

Good News



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**“And I saw another angel fly in the
midst of heaven, having the
everlasting gospel to preach unto
them that dwell on the earth.”**

REVELATION 14:6



THE ISLANDER PLANE PROJECT

I wanted everyone to be aware of the latest projects that the Lord has impressed upon us and opened the doors for. As most of you know, we are, and have been, heavily supportive of ministries and evangelists in Panama, Portugal, South Africa, India, Malaysia and the Philippines. This is besides the work in American prison systems, evangelistic mailings, health work in many of the States here in America and the free materials, Bibles, books, tracts and other goods and supplies that we send out freely across the globe.

Our latest endeavor is called the "Islander Project." This refers to an aircraft known as the Britten-Norman Islander airplane. It is a 10-seat airplane with two engines. It is going to be one of the most effective missionary

planes available in the world.

I would like to go into a lot of the details about this aircraft, but suffice it to say that this project has had many thousands of hours invested in it, and we have seen the Lord work marvelously to open the doors. In the coming months, we will be revealing more of the details of this project, but we have to be somewhat circumspect at the moment that we do not endanger the prospects of this new missionary activity.

We have already presented this program to many aviation companies and presidents of aircraft concerns, from the engine manufacturers to the avionics representatives. This project has been met with astounding reviews and there are many people and companies that have offered their services for free, because they believe in and understand the humanitarian and philanthropic aspects of this undertaking.

We have also made presentations to the City of



Galesburg, Illinois and the Illinois State Department of Aviation.

They have already agreed to help us with this project by investing millions of dollars to see

this come to fruition. And these are all without strings attached and none of the monies need to be paid back. Not only do they want this amazing opportunity for their own town and State, but we know the Lord has brought together these men, at this opportune time, to help us make this a reality for the gospel.

Sister White says that we should count it a privilege to go before those not of our faith and ask for help for these altruistic enterprises. And do we know the truth of those words! The city has agreed to build us a 10,000 sq. ft. hangar, at no cost to us. They have also agreed to pay our utility costs to heat and cool the building. They have also agreed to cover the rental costs of a current hangar for our needs until our hangar is built. God has been at work in the hearts of these city officials!

This project will provide the needed planes to bring



evangelists, medical missionaries, building supplies for health clinics and churches, agricultural workers, medical evacuation personnel, literature, medical supplies and much, much more!

There are so many people that simply cannot be reached in any other way than through aviation. There are people groups who live in areas where there are no roads, where the only way to help someone who is sick, or dying or in need of a pastor or medical worker, is by plane. The Lord has presented to us a fantastic way to help these people, and to keep the help coming.

If you would like to be a part of this cutting edge evangelism, through actual help with their needs in medicine and evangelism and building and water and sanitation, we ask that you mark your donation, "The Islander Project." Thank you so much for your prayers and interest! The world is helping us... would you like to too?

The Pastor's Son

Every Sabbath afternoon, after the morning service at the church, the pastor and his eleven-year-old son would go out into their town and hand out gospel tracts. This particular Sabbath afternoon, as it came time for the pastor and his son to go to the streets with their tracts, it was very cold outside, as well as pouring rain.

The boy bundled up in his warmest and driest clothes and said, 'OK, dad, I'm ready.' His pastor dad asked, 'Ready for what?' 'Dad, it's time we gather our tracts together and go out.' Dad responds, 'Son, it's very cold outside and it's pouring rain.'

The boy gives his dad a surprised look, asking, 'But Dad, aren't people still going to hell, even though it's raining?' Dad answers, 'Son, I'm not going out in this weather.'

Despondently, the boy asks, 'Dad, can I go? Please?' His father hesitated for a moment then said, 'Son, you can go. Here are the tracts, be careful son.' 'Thanks Dad!'

And with that, he was off and out into the rain. This eleven-year-old boy walked the streets of the town going door to door and handing everybody he met in the street a gospel tract.

After two hours of walking in the rain, he was soaking, bone-chilled wet and down to his VERY LAST TRACT. He stopped on a corner and looked for someone to hand a tract to, but the streets were totally deserted. Then he turned toward the first home he saw and started up the sidewalk to the front door and rang the doorbell. He rang the bell, but nobody answered. He rang it again and again, but still no one answered. He waited but still no answer.

Finally, this eleven-year-old trooper turned to leave, but something stopped him.

Again, he turned to the door and rang the bell and knocked loudly on the door with his fist. He waited, something holding him there on the front porch! He rang again and this time the door slowly opened. Standing in the doorway was a very sad-looking elderly lady. She softly asked, 'What can I do for you, son?' With radiant eyes and a smile that lit up her world, this little boy said, 'Ma'am, I'm sorry if I disturbed you, but I just want to tell you that * JESUS REALLY DOES LOVE YOU * and I came to give you my very last gospel tract which will tell you all about JESUS and His great LOVE.' With that, he handed her his last tract and turned to leave.

