough people and organizations to make these two extensions financially sustainable? How many people will want to be *www.bob.gay* or *www.marie.hiv*? Will enough people want to define themselves in terms of sexual choices or disease? Are there enough merchants that want to appear gay-friendly that they're willing to register *mysupermarket.gay* or *mycarddealer.hiv*?

Whatever the case, there's some interesting days ahead in the world of Internet domains. It seems clear that if you have a project that's *.cool* and you want to give it some *.buzz* you should probably register a new domain name *.today*.

FEARFULLY AND WONDERFULLY MADE PART II

BY JON DYKSTRA



You could keep on studying how we are knit together in the womb and never run out of jaw-dropping discoveries. One of the latest was an inadvertent

explanation that appeared in the online edition of Oregon's *Mail Tribune* of why babies kick and punch in the womb

The story followed one pediatric therapist's attempt to help premature babies. To build up these children's bone density they are given ten-minute "workouts" five days a week: therapists manipulate their joints, and put some pressure on their bones to help their development. The babies don't enjoy it, so therapist Barbara Kozol thought there had to be a better way. She developed a "pea pod" made of fleece, stretchy material that the newborns are popped into and stay in for 24 hours a day. This stretchy fleece pouch gives the babies

something to push against "much like the walls of his mother's womb" and that, in turn, helps the baby build up his bone density.

So it turns out that all that pushing and kicking mom feels is actually the baby building up its muscles and also its bones!

This pea pod has only been put to limited use, and is currently being examined in a federally approved study. But the results to date are encouraging. Kozol said of her idea to simulate the womb for these preemies, "It's kind of embarrassing because it's so obvious." Yup, God's design is worth imitating!

SOURCE: Sarah Lemon's "Snub as a bug" published online at www.mailtribune.com July 20 and updated July 28.

BIG BOX OFFICE HIT GET ITS THEOLOGY DEAD WRONG

BY JON DYKSTRA



God's *Not Dead* made more than \$60 million in its theatrical release this summer, and when you consider that it cost only \$2 million to make, it has to be one of the most profitable Christian films ever made. But it is only now that it is out on DVD that most Canadians will be able to take a look. So should you run, not walk, to your nearest Christian bookstore to get a copy of this one?

The short and very definitive answer is, nope. The story *is* compelling, particularly for anyone who has had an anti-God professor (and there are more than a few of us). Philosophy professor

Jeffrey Radisson begins his first class by demanding all his students write "God is dead" on a piece of paper, and sign it. Our hero, courageous student Josh Wheaton, won't sign, and instead ends up asking his professor if the class can "put God on trial" with the professor as the prosecutor, Josh as defense, and the class weighing in as judge.

Though the film's writers clearly didn't recognize the arrogance underlying Wheaton's proposal, the idea of humans putting God on trial is incomparably arrogant nonetheless.

Things don't improve much when we get to hear the defense that Josh mounts. He does successfully poke some holes in the atheistic evolutionary account of our origins, but the alternative he offers is some ill-defined form of God-driven evolution. And here is where things get downright tricky: viewers who aren't paying close attention could easily miss that the explanation Josh offers actually conflicts with the plain reading of Genesis 1. In fact, when the creationist organization Answers in Genesis pointed out that Josh was offering an explanation that involved millions of years and necessarily involved evolution, some of their own supporters didn't believe them.

But despite the impression Josh

leaves viewers, he is not offering anything close to a creationist defense of the Bible or God.

God's Not Dead is a "message film" that gets its underlying theology dead wrong. So even though it is quite entertaining in parts, this is not a film worth watching.

Or, rather, it is not worth watching as entertainment, but could be put to good use for educational reasons. I watched it with a group of college students and we tried to figure out what sort of presentation Josh *should* have made, and what sort of answer we should have for those who question the hope that is within us (1 Peter 3:15). A useful resource to that end is Answer in Genesis's review at tinyurl.com/AnswersToGodsNotDead.

The problem of evil is also raised, and while Josh effectively shows that atheists have no basis on which to complain about evil (from where does an atheist derive the ultimate standard needed to discern good from evil?) the answer he gives is an explicitly Arminian one. RC Spoul Sr. offers a much better one at www.ligonier.org/learn/articles/answering-evil/.

So *God's Not Dead* gets 2.5 out of 4 stars for the acting and overall presentation, but 0 stars for this message film's theological content.

A blogging we will go

by Anna Nienhuis

From YouTube to Pinterest, news to entertainment, the Internet can be a black hole, sucking you under before you notice how much time has lapsed. However, many Reformed Christians have taken to the Internet, not just as consumers, but also as contributors. You can find us writing on topics that vividly reflect the diversity of gifts and talents given by God, varying from sewing to faith to infertility to fashion to food.

There are many large, well-known Christian blogs out there written by popular pastors and teachers that many of us may already know about and/or read, but the purpose of this article is to highlight smaller sites, ones that hold a personal touch and give a glimpse into the many facets of living out a Christian life in its varied forms. If you're looking for new online reading, check out some of these great sites!

FAITH

OneChristianDad.Wordpress.com

Well known in the Fraser Valley, the author is, as his blog's name suggests, a Christian dad working out his faith in a real, honest way, sharing struggles, opinions, and Biblical truth. His posts reflect his family values and journey to be more Christ-like as he works and studies with a goal of attending seminary school.

SixteenSeasons.Wordpress.com

Written by a student at Hamilton's Theological College, this blog is a strongly written combination of topics, with both in-depth and lighter looks at various subjects and reflections on life as a theology student.

FOOD

HiddenPonies.com

Shameless plug alert! This is my own food and family blog, so I'm biased on this one. This is a light-hearted space to

save and share tested and true recipes with a focus on simple, everyday family-friendly baking and cooking that are all about taking time to share food with people you love.

CRAFTING

MakingMoreWithLess.Blogspot.com

Sisters Alisa and Suzanne share beautiful photos of their sewing projects and creations, ranging from quilts to dresses, and never disappoint with their lively colours and patterns.

FASHION

MyEdit.Blogspot.ca

Jentine has a polished blog featuring fabulous vintage finds and how to make them work in everyday life. While her unique style and occasional crop top may not be for everyone, she offers inspiration to anyone who has ever entered a thrift or vintage store and been overwhelmed by the racks of seemingly worthless old clothes.

AllStyleRoutes.com

Katy has a down-to-earth, open writing style and combines fashion inspiration and personal journaling for a different read every time.

MORE

ThelmaNienhuis.com

An honest look at issues of infertility and the building of a life different than you imagined yours would be. Thelma is an eloquent writer with a clear heart for God and a much-needed voice on this often-hidden topic.

TheLydiaLife.com

Geared at single professional women, Kristen wants this site to be a place of connection and community for Christian women interested in a wide variety of topics, from inspiration for spiritual life and employment to home décor, health and fitness.

... writing on one of these platforms can be an enjoyable way to develop your skills and creativity...

CONCLUSION

I'm sure there are so many more I've missed, and I'd love to hear about them and add them to my reading list! Also, there are so many voices out there with something to say that have yet to consider the Internet as an outlet or, having considered it, have yet to take the plunge. Go for it! Add your voice to the fray – you never know who may be encouraged, uplifted, or entertained by what you have to say and share. And for anyone who loves to write, this is a perfect way to increase your commitment to putting thoughts to paper, something to look back on for yourself and your children to give a glimpse into your life as it was at this moment in time.

I'd love to see more Reformed perspectives on world issues, local issues, personal and community faith, and service and involvement in our world – perhaps one of these is a niche you're passionate about but only talk about with close friends and family. Hobbies come in many forms, and writing on one of these platforms can be an enjoyable way to develop your skills and creativity, focus your thoughts, and connect with others who share similar interests to you.

IN A NUTSHELL

A STOLEN GIFT

BY JON DYKSTRA

A STOLEN GIFT

In June street evangelist Ray Comfort's new bicycle was stolen, so he ended up going back to the same bike store to buy the very same bike again. He has already spoken with the store owner about God his last visit so this time he asked the man about his family and discovered that while he had two children, and had been with the children's mother for 15 years, he was not married. Ray has something to say about that!

I told him that if he loved his girlfriend he would marry her. I talked about her eternal salvation and that he was making her a fornicator. I also told him that the Bible begins with a naked couple being commanded by God to have sex, that sex is a gift from God to humanity.... Then I told him a story of a little boy whose dad had a brand new \$100 bill in his wallet that he was going to give him as a gift. Not knowing that, the son snuck into his dad's room, opened the wallet and stole the money. The \$100 was going to be his anyway, but he stole it and made something bad out of something that was going to be good. I said, "That's what you've done with God's gift of sex."

SOURCE: Ray Comfort's Facebook post of June 10, 2014

IT IS NOT COMPASSIONATE TO GIVE AWAY OTHER PEOPLE'S MONEY

Folks on the Left think compassion starts with high tax rates to make "the rich pay their share." But while the Left is happy to give away other people's money, they act quite differently with their own. In a letter to the editor Stanley Reitsma had published in *The Carillon* (July 24), he wrote: "The welfare state creates a nation of tightwads. Why help the less

fortunate when government entitlements can do it for you?" And that's why, he continued...