She called to him as he departed. 'Thank you, son! And God Bless You!'

Well, the following Sabbath morning in church pastor dad was in the pulpit. As the service began, he asked, 'Does anybody have testimony or want to say anything?' Slowly, in the back row of the church, an elderly lady stood to her feet.

As she began to speak, a look of glorious radiance came from her face, 'No one in this church knows me. I've never been here before. You see, before last Sabbath I was not a Christian. My husband passed on some time ago, leaving me totally alone in this world. Last Sabbath, being a particularly cold and rainy day, it was even more so in my heart that I came to the end of the line where I no longer had any hope or will to live.

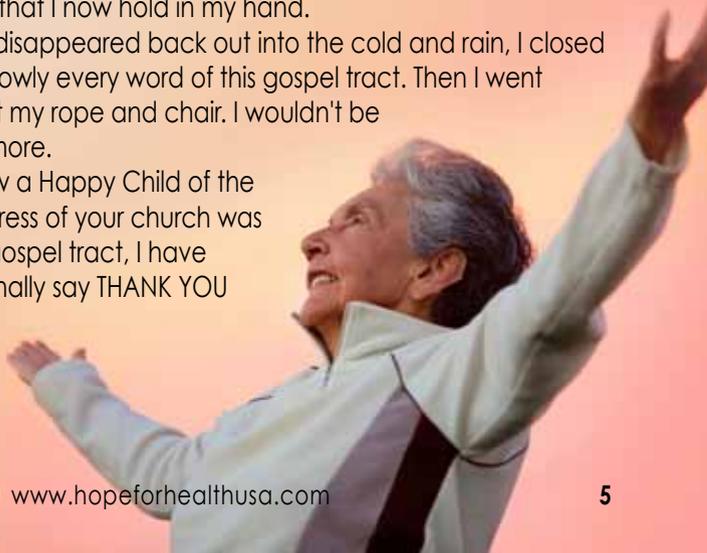
So, I took a rope and a chair and ascended the stairway into the attic of my home. I fastened the rope securely to a rafter in the roof, then stood on the chair and fastened the other end of the rope around my neck. Standing on that chair, so lonely and broken-hearted I was about to leap off, when suddenly the loud ringing of my doorbell downstairs startled me. I thought, 'I'll wait a minute, and whoever it is will go away.'

I waited and waited, but the ringing doorbell seemed to get louder and more insistent, and then the person ringing also started knocking loudly. I thought to myself again, 'Who on earth could this be? Nobody ever rings my bell or comes to see me.' I loosened the rope from my neck and started for the front door, all the while the bell rang louder and louder.

When I opened the door and looked I could hardly believe my eyes, for there on my front porch was the most radiant and angelic little boy I had ever seen in my life. His SMILE, oh, I could never describe it to you! The words that came from his mouth caused my heart that had long been dead, TO LEAP TO LIFE as he exclaimed with a cherub-like voice, 'Ma'am, I just came to tell you that JESUS REALLY DOES LOVE YOU.' Then he gave me this gospel tract that I now hold in my hand.

As the little angel disappeared back out into the cold and rain, I closed my door and read slowly every word of this gospel tract. Then I went up to my attic to get my rope and chair. I wouldn't be needing them any more.

You see – I am now a Happy Child of the KING. Since the address of your church was on the back of this gospel tract, I have come here to personally say THANK YOU to God's little angel who came just in the nick of time and by so doing,



spared my soul from an eternity without Jesus.'

There was not a dry eye in the church. And as shouts of praise and honor to THE KING resounded off the very rafters of the building, Pastor dad descended from the pulpit to the front pew where the little angel was seated....

He took his son in his arms and sobbed uncontrollably. Probably no church has had a more glorious moment, and probably this universe has never seen a papa that was more filled with love & honor for his son... except for One.

Submitted by Irene Judd

A PROPER PERSPECTIVE

An old man was sitting with his 25-year-old son in the train. The train was about to leave the station. All passengers are settling down in their seat.

As the train started, the young man was filled with lots of joy and curiosity. He was sitting on the window side. He put out one hand and feeling the passing air, he shouted, "Papa see all the trees are going behind". The old man smiled and admired his son's feelings.

Beside the young man was one couple, sitting and listening to all the conversation between father and son. They were a little awkward with the attitude of the 25-year-old behaving like a small child.