People who sermonize for more entitlement government spending give the least to charity. A retired tax accountant in Southern Ontario once said that in his more than three decades of doing clients' income tax filing he found that Christians were by far the most generous donors to charity as a percentage of their income while those who file political membership receipts to Left-wing parties like the NDP or the Liberals, and file union due receipts, are the least generous givers with little or no money to charity. Many studies back this up that religious conservatives are the most generous givers of their time and money to the less fortunate....

CAN ANY 14-YEAR-OLD TODAY DO THIS?

In the "We the people" board game, one of the more intriguing question cards asked:

During colonial times, what was the required freshman project at Princeton, William and Mary, Yale, Harvard, Dartmouth and Dickenson universities?

- A) To write a book-length essay on the "moral teachings and application" of the "words of our Savior, Jesus Christ"
- B) To translate the New Testament from Greek into English
- C) To memorize the Book of John verbatim
- D) To write an exposé on the moral dangers of "modern Deism"

Today we would find it impressive if an *adult* accomplished any of these feats, but now consider that the age of admission to these universities was, on average, between the ages of eleven and fourteen. These are just boys! And yet the answer to the question is "B" – translate the whole of the New Testament! If that's what a smart teen could do back then are we expecting enough today?

SOURCE: Jerry Newcombe's *The Book that made America: How the Bible formed our nation*

ON THE READING (AND NOT READING) OF BOOKS

There are a near infinite number of books in the world, but a very limited amount of time we can dedicate to reading them. There simply isn't time to underline and highlight our way through each and every one of them. Fortunately for us, Francis Bacon explained how we should best approach our stack of books. He advised:

Some books are to be tasted, others to be swallowed, and some few to be chewed and digested: that is, some books are to be read only in parts, others to be read, but not curiously, and some few to be read wholly, and with diligence and attention.

But while Bacon gave some good direction on how to deal with good books, he says nothing about how to deal with the many books that are simply not worth *any* time.

Fortunately Dorothy Parker has some wise words on this topic. She wrote of a book she was reviewing: "This is not a novel to be tossed aside lightly. It should be thrown with great force."

WEIGHING WORDS

"There are two kinds of people who don't say much: those who are quiet, and those who talk a lot."

- *Unknown but in accord with Ecclesiastes 5:2, 9:17, Proverbs 10:19, 18:2 & 29:20*

RECOVERING THE RIGOR AND VIGOR

OF BEING REFORMED



REGISTER

OCTOBER 9-11
2014



ONLINE



GUEST SPEAKERS INCLUDING

KEN KOK • DOUG WILSON • KEN WIESKE • RAY PENNINGS

REVEL WITH US IN THE JOY OF THE LEGACY WE
HAVE INHERITED FROM OUR REFORMED FATHERS

WILLOUGHBY HEIGHTS • LANGLEY BC

FOR MORE INFORMATION VISIT

WWW.ALWAYS-REFORMING.COM



*The Charter protects
our right to decide what
school our child will go to.*

EDUCATIONAL RIGHTS IN CANADA

WHAT THE CHARTER SAYS ABOUT PRIVATE SCHOOLING

by Michael Wagner

Parents who don't want to send their children to public schools can be thankful for the *Canadian Charter of Rights and Freedoms*. Although there are aspects of the Charter that have clearly worked against the influence of Christianity in Canada, it does contain provisions that protect the rights of private Christian schools. These provisions may very well be put to the test over the next few years as the media and political elite increasingly see conservative Christianity as a negative influence.

NEAR MISS IN ALBERTA

In 2012 Alberta adopted a new Education Act. The first version of the Act debated in March of that year contained controversial provisions that appeared to make curriculum in home schools and private schools subject to Alberta's human rights legislation. This was a problem because most homeschoolers and private school supporters are Christians whose morality conflicts with modern notions of "human rights," notably the so-called "human right" to homosexual activity.

Many Christians choose private alternatives to public education so that their children can avoid being taught the religious distinctives of secular humanism, including the supposed virtues of homosexuality. So if the government required even homeschoolers and private schools to

teach such anti-Christian beliefs it would clearly defeat the purpose of choosing distinctively Christian education.

Thankfully, substantial grassroots activism by homeschoolers and other Christians convinced the government to drop the harmful sections. The new Act was therefore not problematic after all.

A PRIVILEGE GRANTED BY THE GOVERNMENT?

Nevertheless, during the debate over the Act, there was extensive discussion about parental rights in education, especially regarding homeschooling and private schooling. Some supporters of private education asserted that parents have a constitutional right to choose homeschooling or private schooling.

However, one of the Liberal Members of the Legislative Assembly (MLA) objected strongly to that idea. She was adamant that there was no such right. As the *Alberta Hansard* records, she claimed to have read the Constitution and then said:

Nowhere in the Constitution or the Charter is there a right to distance learning or to homeschooling or to private schools. Those are accommodations that the province has seen in its authority to be able to say: "We will allow this. We will offer it."

According to her, the ability of parents to homeschool or send their

children to a private school was simply a "privilege" that the government allows from the goodness of its heart. And she also thought that this privilege should be revoked.

This MLA asserted that Alberta's public education system is wonderful, and argued that people should not be allowed to choose to opt out of that system for private alternatives. Haranguing her fellow legislators she asked:

Why? Why are they allowed to be getting out? Why are we allowing them choice? What's wrong with the system we have?

Clearly, there are still politicians in Canada today who think the government has ultimate authority over the education of all children. That's scary.

“This MLA asserted that Alberta’s public education system is wonderful, and argued that people should not be allowed to choose to opt out.

She then went on to demand that the government,

quit allowing this very good public system to be opted out of by anyone who wants to get out. Defend the system that we have and insist that people adhere to it.

In her view, the government should “insist” that all children attend public schools. She couldn’t understand why the Alberta government would allow parents the “privilege” to choose private alternatives to the public schools.

Clearly, there are still politicians in Canada today who think the government has ultimate authority over the education of all children. That’s scary.

THE TRUTH ABOUT PARENTAL RIGHTS IN THE CONSTITUTION

Thankfully, we are not at the mercy of power-hungry politicians.

In 2009, retired law professor Dale Gibson presented a paper entitled “Towers, Bridges and Basements: The Constitutional and Legal Architecture of Independent Schooling” at the twentieth annual conference of the Canadian Association for the Practical Study

of Law in Education. His paper was subsequently published along with other conference proceedings in a volume entitled *The Law in Education: A Tower or Bridge?*

Gibson was a professor of law at the University of Manitoba from 1959-1991, and a professor of law at the University of Alberta from 1991-2001. During his long academic career he won numerous awards and wrote a multitude of articles, including articles about Canada’s Constitution. In other words, he is an expert on Canadian constitutional law. In Gibson’s learned view, Canadian parents “have the constitutional right to determine the shape of their children’s education.” According to him, there are three distinct provisions of the *Charter of Rights* establishing that parental right.

PARENTAL RIGHTS PROVISIONS

First of all, section 2(a) of the *Charter* guarantees every Canadian the “freedom of conscience and religion.” Parents have the right to teach their own children in accordance with their religious beliefs. This has already been recognized in Canadian jurisprudence. Gibson quotes a 1986 Supreme Court ruling as stating:

Those who administer [a] province’s educational requirements may not do so in a manner that unreasonably infringes the right of parents to teach their children in accordance with their religious convictions.

Secondly, section 2(b) of the *Charter* guarantees every Canadian the “freedom of thought, belief, opinion and expression.” This section also supports parental rights in education. Although it

has not been used to defend educational rights, Gibson states,

I believe the general principles underlying freedom of expression, as explained by the courts in other contexts, are capable of supporting the parental right to educate children in independent schools.

Thirdly, section 7 of the *Charter* guarantees every Canadian “the right to life, liberty and security of the person and the right not to be deprived thereof except in accordance with the principles of fundamental justice.” Gibson argues that Canadian jurisprudence supports the notion that the right to liberty includes the right of parents to educate their own children. In particular, one Supreme Court judge has actually written that, “the liberty interest under s. 7 includes the right of a parent to bring up and educate one’s children.”

CONCLUSION

In sum, then, contrary to the view of the Liberal MLA mentioned earlier, Canadian parents do have a constitutional right to choose to send their children to a private school or to homeschool them. This right is rooted in three sections of the *Charter of Rights*: freedom of religion, freedom of expression, and the right to liberty.

It is generally recognized that the government has an interest in the education of children, so there are some limits to parental rights in this context. But Christians need not fear that the government could compel all children into the public schools. Such a move should be decisively thwarted by the *Charter of Rights*. **RP**

“In her view, the government should “insist” that all children attend public schools.



HELP THE EAGLES BUILD THEIR HOME

Prayerfully seeking your support

Emmanuel Christian High School (ECHS) is located in Fergus, Ontario and offers Reformed education to students from Guelph, Elora, Fergus, Grand Valley, Listowel, Orangeville and Owen Sound. ECHS has been richly blessed and has outgrown their current location. They have recently purchased their own building that will need extensive renovations but will serve the needs of the community for decades.

Please prayerfully consider donating so that the ECHS Eagles can have a new nest from which they can spread their wings.



Contact Info:

KEVIN HUTCHINSON
519.766.2525

Donate Online:
PROJECTNEST.CA

Mail Donations to:

ECHS
c/o PROJECT EAGLE'S NEST
8037 WELLINGTON ROAD 19
FERGUS, ONTARIO N1M 2W4

Our goal is to raise \$4.7 million before the doors of the school open DV in September 2016.

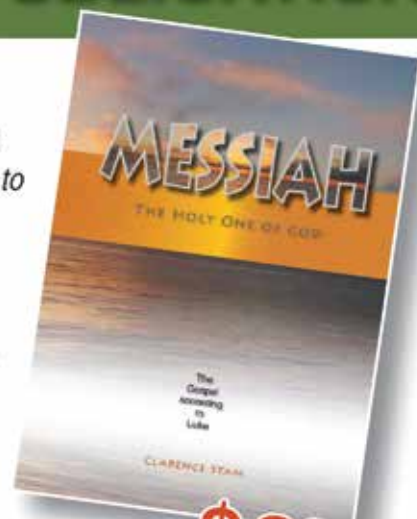
NEW PUBLICATION

MESSIAH

The Holy One of God
The Gospel according to Luke

by Rev. Clarence Stam

In this book written for group or personal study, Rev Stam takes an in-depth look at how each chapter of Luke reveals that Christ truly was the Messiah, the Holy One of God. He provides insights into the time of Jesus and his conflict with the Teachers of the Law and includes practical insights in how the Gospel applies to us today. Study questions are included. *24 chapters - 305 pages*



\$20.00

ORDER TODAY



ilpb.ca

Inter-League Publication Board
Publishers of Reformed Study Material

at ilpb.ca
or from your local Church Rep.



PRESENTS 2014 CREATION WEEKEND

EARTHQUAKES, FOSSILS, FLOOD + SCRIPTURE

with Dr. Steve Austin



Friday October 24 (evening)
8:00 p.m. Continental Sprint and the Global Flood
Saturday October 25 (all day)
10:00 a.m. Complimentary Continental Breakfast
10:30 a.m. Five Signs of the Day of the Cross
1:30 p.m. Understanding Grand Canyon
8:00 p.m. The Jerusalem Earthquake of 33 A.D.: Evidence in Laminated Dead Sea Sediments



October 24 & 25 / 2014

Mill Woods Assembly / 23 Ave. & 66 Str. / Edmonton

Want more information about this conference or other materials? **Check our website @ create.ab.ca**



THE GIFT OF **SLEEP**

IT'S GOOD FOR WHAT AILS YOU

It is imperative that parents step up to the plate and take control of their family's sleeping habits.

BY SHARON L. BRATCHER



You may have said it yourself at some time, “I can get by with only 5-6 hours of sleep a night. It’s no problem.” And, like many of us, what you meant was that even though your workload (including studies and family needs) led to late nights and early mornings, you found that you were still clear-headed enough to drive, to do your job, and maybe even maintain patience and good humor – probably while bolstering yourself with some amount of caffeine.

But, according to Dr. Archibald D. Hart, Ph.D., we are not “getting by” even though we think we are. Hart has lectured around the world about his three decades of study on the topic of sleep, and in 2010 he published the results of his extensive studies in a book entitled *Sleep: It Does a Family Good*.

WHY SLEEP?

Why do we need sleep?

Our bodies were made to have a “sleep cycle” and a “wake cycle.” During the sleep cycle, energy is restored, and all of the cells in the body rejuvenate. Adrenal and other glands, muscles, and proteins, all rejuvenate. Hart says, “Since proteins are the building blocks needed for cell growth and for repair of damage from factors like stress and ultraviolet rays, deep sleep rejuvenates us.” In children and young adults there is a release of growth hormones as well. And during the deepest part of sleep, Hart writes,

...the brain processes information, like problems and new learning, and grows new connections accordingly. It synthesizes information learned through the waking hours. It saves newly learned information into long-term memory.

ff
... sleep-deprived people are more irritable and negative, less joyful, lighthearted and happy, and have more memory problems.

MODERN OUTLOOK

Unfortunately, many of us have adopted the modern notion that sleep is expendable. There is just so much to do during the day to take care of our financial, family, emotional, and leisure needs (and desires) that jokes like “I’ll sleep when I’m dead” are often quipped. We brag about getting by, and we really do not think that we are causing any lasting damage.

Add to that Proverbs 24:33-34, which says, “A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.” Thus, Hart says, “we tend to associate sleeping long with laziness” and with not being a good steward of our time. It sets the stage for viewing sleep as a necessity, but not a priority.

But isn’t it likely that Proverbs is talking about excessive amounts of sleep that keep a person from doing his job at all? This passage seems to relate more

to laziness than to speaking against getting a full night of rest. Hart says that, "God has designed sleep into us as a fundamental need, as fundamental as eating food and breathing air." He might as well be quoting Psalm 127:2, which says, "It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep."

Based on polls which have been done during the past few decades by the National Sleep Foundation (NSF), about 70 million Americans (and likely Canadians as well) suffer from some sort of sleep disorder or sleep deprivation. Hart says, "Every year there are more than 30,000 deaths from car accidents linked to sleepiness, and more than three million disabling injuries from sleep-related accidents." He adds that, "Sleep deficits have been implicated in many major public catastrophes, including the Exxon Valdez and the destruction of the space shuttle Challenger," as well as the nuclear accidents at Chernobyl, Three Mile Island, and Peach Bottom.

Hart explains that, "Our sleep loss can affect how we crouch, stoop, push or pull large objects, handle small objects, write with a pen, learn new things, remember old things, gain weight, and walk up stairs." He adds that sleep-deprived people are more irritable and negative, less joyful, lighthearted and happy, and have more memory problems. They are at higher risks for accidents and divorce and "disordered social relationships" and show a dramatic reduction in creativity and productivity. Hart says, "A major study reports that reduced sleep carries a greater mortality risk than smoking, high blood pressure and heart disease. Take a moment for that to sink in."

It makes sense: if you cannot cope as well, your stress level will increase, elevating your blood pressure, and disrupting your sleep even more. A 2006 article in *The Institute of Medicine* associates sleep loss with hypertension, diabetes, obesity, depression, heart attacks, and strokes.

The Rev. John Piper says in *When I Don't Desire God*:

For me, adequate sleep is not just a matter of staying healthy. It's a matter of staying in the ministry – I'm tempted to say it's a matter of persevering as a Christian. I know it is irrational that my future should look so bleak when I get only four or five hours of sleep several nights in a row. But rational or irrational, that is a fact. And I must live within the limits of fact. Therefore we must watch the changes in our bodies.

Damage to the family is noted when Hart points out that the whole family suffers when babies and small children don't get enough sleep, but it also suffers when mother and father choose to stay up and read or watch a television show instead of getting the sleep that their bodies need. Hart says that, "It's well known that child sleeplessness can also lead to an increased risk of depression

... "we tend to associate sleeping long with laziness" and with not being a good steward of our time.

and anxiety in mothers, and a reciprocal loss of love feelings toward the child." Sleeplessness with a newborn doesn't last forever, but it can continue to plague children, especially those with learning disabilities, stress and ADHD.

WHAT CAN BE DONE?

Hart's statistics suggest that everyone needs to be in bed for 9 hours in order to get 8 hours of sleep per night and he tells many stories about people whose lives improve when they move towards or attain this standard, or, don't. Sometimes when an otherwise healthy-as-an-ox person dies at an early age,

sleep deprivation has been found to be a contributing factor.

So, if God has made our bodies a temple of the Holy Spirit, and instructed us to take care of them as best we can, and if it is true that we need sleep for our cells to rejuvenate and our brains to function well, then we might all examine our lives to see how we might improve in this area. Hart starts from the standpoint of a family that has bought into the modern notion, and gives a number of suggestions as to how we can improve our lives by sleeping more.

When Hart first desired to change his pattern,

I feared that taking more time to sleep would mean less time for my work...but I went ahead and took the plunge. My secretary rearranged my appointments to start later in the morning after I had spent the first few hours reaping the benefits of a good night's sleep and then getting some writing done. It only took a few days to convince me of the two principles I have followed ever since. First, getting to bed earlier, and as a consequence getting more sleep, works wonders for my brain. Second, creative tasks are best accomplished earlier in the day, rather than later.

He was amazed to discover that his efficiency and productivity increased.

The time I lost by adding more sleep time was more than compensated for by my being able to work and write more efficiently. I made far fewer mistakes. My ideas came more easily. I completed my tasks faster.

HOW TO MAKE CHANGES

Hart's "Simple Sleep Test" asks whether you fall asleep within half an hour of going to bed, whether you can fall back asleep if disturbed, and whether you feel refreshed, not headachy, in the morning and not in need of a nap by noon. If you can't answer yes to those questions, then Hart suggests there is room for improvement, and offers some helpful hints.

1. For the first week, add 15 minutes of sleep time to your normal sleep, either in the evening or the morning. Even if you don't get more sleep, you are training your body and brain to adapt to the new schedule. "At the end of the week, evaluate your level of tiredness upon awakening, energy, efficiency, alertness, mental acuity, reduced daytime tiredness and your general feeling of well-being."
2. For the second week, add a second 15 minutes to your sleep. Evaluate.
3. Do the same in the third week, and so on, until you have achieved 9 hours of bedtime, evaluating all along the way. As Hart says, "Now you will have a better idea of what amount of sleep your body and mind really need. If the benefits peaked at eight and a half hours, then stick with that for a while."