Suddenly the young man again shouted, "Papa see the pond and animals. Clouds are moving with the train" The couple was watching the young man embarrassingly. Now it started raining and some of the water drops touched the young man's hand. He was filled with joy and he closed his eyes. He shouted again, "Papa it's raining, the water is touching me, see papa".

The couple couldn't help themselves and asked the old man. "Why don't you visit the Doctor and get treatment for your son."

The old man said, "Yes, we are coming from the hospital today; my son got his eyesight for first time in his life".

Submitted by Georgine Olson

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Prayer for Japan

Lord, I just want to say THANK YOU,
Because this morning I woke up and knew where my children were.

Because this morning my home was still standing,
Because this morning I am not crying,
Because my spouse, my child, my brother or sister, my parent does not
need to be buried, or to be pulled out from underneath a pile of concrete,
Because this morning I was able to drink a glass of water,
Because this morning I was able to turn on the light,
Because this morning I was able to take a shower,
Because this morning I was not planning a funeral,

But most of all I thank you this morning because I still have life and a
voice to cry out for the people of Japan.

Lord I cry out to you, the One that makes the impossible, possible,
The One that turns darkness in to light,
I cry out that You give those mothers strength,

That You give them peace that surpasses all understanding,
That You may open the streets so that help can come,

That You may provide
doctors, nurses, food, water,
and all that they need in a
blink of an eye.

For all those that have lost
family members, give them
peace, give them hope, give
them courage to continue to
go on!
Protect the children and
shield them with your power.
I pray all this in the name of
Jesus!!!

Submitted by Irene Judd



The Baptist White Lie Cake

Alice Grayson was to bake a cake for the Baptist Church Ladies' Group in Tuscaloosa, but forgot to do it until the last minute. She remembered it the morning of the bake sale and after rummaging through cabinets, found an angel food cake mix & quickly made it while drying her hair, dressing, and helping her son pack up for Scout camp.

When she took the cake from the oven, the center had dropped flat and the cake was horribly disfigured and she exclaimed, "Oh dear, there is not time to bake another cake!" This cake was important to Alice



because she did so want to fit in at her new church, and in her new community of friends. So, being inventive, she looked around the house for something to build up the center of the cake.

She found it in the bathroom - a roll of toilet paper. She plunked it in and then covered it with icing. Not only did the finished product look beautiful, it looked perfect. And, before she left the house to drop the cake by the church and head for work, Alice woke her daughter and gave her some money and specific instructions to be at the bake sale the moment it opened at 9:30 and to buy the cake and bring it home.

When the daughter arrived at the sale, she found the attractive, perfect cake had already been sold. Amanda grabbed her cell phone & called her mom. Alice was horrified - she was beside herself! Everyone would know! What would they think? She would be ostracized, talked about, ridiculed! All night, Alice lay awake in bed thinking about people pointing fingers at her and talking about her behind her back.

The next day, Alice promised herself she would try not to think about the cake and would attend the fancy luncheon/bridal shower at the home of a fellow church member and try to have a good time. She did not really want to attend because the hostess was a snob who more than once had looked down her nose at the fact that Alice was a single parent and not from the founding families of Tuscaloosa, but having already RSVP'd, she couldn't think of a believable excuse to stay home.

The meal was elegant, the company was definitely upper crust Old South and to Alice's horror, the cake in question was presented for dessert! Alice felt the blood drain from her body when she saw the cake! She started out of her chair to tell the hostess all about it, but before she could get to her feet, the Mayor's wife said, "what a beautiful cake!"

Alice, still stunned, sat back in her chair when she heard the hostess (who was a prominent church member) say, "Thank you, I baked it myself."

Alice smiled and thought to herself, "God is good."

Submitted by Georgine Olson

THE MOUSETRAP PARABLE

A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" The mouse wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed this warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it." The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!"

The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but





there is nothing I can do about it but pray. Be assured you are in my prayers." The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!"

The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose." So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap... alone.

That very night a sound was heard throughout the house -- the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it. It was a venomous snake whose tail was caught in the trap.

The snake bit the farmer's wife. The farmer rushed her to the hospital. When she returned home she still had a fever. He planned to treat the fever with fresh chicken soup. So the farmer took his

hatchet to the farmyard for the soup's main ingredient.

But his wife's sickness continued. Friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. But, alas, the farmer's wife did not get well... she died.

So many people came for her funeral that the farmer had the cow slaughtered to provide enough meat for all of them for the funeral luncheon. And the mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and you think it doesn't concern you, remember --- when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

Submitted by Irene Judd

KIDS IN CHURCH

3-year-old Reese: 'Our Father, Who does art in heaven, Harold is His name. Amen.'

A little boy was overheard praying: 'Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am.'

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, 'That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys.'