Hart's main point is that "The family that sleeps well, lives well." He knows that it will be difficult to get the entire family on board with sleeping more, but he presents the benefits that will result from doing so:

It is imperative that parents step up to the plate and take control of their family's sleeping habits. Our children are facing enormous increases in their general stimulation. They are forced to multitask in ways that undermine effective learning, and they generally have too much excitement in their lives.

Hart encourages families to determine what their biggest challenges are. He lists stress, anxiety/worry, depression and caffeine as the top four "Sleep Killers." He says that "Caffeine is a two-edged sword – it both overcomes and causes our sleeplessness." If caffeine is necessary for your day, then it has become an addiction, and while it might help you function in your wake cycle, you are losing out on all the rejuvenation needed



If you're having a tough time falling asleep it may be because you are not getting enough of it.

in your sleep cycle. Beyond 2 or 3 cups a day is discouraged by doctors, and don't even get Hart started on the topic of energy drinks. He also suggests ways to deal with overactive minds, arguments, and too-much-screen-time as well.

SOME GOOD NEWS

Hart describes the various stages of sleep and includes some questionnaires to help readers figure themselves out. His suggested 9 hours includes not just the time you are zonked-out in REM sleep, but even when you are lying restfully and those "light sleep" times when you may think that you are actually still awake. One piece of good news was this: we sleep in cycles of about one and a half hours and our dream sleep comes at or near the end of each cycle. What this means is that if we remember waking up a few times during the night, that's not a problem – as long as we go back to sleep, we still "get credit" for all of that sleep time. He also says that if we lose sleep during the night and take a nap later that also gives us credit for the 9 hours that are needed. He finds this particularly helpful when he travels overseas. He also describes how to build up one's sleep bank ahead of time so that the jetlag won't overwhelm

CONCLUSION


The subtitle to Dr. Hart's book is "How busy families can overcome sleep deprivation." Once a problem has been identified, there are ways, even in our overly-busy lives, that we can work to fix

the problem and improve on the overall health of ourselves, our families, and our communities. It seems that Hart has well described one of them.

And Rev. John Piper has the best comments of all regarding our need for sleep:

Sleep is a daily reminder from God that we are not God. "He who keeps Israel will neither slumber nor sleep" (Psalm 121:4). But Israel will. For we are not God. Once a day God sends us to bed like patients with a sickness. The sickness is a chronic tendency to think we are in control and that our work is indispensable. To cure us of this disease God turns us into helpless sacks of sand once a day. How humiliating to the self-made corporate executive that he has to give up all control and become as limp as a suckling infant every day.

Sleep is a parable that God is God and we are mere men. God handles the world quite nicely while a hemisphere sleeps. Sleep is like a broken record that comes around with the same message every day: Man is not sovereign. Man is not sovereign. Man is not sovereign. Don't let the lesson be lost on you. God wants to be trusted as the great worker who never tires and never sleeps. He is not nearly so impressed with our late nights and early mornings as he is with the peaceful trust that casts all anxieties on him and sleeps.

Good night! 



Dorothea at the well

The woman at the well (John 4:3-42) was presented with the Gospel, all of it. But was Dorothea Jordan?

by Christine Farenhorst

Born near Waterford, Ireland, in 1761, Dorothea was the oldest daughter of a stagehand by the name of Francis Bland. Her mother was his mistress, Grace Phillips. After a decade plus of providing for Grace's growing family, father Francis abandoned his common-law wife for the seemingly more alluring charms of an Irish actress. It was the year Dorothea became a teenager. Though Francis sent them small amounts of money from time to time, it was not enough to support Grace and the five children he had fathered. Grace, an actress herself, was certain that her oldest daughter possessed both beauty and acting talent. Consequently, she managed to secure a position for Dorothea on stage to help support her four siblings. The mother's instinct proved correct! If success is to be measured by worldly popularity and fame, then success came running to the child as she grew older.

Following in her mother's footsteps, there were affairs and children born out of wedlock. Dorothea eventually took the pseudonym of Mrs. Jordan because

her feeble conscience told her that it seemed slightly more respectable for a married woman to be on stage than an unmarried one. Dorothea's last affair – the one which endured longer than any of the others – was with William, the Duke of Clarence, who would later become King William IV of England. She lived with him a great many years and together they had at least ten illegitimate children, all of whom were given the surname of FitzClarence. Dorothea continued her acting career and made a number of public appearances with her common-law husband when necessary. Though feted by some because of her royal connections, she was shunned by a host of others.

A GENEROUS IMPULSE

God, in his grand wisdom, once drew Dorothea, or Mrs. Jordan, to a well. It so happened while performing at a theater in Chester, England, that her washerwoman was thrown into prison by a creditor. This widowed washerwoman had three small children. Her debt amounted to the sum of forty shillings, but by the time law expenses had been added to the debt, it had swollen to eight

She lived with him a great many years and together they had at least ten illegitimate children...

pounds. Upon returning home and not seeing her washerwoman, Mrs. Jordan inquired about her and found out that she was in debtor's prison. Kindhearted and wishing to help, she sent for an attorney, paid her washerwoman's debt and thus freed her from jail.

Not giving the matter much thought, the next day, as she was strolling down the road with a servant in attendance, the washerwoman and her three children sought her out. Because it had begun to rain, Mrs. Jordan took shelter under a porch. The washerwoman and her children came to stand in front of her.

Dropping to her knees, the washerwoman cried out, "God bless you always, madam, for your generosity in paying my way out of the debtor's prison. You have saved me and my poor children from certain ruin. Oh, God bless you!"

Mrs. Jordan, although disliking the attention, was affected by the washerwoman's gratefulness. Very likely she recalled the poverty and leanness of her own youth. "Come, come!" she replied, "It was nothing. Get up now."

She put an arm out to pull the woman to her feet, at the same time producing a pound note. Slipping it into the widow's hands as she stood upright before her, she smiled. "There. Now don't say another word. Go on and God bless yourself and your little ones."

The woman and the children left with backward glances and happy smiles thrown over their shoulders to their benefactress. Mrs. Jordan smiled back. The rain was letting up and contemplating on whether to venture on in her walk, she was startled to hear a voice address her from another corner of the porch.

MINISTER OF THE GOSPEL?

"Madam. Please excuse my boldness in speaking to you without an introduction. But I could not help but overhear your kindness. I would wish that all God's creatures were as generous as you were."

Mrs. Jordan turned to see who was speaking to her. She was not unduly alarmed, for she had a servant in attendance. She found herself looking into the admiring eyes of a fairly young man. Dressed neatly, but not extravagantly, his clothes betrayed that he was a clergyman. When he reached out a hand, meaning to shake her own, she shook her head, "No, I will not shake hands with you!"

"Why ever not?" The clergyman was puzzled.

"Because you are a Methodist preacher and when you hear who I am, you will likely consign me to the devil!"

"God forbid!" The preacher spoke vehemently and continued. "It is true that I am a minister of the Gospel of

Jesus Christ. This is the Christ who tells us to clothe the naked, to feed the hungry and to relieve the distressed. And when I see a sinner fulfilling His command, do you think I might not shake hands with her in brotherly love?"

"Well," replied Mrs. Jordan, "I dare say you are a friendly soul. But I will tell you straight out that I do not care for fanatics and you will not retain your feeling of friendliness and brotherly love when I

Following in her mother's footsteps, there were affairs and children born out of wedlock.

inform you that I am an actress."

The minister sighed.

"Yes," she continued, "I am an actress and you have, no doubt, heard of me. Mrs. Jordan is my name."

He keenly studied her face and then extended his hand once more. "The Lord bless you, whoever you are. His goodness is unlimited. He has poured on you a large portion of His Spirit. As to your calling, if your soul does not upbraid you, the Lord forbid that I should."

The rain had by now totally abated and they left the shelter of the porch simultaneously. That porch was a well location - a place where water could have been made available. For had not a woman confessed that she was unworthy, that she was not living right? But the confession had been sloughed over and she had not been confronted with the living Christ Who requires faith in Him to precede righteous deeds. Holding onto the Wesleyan preacher's proffered arm, Mrs. Jordan was escorted to her earthly home. At

her door, he shook hands with her again.


"Fare thee well, sister," the words rang, "I do not know what the principles of your calling are. You are the first actress with whom I have ever spoken. But if all actresses practice benevolent deeds equal to yours, I hope that at the last day God will say to each 'Your sins are forgiven you.'"

In 1811, when Dorothea and the Duke separated, she was given a yearly stipend by him and custody of the daughters. He had custody of the sons. The money paid out to her included a stipulation that she not return to the stage. Three years later, to help a son-in-law overcome debt, she broke that stipulation and did return to her acting career. Consequently, the girls were removed from her care and the stipend was discontinued. To avoid creditors, Dorothea fled to France where she died in poverty a year later in 1816.

OPPORTUNITY LOST

The anecdote of Dorothea's generosity to her washerwoman is not meant so much to be about Dorothea Jordan, as about the Wesleyan minister. The man was given a golden opportunity to speak and to testify about the Gospel of the Lord Jesus Christ. As far as we know, he did not speak. And, as far as we know, he left Dorothea immersed in works - works, very likely, without faith. She was a thirsty woman - an empty woman. How very sad!

It is a mistake, the epistle of James points out, for many to become teachers, for those who teach will receive a greater condemnation.

We should never hesitate in speaking to others about what God requires in His commandments regarding doing good to neighbors. In helping her servant fallen by the creditor's wayside, Mrs. Jordan's impulsive generosity was to be lauded. So indeed we should laud neighbors who have such impulses. But we should not stop there. Because the fields are white with harvest, we should also elicit conversation which prompted the Samaritan woman to ask, "What shall I do to inherit eternal life?" 

ON WHAT BASIS HUMAN DIGNITY?

THE CONTRAST COULDN'T BE ANY GREATER:

- Christians know our human dignity comes not from *what* we are able to do, but from in *whose* Image we are made.
- Canada's secular Supreme Court doesn't acknowledge God, so they've instead said our dignity is tied to how autonomous we are – it's tied to *what we are able to do*.

by Mark Penninga

The euthanasia debate will come to a climax in October, as the Supreme Court of Canada has agreed to hear an appeal of the Carter case from the B.C. Court of Appeal.

It was a little over 20 years ago that the Supreme Court first visited this issue, with the case of Sue Rodriguez, who pleaded with Canadians and the Court for the right to a doctor-assisted death to end her suffering from Lou Gehrig's Disease.

In the Rodriguez decision, just five of the nine justices upheld the Criminal Code sanction against assisted suicide. Twenty years later we have different judges, but the very same issue. Central to their decision will be how the justices define human dignity. The answers they provide to what makes human life valuable will impact far more than Canada's laws on assisted suicide and euthanasia. It will go to the heart of how we, as a nation, understand and value human life and human rights.

A careful read of the Rodriguez decision shows that the justices understood the word "dignity" to mean

almost the same thing as individual autonomy — the right to choose for ourselves how we are to live.

DIGNITY COMES FROM "BEING ABLE TO CHOOSE"?

Thus they agreed with Sue Rodriguez that her disease – which would bring with it further and more severe physical limitations and make her less and less autonomous and more and more dependent on others – was eroding her human dignity. Yet, even after defining dignity this way, the Court did not conclude that euthanasia and assisted suicide must be a right. The majority ruled that choice is not an absolute principle. Writing for the majority, Justice Sopinka went so far as to point to the "deeply rooted belief in our society that human life is sacred" as a basis to deny a right to state-sanctioned suicide.

Seeing the concept of "sanctity" challenge the concept of "dignity" can be rather confusing in society that sometimes uses these words interchangeably when talking about the value of human life. The reason for the

battle of words can be traced in part to the Morgentaler decision that struck down our previous laws regarding abortion, in which the Court defined dignity as the ability to live according to our choices. With that understanding of dignity, abortion is justified as an expression of human dignity.

As a result, in Rodriguez, since the Court wanted to put restrictions on choice, it could no longer use the language of dignity. So the Court needed to look elsewhere to ground its belief that human life cannot be marginalized as a result of a choice to end it. "Sanctity" was their answer. It is striking that the principle of sanctity is never used elsewhere by the Court in this way. It seems it was a one-time bailout.

WHAT DOES THIS SAY ABOUT THE DIGNITY OF THE DISABLED?

The problem with the Court's definition of "human dignity" as being linked to our individual autonomy is that it risks marginalizing all individuals and groups who are not capable of living in accordance with their choices. The

preborn, disabled and elderly are the first to feel the effects of this because of their dependence on others. The Court is implicitly telling them that they lack dignity because they can't fulfill their own choices. In other words, simply being human in itself does not give someone dignity. More is needed.


Taking this one step further, by removing the *objective* foundation from human dignity, the Court has weakened the basis for *all* human rights. Rights are absolute only if they belong to all humans. Since human dignity is understood as the basis for human rights, restricting dignity to those who can exercise their own choices means that the basic rights of humans who do not possess this dignity is questioned

“*The Court is implicitly telling [the preborn, disabled and elderly] that they lack dignity because they can't fulfill their own choices.*”

or ignored. As a result, human rights only belong to those whom we decide measure up to our *subjective* standards. That explains why, when we look at Belgium and Holland, euthanasia started with those who asked for an end to their suffering but now also includes children, who are not even legally capable of making this choice.

What Canada needs, but should not

expect, is for the Court to change its understanding of dignity and ground it on something far more objective than feelings of self-worth.

A version of this article first appeared in the National Post under the title “Up next for the Supreme Court: Defining human ‘dignity’” 



As we get older we lose many of our abilities and we need more help. But does that impact our human dignity? Does it impact our worth? Canada's Supreme Courts seems to have said yes, it does.

Boys and Girls and Spacecraft and Iceboxes

Science across the spectrum

by Margaret Helder

The scientific realm is vast and varied, so this time around we're going to take brief looks at three very different areas and examine how:

1. Despite what our society says, God has designed men and women different, and this is apparent right down to our cellular level!
2. New discoveries about interstellar space have scientists scratching their heads - God has so many surprises for us to discover!
3. Only a Christian understanding of Man's primacy over Nature can lead to sensible environmental policy.

VIVE LA DIFFÉRENCE!

It will come as no surprise to most parents that there are major differences between boys and girls. Even small children act differently according to

their gender. The politically correct of our society declare that these differences are imposed on children by the expectations of their parents, so some parents will go to great lengths to treat children in a "gender neutral" fashion. Nevertheless there are fundamental differences between males and females that nothing can change. This realization is just now having a major impact on medical research beginning at the level of individual cells.

Recent studies on the Y chromosome (which carries the information determining male gender), have found that this tiny stretch of DNA impacts far more than just the male sex organs. Apparently the Y chromosome "has an impact on gene regulation across the genome in males, potentially influencing biological functions throughout life and in every tissue" (*Nature* April 24/14). The article continues: "It is fair to say that we

are only beginning to understand the full extent of the differences in the molecular biology of males and females."

It has been obvious for many years that men and women exhibit different risk factors to various diseases such as heart disease or lung cancer. Often this has been attributed to lifestyle. Of course lifestyle matters, but scientists are now finding that more than lifestyle is involved. In 2007 a group from University of Pittsburgh found that muscle stem cells taken from female mice, exhibited much faster regeneration in recipients of either gender than did the cells taken from male mice.

Thus many people in research have recently turned their attention to a comparison of the biology of cells containing two X chromosomes (female) with cells containing an X chromosome and a Y chromosome

(male). What they found was that “human cells exhibit wildly different concentrations of many metabolites across the sexes” (*Nature* Aug. 1/13). The surprising conclusion was that “cells differ according to sex, irrespective of their history of exposure to sex hormones.”

That means that transgendered people, who are taking hormones according to their desired sex, still at the cellular level, are biologically whatever their genes represent. And apparently these differences, even at the cellular level, have major implications for susceptibility to diseases and the promise of response to treatment.

It was also in 2007 that a review was conducted in the journal *Pain* to see how many animal studies in the previous decade had included research on animal subjects of both genders. Apparently 79% were conducted only on male subjects, 8% only on female subjects and 4% tested for differences in response between male and female animals (*Nature* Aug. 1/13). The implications of this kind of bias in experimental design are now becoming apparent. Of ten prescription drugs withdrawn from the market by the US Food and Drug Administration (FDA) between 1997 and 2001, eight had been found to be more dangerous to women than to men.

This difference in response according to gender extends also to the level of cells. Calls for new experimental designs have soon followed. For example, genSET, a project funded by the European Union to look at gender issues in science, in 2010 called for “more thorough and systematic inclusion of sex and gender analysis in study design” (Aug. 1/13).

Finally the American National Institutes of Health (NIH) has made a declaration that the NIH will balance gender in cell and whole animal studies. In an article co-authored by Frances Collins (head of the NIH) and, naturally, a lady colleague (Janine Clayton) in the May 14, 2014 edition of *Nature* the NIH declared the need to



consider gender. One of the concerns has been that laboratory studies for the development of new drugs are all too often conducted on cell cultures of the male gender, and on male laboratory animals. And then, oftentimes, when the pre-clinical stage is reached in which the pharmaceutical company spends huge sums of money testing the drug on human volunteers, the findings of the initial studies are not upheld. Thus the NIH authors declare:

inadequate inclusion of female cells and animals in experiments and inadequate analysis of data by sex may well contribute to the troubling rise of irreproducibility in preclinical medical research, which the NIH is now actively working to address.

Thus we see that scientists must in future pay greater attention to gender issues in medical research. This is an issue that makes good medical sense. It is not an issue of women's rights (as some might suggest), but of a responsible recognition of biological differences. After all, we all want our doctors to provide the best care possible.

A negative letter in the June 19, 2014 issue of *Nature* declared that the mandate to compare and contrast experimental findings in male and female animals and cells is "rarely practical, affordable, prudent, scientifically warranted or ethically justifiable." The author suggests that gender differences can be studied separately and there is no need for the issue to be included in every study. There is no doubt that research costs will rise, but it is obvious that the status quo needs to change. As they say: "Vive la difference!"