One particular four-year-old prayed, 'And forgive us our trash baskets as we forgive those who put trash in our baskets.'

A Sunday school teacher asked her children as they were on the way to church service, 'And why is it necessary to be quiet in church?' One bright little girl replied, 'Because people are sleeping.'

A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. 'If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.' Kevin turned to his younger brother and said, ' Ryan, you be Jesus!'

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand. 'Daddy, what happened to him?' the son asked. 'He died and went to Heaven,' the Dad replied. The boy thought a moment and then said, 'Did God throw him back down?'

A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, 'Would you like to say the blessing?'

'I wouldn't know what to say,' the girl replied.
'Just say what you hear Mommy say,' the wife answered. The daughter bowed her head and said, 'Lord, why on earth did I invite all these people to dinner?'

Submitted by Georgine Olson



Wrong Funeral - Right Time

Consumed by my loss, I didn't notice the hardness of the pew where I sat. I was at the funeral of my dearest friend - my mother. She finally had lost her long battle with cancer. The hurt was so intense; I found it hard to breathe at times. Always supportive, Mother clapped loudest at my school plays, held a box of tissues while listening to my first heartbreak, comforted me at my father's death, encouraged me in college, and prayed for me my entire life.

When mother's illness was diagnosed, my sister had a new baby and my brother had recently married his childhood sweetheart, so it fell on me, the 27-year-old middle child without entanglements, to take care of her. I counted it an honor. 'What now, Lord?' I asked sitting in church. My life stretched out before me as an empty abyss. My brother sat stoically with his face toward the cross while clutching his wife's hand. My sister sat slumped against her husband's shoulder, his arms around her as she cradled their child. All so deeply grieving, no one noticed I sat alone.

My place had been with our mother, preparing her meals, helping her walk, taking her to the doctor, seeing to her medication, reading the Bible together. Now she was asleep until Jesus called her from the grave. My work was finished, and I was alone.

I heard a door open and slam shut at the back of the church. Quick footsteps hurried along the carpeted floor. An exasperated young man looked around briefly and then sat next to me. He folded his hands and placed them on his lap. His eyes were brimming with tears. He began to sniffle. 'I'm late,' he explained, though no explanation was necessary.

After several eulogies, he leaned over and commented, 'Why do they keep calling Mary by the name of "Margaret?"' 'Because, that was her name... Margaret. Never Mary, no one called her 'Mary,'" I whispered. I wondered why this person couldn't have sat on the other side of the church. He interrupted my grieving with his tears and fidgeting. Who was this stranger anyway?

'No, that isn't correct,' he insisted, as several people glanced over at us whispering, 'Her name is Mary, Mary Peters.' 'That isn't who this is.' 'Isn't this the Lutheran church?' 'No, the Lutheran church is across the street.' 'Oh.' 'I

believe you're at the wrong funeral, Sir.' The solemnness of the occasion mixed with the realization of the man's mistake bubbled up inside me and came out as laughter. I cupped my hands over my face, hoping it would be interpreted as sobs. The creaking pew gave me away.

Sharp looks from other mourners only made the situation seem more hilarious. I peeked at the bewildered, misguided man seated beside me. He was laughing too, as he glanced around, deciding it was too late for an uneventful exit.

I imagined mother laughing. At the final 'Amen,' we darted out a door and into the parking lot. 'I do believe we'll be the talk of the town,' he smiled. He said his name was Rick, and since he had missed his aunt's funeral, asked me out for a cup of coffee.

That afternoon began a lifelong journey for me with this man who attended the wrong funeral, but was in the right place. A year after our meeting, we were married at a country church where he was the assistant pastor. This time we both arrived at the same church, right on time.

In my time of sorrow, God gave me laughter. In place of loneliness, God gave me love. This past June, we celebrated our twenty-second wedding anniversary. Whenever anyone asks us how we met, Rick tells them, 'Her mother and my Aunt Mary introduced us, and it's truly a match made in heaven.'

REMEMBER, God doesn't make mistakes. He puts us where we are to be.

Submitted by Irene Judd



What Is The Prostate and How Does It Affect Me?

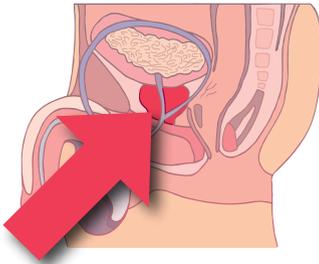
Men and women have biology that is gender specific. For instance, women have breasts, ovaries and uteruses, while men don't. And men have a prostate, while women don't. Each gender has its own unique biological parts with a reason for each. But what is the prostate in a man and what is its function?