VOYAGER: "I FINALLY DID IT!"

Launched in 1977, the two Voyager probes have seen some strange and unexpected sights as they cruised through our solar system. After passing the planets the probes have continued outward towards the farthest reaches of the solar system. In the summer of 2012 Voyager I was *18.2 billion kilometers away from us*, or more than three times the distance between the sun and Pluto. However, the solar system consists not only of the planets, but also includes the volume in space to which the sun's

particles extend, or, in other words, includes the entire volume in space that is impacted by the sun. The question everybody was asking was, how long would it take Voyager I to leave the solar system and enter interstellar space? And what would Voyager find when it got to interstellar space?

In July and August 2012, Voyager recorded a change in the solar wind (outward flow of charged particles). The speed of motion of the particles fell to zero and at the same time the energy content in the particles increased. Some scientists declared that such changes might suggest that Voyager I was now in interstellar space.

However, these observations were not what physicists expected to find at the solar system/interstellar space boundary. The drop in speed of the charged particles was "totally and completely unanticipated" (*Nature* May 23/13). Scientists also expected that charged particles would come from many directions in space once interstellar space was entered rather than just one direction (as from the sun). However, this has not been observed. The magnetic field showed no change in direction. A technical article on these observations (*Nature* September 6/12) concluded that the expectations as to what interstellar space is like may have to be reassessed: "perhaps necessitating a new theoretical formulation of the interaction of the solar wind with the local interstellar medium."

As late as March 2013, the Voyager project director Edward Stone contradicted a statement by the American Geophysical Union that Voyager I had left the solar system. It would be official only when he declared it so! Not long after, on September 12/13, a formal statement was published by mission scientists that Voyager I had indeed left the solar system on August 25, 2012 as previously suspected. Apparently the probe's instruments revealed that Voyager was now surrounded by charged particles much different from those coming from the

CHP CANADA

Keynote speaker...
DR. RAVI ZACHARIAS

Thursday, Nov. 6, 2014
Dinner starts at 6:00pm
Presentation starts at 7:30pm

Theme:
WE STAND ON GUARD FOR THEE
(1 Kings 3:9)

Dinner & Presentation \$50.00
Presentation Only \$30.00

Carmen's Banquet Centre
1530 Stone Church Rd., E., Hamilton
Phone: 905-383-4100

www.chp.ca

For more information regarding tickets for the dinner and presentation or just the presentation, please visit... For tickets please call 1-888-868-3247

sun. On this basis scientists decreed that Voyager I had indeed left the solar system.

However, scientists' expectation that the direction of the particles should change still has not been fulfilled and scientists do not know why. Possibly their ideas about interstellar space need major revision. Meanwhile engineers estimate that Voyager I has about six more years of fuel left, plenty of time, we hope, for more exciting observations.

OLD-FASHIONED ICEBOXES ARE LOOKING GOOD AGAIN

The Montreal Protocol came into effect on January 1, 1989 – this treaty mandated the phasing out of chlorofluorocarbons (CFCs) that were then used in refrigerating and cooling systems, among other applications. There was concern that leakage of CFCs into the atmosphere was leading to thinning of the ozone layer around our globe. It is the ozone layer that protects all life from dangerous levels of ultraviolet radiation coming in from the

sun. Thus, following rapid negotiations, many countries signed a treaty to phase out the CFCs. The UN has since called this protocol the first unanimously ratified treaty in United Nations history.

Obviously we still have cooling systems. However they are bulkier, using the less efficient chemical HCFs or hydrofluorocarbons. It now transpires, however, these HCFs also impact our atmosphere. Instead of affecting the ozone, HCFs are powerful greenhouse gases. Now environmental scientists are anxious that HCFs be phased out too. Obviously with many in the developing countries now becoming industrialized, demands for refrigeration and cooling are bound to increase.

Some influential American companies have already begun to research replacements for the HFCs. One suggestion is HFO-1234yf, jointly developed by the American companies Dupont and Honeywell. This new compound is 325 times less powerful as a greenhouse gas than the current industry standard. But is it as efficient as

the present compound? An editorial in *Nature* asks: "how much will it cost to shift industry towards climate friendly chemicals and who will pay?" (Oct. 31/13). Obviously everyone will pay.

In March 2014, the European Parliament approved a ban on HFCs. The objective of the legislation is to cut the use of these gases by 79% over the next 15 years. More recently Guus Velders and colleagues at the National Institute for Public Health and the Environment in Bilthoven, the Netherlands, recommended that HFCs be phased out by 2020. That is less than six years away! Did these people consider the costs involved? As yet we have no replacement technology other than antique ice boxes, which used melting blocks of ice. Don't forget to empty the melt water!! Some alternative gases are available which could be used, but these are either toxic, or flammable or extremely expensive to apply. People are a stakeholder in the equation that the environmentalists have yet to properly consider. RF

Providing financial planning services to Alberta, British Columbia, Manitoba and Ontario

For over 20 years!



C.V. BENEFITS INC.

734 – 13 Street North
Lethbridge, AB T1H 2T1

Phone: 403-328-9114
Toll Free: 800-565-4434
Fax: 403-328-9122

Email: info@cvbenefits.com
www.cvbenefits.com

-RRSP s -Annuities -Life Insurance -Disability Insurance -Tax Planning -Estate Planning -Group Benefits

Your Budgeting Specialists

REVIEWS

A POTPOURRI OF GREAT BOOKS

FOUNDLINGS

BY MATTHEW CHRISTIAN HARDING

CHRISTIAN FICTION

256 PAGES / 2009



This is an adventure story with fantastic elements such as dragons and knights, but without the problematic elements that sometimes put Christians off fantasy novels – “No magic, no evolution, no humanism,” states the back of the book.

The story is set after the time of the flood and follows a group of God-fearing characters – a gangly knight, a dwarf, a sword-bearer, an orphan and a little girl – as they cling to their faith in the face of the pagan practices around them. In the process, they make many enemies, including dragon-worshipping priests who wish to wipe out all believers in “the God of Noah.”

This story is distinctive in its post-flood setting, and its Christian message. It provides a unique contrast to the humanist messages common in speculative fiction, as well as to the poor quality of the few Christian speculative fiction novels that exist. Those who have been searching for a story that contains fantastic adventures, but have despaired of finding a good quality Christian story, should be intrigued by this book. However, it does contain some rough writing, and a rather large cast of characters to keep track of. If this is not a drawback to you, this book is heartily recommended.

In conclusion, *Foundlings* is an entertaining adventure that any fantasy-lover aged 10 and up can enjoy. It is the first of a trilogy, and can be found as a free e-book on Amazon.com.

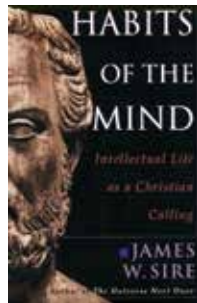
– HARMA-MAE SMIT

HABITS OF THE MIND

BY JAMES W. SIRE

PHILOSOPHY

224 PAGES / 2000



James W. Sire believes every Christian is called to be an intellectual. According to Sire, thinking well and acting righteously are tightly interlinked: “A passion for holiness will...result in a passion not only to know the truth but to do the truth.” How then do we think well? Through “habits of the mind” such as:

- emphasizing solitude and silence in your daily life
- disciplining your attention to enhance focus
- developing lateral thinking, that is, creative problem solving.

Sire then steps further, analyzing in-depth “thinking by reading,” which is to mine books for “information, perspective, reflection, and insight.” We are to consider the passages we read more than simply skimming the words. Sire goes on to stress the power of *lectio divina* (divine reading): allowing Biblical text to direct our thoughts, rather than vice versa. The chapter “Jesus the Reasoner” inspires readers to recognize Jesus Christ as an intellectual who exemplified in perfection the life of the mind. Jesus’ sharp wit and matchless reason bolsters Christians to stand for truth in a rapidly secularizing world.

Sire skillfully handles a complex topic: content is explained in depth, yet fully comprehensible. While *Habits of the Mind* is not a light read, it is a fantastic exploration of the “intellectual life as a Christian calling,” and it will reward any who persevere through.

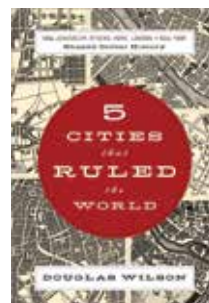
– CHELSIA VAN HIERDEN

5 CITIES THAT RULED THE WORLD

BY DOUGLAS WILSON

HISTORY

256 PAGES / 2009



The history of the city and the history of mankind are inextricably intertwined. Great cities are the throbbing heartbeat of entire empires, nations, and peoples, and a microcosm of their cultural identity. This should come as no surprise, for, “as Scripture tells the story of the world, it begins with a garden, and it ends with a Garden City.”

So begins Pastor Douglas Wilson’s whirlwind history of five of the most influential cities in both world and church history. He takes us through the stories of Jerusalem, Athens, Rome, London and New York, and ties it all together in a discussion of the relation between the Kingdom of God and the kingdoms of men.