Generally speaking, the prostate doesn't come up in casual conversation, so you may know little or nothing about this internal organ. Maybe you have questions, but you have just never thought to ask. Like many men (or women), you may be prompted to learn about it because you have heard that men over age 50 are more likely than younger men to have "prostate trouble." Maybe you have noticed changes in your urinary habits that have left you wondering, "Is something wrong?" or "Should I see my doctor?"

Whether you are worried about your prostate or simply curious, the following article is intended to help answer your questions about the function and importance of the prostate.

Where is the prostate?

The prostate is located in front of the rectum, which is why it can be felt during the normal course of a rectal exam. "It is a gland in the male reproductive system located just below the bladder, the organ that stores urine. The prostate surrounds a part of the urethra, the tube that carries urine from the bladder out through the



penis." Because of its location, when it begins to enlarge, it can frequently start to squeeze the urethra (like pinching a straw). This can interfere with the normal flow of urine and is the cause of most of the uncomfortable urinary symptoms.

What is the function of the prostate?

"The prostate makes it possible for a male to father children. As most people know, the testicles produce sperm. What most

don't know is that the prostate contributes to the milky fluid that helps to carry the sperm. This sperm-containing fluid is also thought to supply nourishment for the fragile sperm and to help make the vaginal canal less acidic. All of these factors increase the likelihood of conception."²

Prostate Stages and Growth

In males at birth, the prostate is very small, about the size of an almond. It remains this size throughout childhood. During puberty, the prostate begins to enlarge and approximately doubles in size; then growth slows. This is normal. The prostate is preparing for its main role in life: sexual reproduction. At about the same time that the testicles are able to produce sperm, the prostate is sufficiently mature to produce the seminal fluid that will support the sperm. A normal adult prostate is somewhat greater in size than a walnut. At about age 45, the prostate often starts growing again and, in some cases, can continue to enlarge for the rest of a man's life. It's generally accepted that this growth is influenced by hormonal changes.

Prevalence of Enlarged Prostate

By itself, prostate enlargement isn't a problem. However, as aforementioned, because it surrounds the urethra, it can interfere with the normal flow of urine and can cause uncomfortable symptoms. An enlarged prostate generally does not interfere with sexual functioning. However, severe urinary symptoms can be embarrassing and can inhibit a man's sexual activity.

As men age, both benign prostate conditions and prostate cancer become more frequent.

Not every man develops an enlarged prostate and, in those men who have the condition, it's not always progressive. However, a major medical study showed that 4 out of every 10 men over age 55 have an enlarged prostate. The number jumps to 7 out of 10 in men in their 70s; by age 80 it's even higher.

Symptoms of an Enlarged Prostate

The symptoms commonly associated with an enlarged prostate are frequent urination, especially at night, or the sudden, almost uncontrollable

urge to urinate. That's because in the early phase of prostatic enlargement, the bladder muscle has to force urine through the narrowed urethra by contracting more forcefully. Over a period of time, the forcing causes the bladder muscle to gradually become stronger, thicker, and overly sensitive. This creates a need to urinate more frequently. The added pressure on the urethra can also cause a weak, interrupted urine stream, a sense of incomplete bladder emptying, leakage, and difficulty in starting urination. An enlarged prostate can even result in total blockage, a very serious condition.

Three Most Common Problems of the Prostate

Although there are several diseases of the prostate that can develop, these three very different problems are the most common:

1. Prostate Enlargement

Prostate enlargement is a benign condition. Its medical name is benign prostatic hyperplasia (BPH). BPH is most commonly found in men over age 45. BPH is not cancer and does not turn into cancer.

However, a man can have BPH and prostate cancer at the same time.

As previously discussed, hormones in the prostate are generally thought to be involved in the growth of new tissue which can enlarge the prostate and can "pinch" the urethra. This, in turn, can create bothersome symptoms. After proper diagnosis, many enlarged prostate conditions can be improved by a spectrum of different treatments. While you may have an enlarged prostate, you may have no symptoms or symptoms that are disturbing to some degree. If this is the case, you and your doctor may decide on a program of "watchful waiting," which involves only periodic checkups. If your symptoms are more bothersome to you, there are various herbal products formulated to help reduce the size of the prostate.

2. Prostatitis

Prostatitis is an entirely different condition from an enlarged prostate. Prostatitis is an inflammation of the prostate that may be caused by the presence of a bacterial infection. This condition can affect men of all ages. Having

prostatitis does not increase your risk of getting any other prostate disease.

Some of the symptoms of prostatitis are similar to those caused by an enlarged prostate, e.g., the frequent urge to urinate, yet difficulty in doing so; but prostatitis can also be accompanied by chills and fever (in acute infections) and by pain or burning during urination.

3. Prostate Cancer

Prostate cancer is a serious disease because it is a malignant condition. Malignant tissue is present in the prostate, and the malignancy can spread to other parts of the body. While prostate cancer can occur in men of all ages, it is most commonly found in men older than 40 years of age.

After proper diagnosis, many enlarged prostate conditions can be improved by a spectrum of different treatments.

In its early stages, prostate cancer may not cause urinary symptoms. It is usually detected during a routine rectal exam or by the use of a screening blood test called PSA, or prostate-



specific antigen. When caught early, prostate cancer has an encouragingly high cure rate. In its advanced stages— when cure is most difficult— prostate cancer may produce symptoms that are similar to an enlarged prostate.

Approximately one out of every 10 American men develops prostate cancer. More than 30,000 die annually from this disease. A wide range of techniques can be employed to treat prostate cancer.

What Every Man Should Do

Every man age 50 or older (age 40 or older with a family history of prostate cancer) should ask for a rectal exam as part of an annual checkup and have a PSA blood test drawn. These, coupled with a frank, open discussion of any changes in urinary habits, will better enable your doctor to diagnose your problem.

What Your Doctor Will Do

Once you've given your doctor a detailed description of any symptoms that you may be having, the doctor

will examine your prostate as part of your exam. Since the prostate is located near the rectum, the doctor can feel the prostate by inserting a gloved, lubricated finger into the rectum. This simple exam helps the physician to determine whether the prostate is enlarged or if it has lumps or areas of abnormal texture. He will also be able to evaluate your PSA level and determine if further tests or consultation is needed to rule out a prostate cancer.



to distinguish between benign prostate conditions and cancer. However, the doctor will take the result of the PSA test into account when deciding whether to check further for signs of prostate cancer.

What is the prostate-specific antigen (PSA) test?

Prostate-specific antigen (PSA) is a protein produced by the cells of the prostate gland. The PSA test measures the level of PSA in the blood. Because PSA is produced by the body and can be used to detect disease, it is sometimes called a biological marker or tumor marker. It is normal for men to have **low** levels of PSA in their blood; however, prostate cancer or benign (not cancerous) conditions can **increase** PSA levels. As men age, both benign prostate conditions and prostate cancer become more frequent. PSA levels alone do not give doctors enough information

Early treatment may save your life as well as your lifestyle.

PSA test results report the level of PSA detected in the blood. The test results are usually reported as nanograms of PSA per milliliter (ng/mL) of blood. In the past, most doctors considered PSA values below 4.0 ng/mL as normal. However, recent research found prostate cancer in men with PSA levels below 4.0 ng/mL.³ Many doctors are now using the following ranges with some variation:

0 to 2.5 ng/mL is low.

2.6 to 10 ng/mL is slightly to moderately elevated.

10 to 19.9 ng/mL is moderately elevated.

20 ng/mL or more is

significantly elevated.

There is no specific "normal" or "abnormal" PSA level. However, the higher a man's PSA level, the more likely it is that cancer is present. But because various factors (such as age) can cause PSA levels to fluctuate, one abnormal PSA test does not necessarily indicate a need for other diagnostic tests. When PSA levels continue to rise over time, other tests may be needed.

What Can I Do?

Early diagnosis of the most serious prostate disease—prostate cancer—increases the chances of a cure. Early treatment may save your life as well as your lifestyle. In many cases, treatment for prostate cancer will not affect your sex life or your ability to control urination.

By the same token, you need not suffer from bothersome symptoms of an enlarged prostate (BPH). Such symptoms are not a necessary part of

getting older. There are a variety of useful herbal aids available.

If you have any questions about prostate disease, it's important to discuss them with your health care professional as soon as possible. If you are interested in herbal supplements to help decrease the size and improve the health of your prostate, please see the following ads on Small Flower Willow Herb and Saw Palmetto. As always, if you have any questions about how you can improve the health of your prostate, or your overall health, we have health counselors standing by to answer all of your questions!

1. Urological Community—<http://www.urological.com/health/prostate.html>
2. Ibid.
3. I. M. Thompson, D. K. Pauler, P. J. Goodman, et al. Prevalence of prostate cancer among men with a prostate-specific antigen level ≤ 4.0 ng per milliliter. *New England Journal of Medicine* 2004; 350(22):2239–2246.