There is a great deal of straight-forward historical information in this book, but Pastor Wilson also pokes his head in a back alley or two, giving us a beginners lesson in Greek philosophy, a speculative theory about Solomon’s ships and the gold of Central America, and even a thought on the existence and identity of Shakespeare’s ghostwriter. Who ever said history was boring?

The perceptive reader may pick up a few somewhat idiosyncratic historical or biblical interpretations, but don’t let that stop you. This book is an intriguing read, and an excellent choice for those who like their history to go down easy.

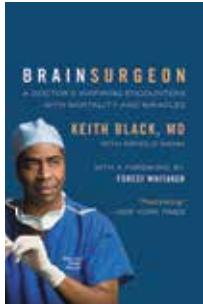
– RAOUL KINGMA

BRAIN SURGEON

BY KEITH BLACK

BIOGRAPHY

240 PAGES / 2011



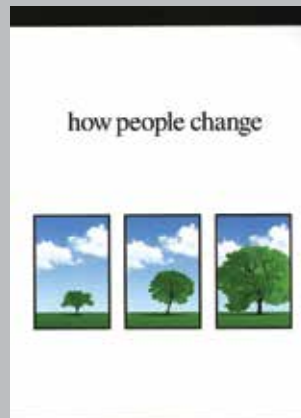
Dr. Black takes us on an exhilarating ride into the world of brain surgery, speaking plainly and with great conviction about his craft. And early on we learn that this is a Christian brain surgeon when he writes:

There is a well-known passage right in the beginning of the Bible (Genesis 1:27): "God created man in his own image." I believe this to be true, and I believe if you accept this and you want to come to a more complete understanding of what God is, you must study the brain. There is nothing I know of that God has created that is more beautiful, that is more intricate, and that gives us more insight into what God is than the human brain.

He compares operating on the brain as an adventure into a beautiful but dangerous country, he names it "Tiger Country." His goal is to never touch the brain itself and likens himself to a thief in the night, sneaking in and snatching the tumor without touching the brain. The "tiger" will remain sleeping.

His patients are highlighted in the book in a sympathetic way, illustrating the emotions that both patient and doctor must experience. This is a great book for those interested in medicine, and what it is like to be on the operating table or beside it. Highly recommended!

- BOB LODDER



HOW PEOPLE CHANGE

BY TIMOTHY S. LANE & PAUL DAVID TRIPP

CHRISTIAN LIVING

230 PAGES / 2008

Can a good thing like sound doctrine supplant Jesus Christ from the center of church life? It can. "When this happens" say the authors of *How People Change* [our] "churches become unwelcoming toward struggling people... places where like-minded, well-adjusted people pat themselves on the back for how well they are doing."

This book opens with a short and tragic description of a fictional bible scholar named Phil. Despite having the "theological dexterity of a gymnast" Phil's relationship with God is impersonal and he struggles in his relationships with his wife, his children and others. Phil's suffers from what the authors call the "gospel gap" – a separation between the theology we say we believe and the world we struggle in every day, a misunderstanding of the benefits of Christ's work in the "here and now."

Drawing on their many years of counseling and ministry, the authors create and introduce us to many such [fictional] characters whose examples illustrate for readers what it looks like when we are blind to the power and hope of the gospel for today. In this very effective way we are duly warned of the various "isms" that rush in to replace Christ if He is not at the center of our lives and our worship: Formalism, Legalism, Mysticism, Activism, Biblicism, Psychologyism and Socialism.

How People Change shows us the need for change in the deepest desires, thoughts and motives of our hearts. "A new lifestyle does not grow out of a stoic obedience to God's commands, but from a heart that has been captured and captivated by the giver of those commands." Readers learn to see how God is at work in their lives using every situation and relationship to bring about that kind of change in us, shaping us into the person He created us to be.

Wonderfully illustrated, clear, biblical teaching await anyone who desires to grow in their relationship with God and who desires to experience the power of "present grace." I highly recommend this book.

- JASON BOUWMAN

From VISION... ...to REALITY

Our vision of a Christian retirement community within York Region is now becoming a reality. Construction is anticipated to start soon and an excellent choice of suites is still available. We expect suites will sell out once the building process commences.

We eagerly look forward to our Spring 2016 anticipated occupancy.

To become part of our exciting new community, contact us at 905 591-3491 or visit our website. See how you too, can become part of 'The Meadows':

York Region Christian Senior Homes Inc.
15600 Leslie Street, Aurora, Ontario L4G 7C4

www.themeadowsofaurora.com

info@themeadowsofaurora.com 905 591-3491

*The
Meadows
of Aurora*



A Christian Seniors Lifestyle Community

How can purchasing a casket be "PRO-LIFE"?

Purchase one of our Classic Pine Box caskets and all the proceeds go to the REFUGE Crisis Pregnancy Centre. (see our website for more details)



\$1950 +HST
plus shipping

Caskets are locally made from locally grown trees and are eco-friendly.

For more information or to place an order
Phone 519.380.5497
Website www.NewLifeCaskets.ca



© 2013, Steve Crespo. All rights reserved.



Chris & Thecia Boersema

Recife...(heh-see-fee)

Recife, the fifth largest metropolitan area in Brazil with close to 4 million people, is currently the hub of Reformed mission activity. The IRB has one instituted church in Recife with eight congregations: six under the care of one council, and two under the care of our missionaries.

Recife is a city of contrasts. In one area you can find expensive shopping districts, and people purchasing luxury items from Hugo Boss, Versace and Mercedes Benz. However, just a few miles inland the poverty is evident.

It is in this area that the LORD has allowed His Word to flourish and His church to be gathered through His blessing and the work of pastors J. VanSpronsen & K. Wieske.

Our Mission Aid worker Chris Boersema labours in the area as well, cooperating with the missionaries in organizing seminars and retreats at the nearby Aldeia Training Center. Chris is currently travelling amongst the churches teaching a personal financial course based on stewardship through Scripture. The course is being well received and the plan is to extend it to other areas and churches of the IRB. We pray the LORD will continue to bless those who labour in the land!



Financial Course held in Maragogi

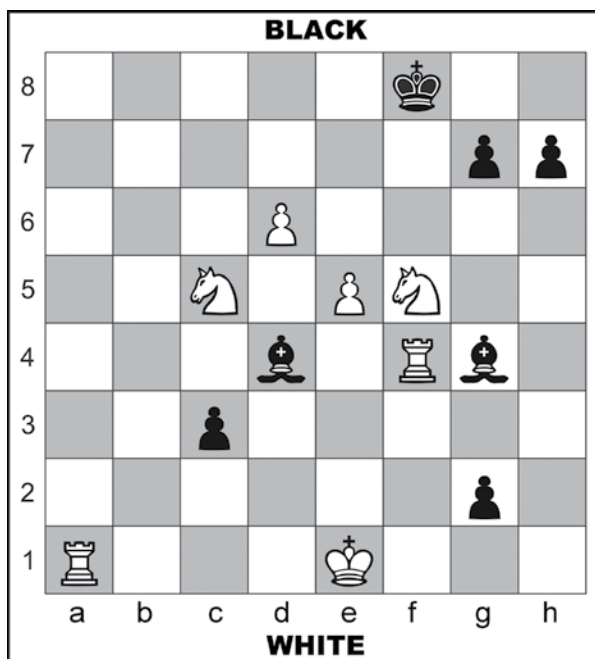
Come visit us!
www.brazilianreformedmission.org

Mission Board and Mission Aid recently launched a new combined website. We're adding new content weekly!



ENTICING ENIGMAS & CEREBRAL CHALLENGES

Chess Puzzle #213



WHITE to Mate in 3
or, if it is BLACK's Move,
BLACK to Mate in 2

Riddle for Punsters #213

"A Fine Feathered Friend?"

Why was William the Duck not successful at baseball? He hit way too many _____ balls.

What did close duck friends call him? _____.

What was his favourite snack before bed? Cheese and _____ers.

Problem to Ponder #213

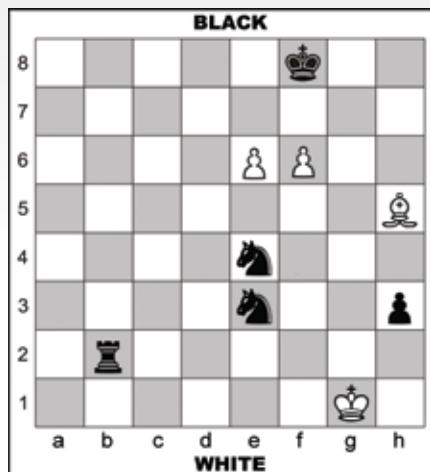
"Go with the Flow"

Two ducks always swim at a constant speed of 3 meters/second (relative to the water they are in). They are swimming together upriver (so, against the current flow) in a river which has a current speed of 2 m/s (therefore their net speed **relative to the river bottom** is 1 m/s when swimming upriver). One of the ducks sees something edible floating 90 m downriver from where they are. He immediately turns around and swims with the current to the food. The other duck walked onto the nearby shore as soon as the first duck headed downriver.

- How long does it take the duck to reach the food?
- How far was the duck from his companion by the time the food is reached?
- How long would it take the duck to swim upriver back to the other duck waiting on the shore (hopefully bringing food to share)?