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

STC

(SENIOR TEXTING CODES)

- **ATD** - At The Doctor's
- **BFF** - Best Friend Fell
- **BTW** - Bring The Wheelchair
- **BYOT** - Bring Your Own Teeth
- **CBM** - Covered By Medicare
- **CUATSC** - See You At The Senior Center
- **DWI** - Driving While Incontinent
- **FWB** - Friend With Beta Blockers
- **FWIW** - Forgot Where I Was
- **FYI** - Found Your Insulin
- **GGPBL** - Gotta Go, Pacemaker Battery Low!
- **GHA** - Got Heartburn Again
- **HGBM** - Had Good Bowel Movement
- **IMHO** - Is My Hearing-Aid On?
- **LMDO** - Laughing My Dentures Out
- **LOL** - Living On Lipitor
- **LWO** - Lawrence Welk's On
- **OMMR** - On My Massage Recliner
- **OMSG** - Oh My! Sorry, Gas.
- **ROFL...CGU** - Rolling On The Floor Laughing... And Can't Get Up
- **SGGP** - Sorry, Gotta Go Potty
- **TTYL** - Talk To You Louder
- **WAITT** - Who Am I Talking To?
- **WTFA** - Wet The Furniture Again
- **WTP** - Where's The Prunes?
- **WWNO** - Walker Wheels Need Oil
- **LMGA** - Lost My Glasses Again
- **GGLKI** - Gotta Go, Laxative Kicked In

Submitted by Georgine Olson



Two Horses

Author Unknown

Just up the road from my home is a field, with two horses in it. From a distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something quite amazing... looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him.

This alone is amazing. If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is, so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray. When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. He watches over us and even brings others into our lives to help us when we are in need.

Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others to find their way. Good friends are like that... you may not always see them, but you know they are always there.

Please listen for my bell and I'll listen for yours.

"FOR WE WALK BY FAITH AND NOT BY SIGHT!"

Submitted by Irene Judd



In Memoriam

Thank Offerings

\$100.00 – Thank Offering – G.O.

\$2,000.00 – Thank Offering – K.O.

\$300.00 – Thank Offering – D.O.



QUOTES TO LIVE BY

There are three types of givers:
The Flint – You have to strike it – and hard
The Sponge – You have to squeeze it
The Honeycomb – It just overflows

“There is no better exercise for the heart than reaching down and lifting people up.”

“The greatest want of the world is the want of men – men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men

whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall.”





HAPPENINGS AT HOPE

By Kaye Olson

"I look at these flowers, and every time I see them I think of Eden.

They are an expression of God's love for us. Thus He gives us in this world a little taste of Eden. He wants us to delight in the beautiful things of His creation, and to see in them an expression of what He will do for us." –

Country Living page 16 -

This quote came to mind as I was walking through the many lovely acres we call home here at Hope International.

We truly do have a little taste of Eden! It is spring and the flowers are radiant in a full rainbow of colors, the

apple trees are promising an abundance of fruit with their many blossoms, and the weeping willows, always the first to produce their leaves, survived a surprise spring frost.

Our little taste of Eden is protected from many of the unfortunate weather problems that come with spring; further west, and south, many are having floods and tornadoes, we have been untouched by such disasters, and blessed beyond our imaginations!

We always remember in prayer those of you in other areas of the country that have had rough weather this spring. May God give you the strength to carry on, and may you find shelter and hope in His loving arms.

There is also a spring like quality in the office, as many new and exciting ideas are being planted and nourished. Dr. Olson's office is bursting with the blossoms that will soon bear the fruit of a new catalog! She is tilling the soil, and scouring the world to find the best possible herbs, and combinations of herbs to provide you with optimum health care! Everyday Dr. Olson and her team discover new and amazing ways that God has provided to maintain our health naturally. You can look forward to finding the bounty of her efforts in your mailbox sometime soon.

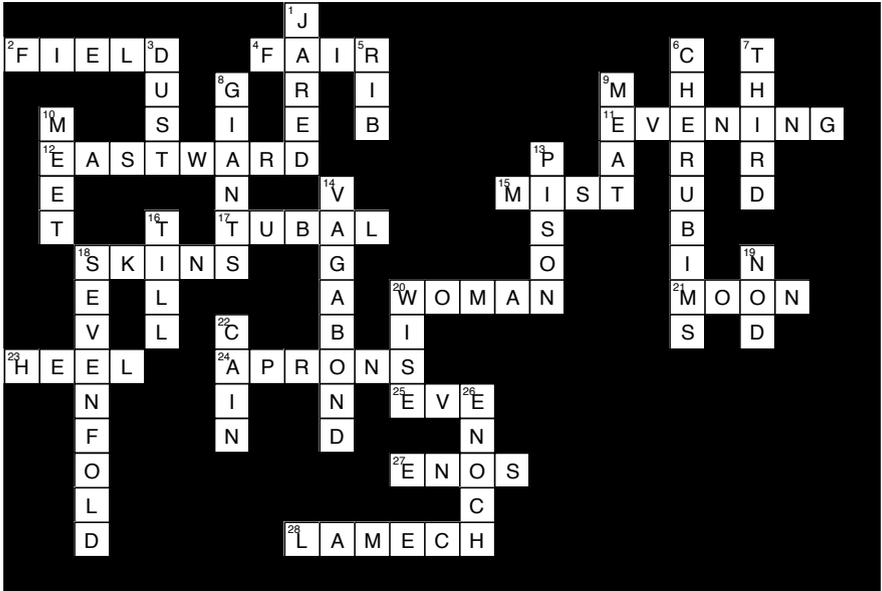
Over the course of the fall and winter we were blessed to have new employees join the Hope International family. It has been exciting to see the Spirit at work bringing complimentary talents and gifts to us just as they were needed! God always provides our needs and spring is a reminder of that promise, as we persevere by faith through the winter months, we are rewarded with the loveliness of spring! Jim and Barbara Holdeman are two of the fresh faces at Hope. They both bring with them years of experience in many areas of life, and are deeply rooted in faith and love. Stay tuned to hear more as we are able to utilize their God given talents in new and surprising ways!