Last Month's Solutions

Solution to Chess Puzzle #212



WHITE to Mate in 4

Descriptive Notation

- P-K7 ch K-N1
- P-K8=Q ch K-R2
- Q-B7 ch K-R3
- Q-N6 mate

or

- Q-B7 ch K-R1
- Q-KN7 mate

Algebraic Notation

- e6-e7+ Kf8-g8
- e7-e8=Q+ Kg8-h7
- Qe8-f7+ Kh7-h8
- Qf7-g6++

or

- Qe8-f7+ Kh7-h8
- Qf7-g7++

BLACK to Mate in 2

Descriptive Notation

- R-N7 ch
- K-R1 N-N6 mate

Algebraic Notation

- Rb2-g2+
- Kg1-h1 Ne4-g3++

Answers to Riddle for Punsters

#212 - "Flamboyant Fashions for Fast Fortunes"

Why did George the salesman always wear a fancy three-piece suit when working at his clothing store? He had invested heavily in the business and wanted to make a tie-dy sum so he figured that he should always be suitably dressed. tal.

Answers to Problem to Ponder

#212 - "Waffley good ice-cream on a hot day"

Crazy Cones sells 3 scoops of ice-cream in a (free) plastic bowl for \$4.50, 2 scoops for \$3.50 and 1 scoop for \$2.40 *BUT*, for this month only, the 2 scoops in a bowl is on sale for 20 per cent off while the 1 scoop in a bowl has a buy 2, get 1 free deal. All scoops are the same size.

- With which choice of scoops does Cynthia get the most ice-cream per dollar spent?
- Cynthia is treating her visiting relatives to ice-cream. If a waffle cone is included with each of the three ice-cream choices for an extra \$0.50, how much change does she get back from two twenty dollar bills if she purchases 4 large (3 scoop), 3 medium (2 scoop) and 4 small (1 scoop) waffle cones.

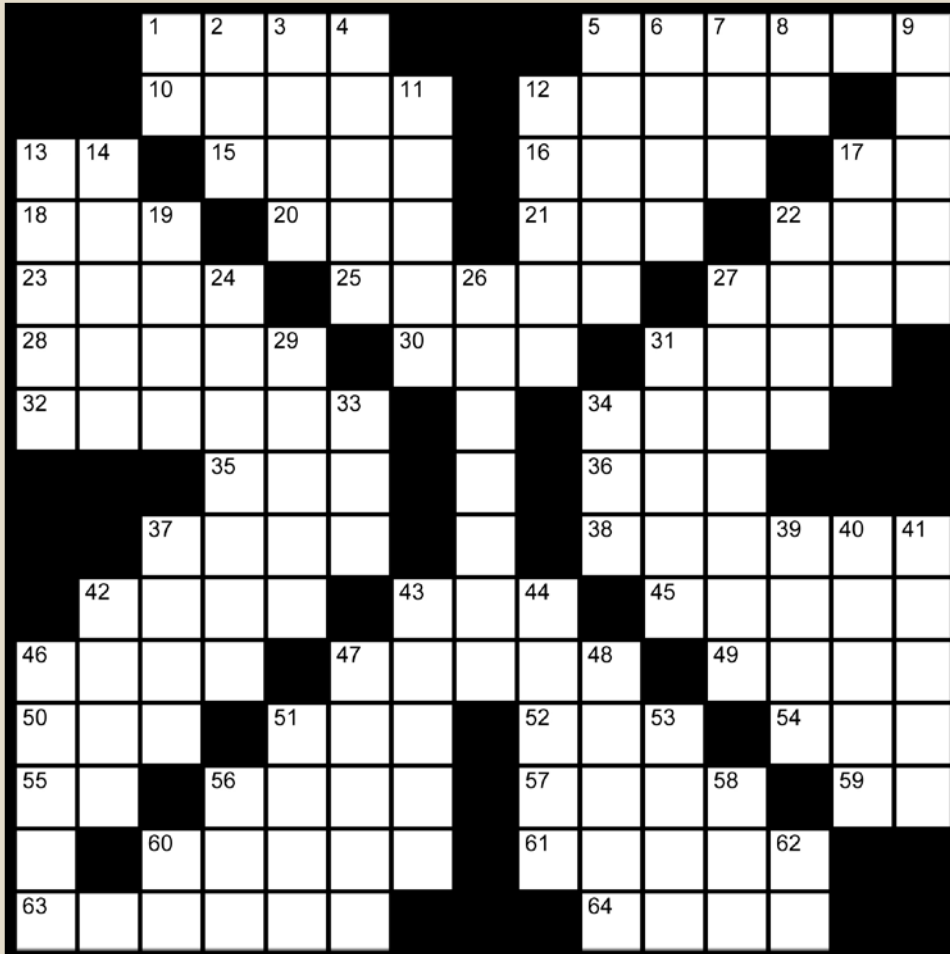
a) With the 3 scoops, Cynthia pays $\$4.50 / 3 = \mathbf{\$1.50}$ per scoop. The sale price of 2 scoops is $\$3.50 - 20\% = 3.50 - 0.70 = \2.80 so she would pay **\\$1.40 per scoop**. The price of 2 single scoops plus one free would be $2 \times \$2.40 = \4.80 resulting in the price being $\$4.80 / 3 = \mathbf{\$1.60}$ per scoop. So the second option of 2 scoops for 20 per cent off, at **\\$1.40 a scoop is the best deal with the cheapest per scoop price.**

b) She pays $4 \times (\$4.50 + \$0.50)$ and $3 \times (\$2.80 + \$0.50) + 3 \times (\$2.40 + \$0.50)$ [one small one is free] which totals $\$20.00 + \$9.90 + \$8.70 = \38.60 so there would be **\\$40.00 - \\$38.60 = \\$1.40 change from two twenties.**

Send Puzzles, Solutions, Ideas to Puzzle Page,
43 Summerhill Place, Winnipeg, MB R2C 4V4 or
robgleach@gmail.com

CROSSWORD PUZZLE

by Jeff Dykstra



SERIES 1-1

LAST MONTH'S SOLUTION



SERIES 1 #1

PUZZLE CLUES

ACROSS

- Wise men
- A guitar is this, tightly
- Home, speaking archaically
- One was called *John B.*
- Canada is its northern neighbor
- Landed – like a fairy
- ___ up = short on funds
- ___-fi or ___-res
- ___ Roy – famous Scottish folk hero
- In charge of responding to Ebola (abbr.)
- First lady
- Main currency of Peru – a sun-n-y place
- Wild pig
- Old Testament lawgiver
- Sing cheerfully
- It's got the whole world in its pages

- When we "miss the mark," according to Luther
- Strongly flavored, in food or language
- Minor female Roman and Greek gods
- New Testament gospel writer
- Greek letter
- Setup for sailing or sledding
- Gospel writer
- Makes angry, or what kettles make
- How a body feels after a workout
- The One who gave the law to 25 across
- Analyze an ore for metal content
- A flat fish
- Lions have them
- Gideon asked for one
- "___ flesh is like grass..."

- The ___ Four (basketball)
- Often paired with vigor
- World War I began 100 years ___
- Often paired with fro
- Apostle to the Gentiles
- Prayer leader of a mosque
- 0.9144 meters (abbr.)
- Both innocent and ignorant
- Sayings attributed to Christ not in Bible
- What to use when you're not 60 across
- After this

DOWN

- We celebrate her once a year
- Loose-fitting, sleeveless Arab garment
- Wisdom's "fruit is better than ___"
- "Running out of ink," for example
- Member of an Eastern European tribe

- "___ his clothes..." (sign of grief)
- "He shall rule... with a ___ of iron..."
- Pixar film (Don't know? Look it ___!)
- Responsibility for 30 across before God
- Basic values of a group of people
- Gleam or shine
- Adjective describing sprawl or blight
- What chimney sweeps get on the job
- Describes 43 across, or His people
- ___ of Gilead (Jeremiah 8:22)
- "...He healed many who were ___"
- Extreme pleasure or happiness
- ___ Valley
- Generosity in a big way
- Tremble
- Asian condiment used as dip or sauce

- Seek damages for libel or defamation
- Mr.'s mate
- ___ around
- Largest continent
- Variation of Mrs. Thatcher's first name
- ___ of Dordt made a church order
- Often sung in shower
- Triangular end of a roof structure
- Assails us with the world and our flesh
- Earliest enemy of 43 across
- Light purple
- One who carried a cross
- "Without counsel plans ___..." (Prov.)
- Magician, wizard, or sorcerer
- Where a person or a lily spends time
- Blend together
- Shown with a head shake
- "Where you ___, man?"

DESIGN, BUILD & MAINTAIN YOUR OWN WEBSITE

ONLY **\$27**/month
INCLUDES HOSTING



LOOKS GREAT
ON ANY DEVICE



**SIGN UP
NOW!**
*Don't pay until
you publish!*

* MULTIPLE DESIGN THEMES TO CHOOSE FROM.
DESIGN THEME "STONEY CREEK" SHOWN HERE.

**Super Easy
to Use!**

**Incredibly
Affordable!**

**Built Specifically
for Contractors!**



THE WEBSITE BUILDER FOR GUYS WHO BUILD STUFF