Spring is also a time for fresh starts, for new beginnings, we have several people attending worship services at Hope International who have made a recent decision to follow Christ and be baptized, we praise God for these decisions!

If you have found that your spiritual life has become dormant, this spring would be the perfect opportunity for you to replant with the seed of the Word of God. Your spirit will be nourished with the outpouring of the Father's grace, and grow in the warmth of His love. It won't be long until you have a spring in your spiritual step, and you are proclaiming God's love to those around you who need the seed planted in their lives!



The Book of Genesis



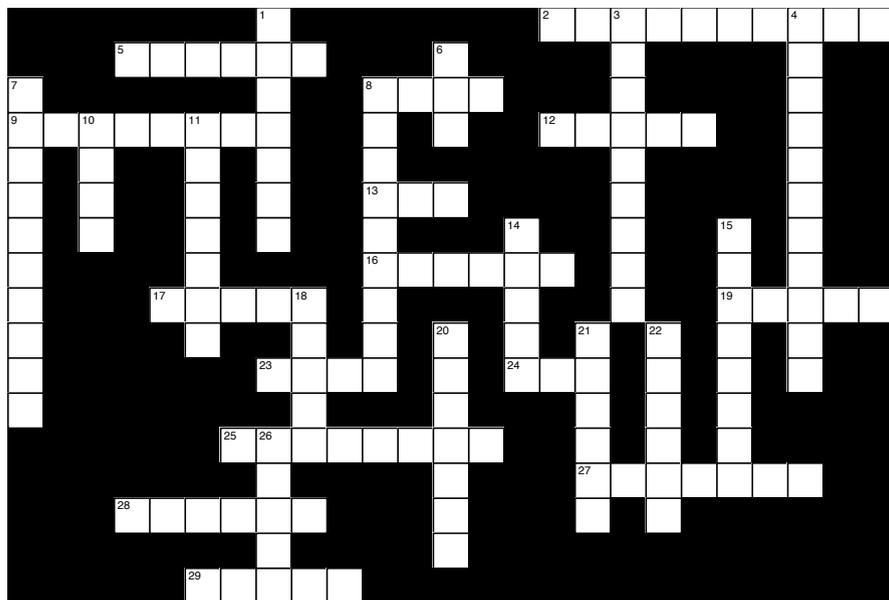
Across

2. Where were Cain and Abel when Cain killed Abel? [FIELD]
4. What were the daughters of men? [FAIR]
11. When does the "day" start? [EVENING]
12. God planted a garden in Eden in what direction? [EASTWARD]
15. What did God use to water the ground originally? [MIST]
17. Who was the father of all who handle the harp and organ? [TUBAL]
18. God made "coats" for Adam and Eve from ____ [SKINS]
20. Adam said his wife shall be called ____ [WOMAN]
21. What was the lesser "great light" that God made? [MOON]
23. What part of Eve's seed would the devil bruise? [HEEL]
24. What did Adam and Eve make for themselves? [APRONS]
25. Who did Adam listen to? [EVE]
27. Seth's son's name [ENOS]
28. Noah's father [LAMECH]

Down

1. Father of Enoch [JARED]
3. What was the serpent to eat for tempting Eve? [DUST]
5. God made a woman from Adam's ____ [RIB]
6. God placed ____ to guard the entrance to Eden [CHERUBIMS]
7. What day were trees created? [THIRD]
8. What were in the earth in those days? [GIANTS]
9. God said herbs and fruit would be our what? [MEAT]
10. God made a help ____ for man [MEET]
13. The first of four rivers that left Eden [PISON]
14. God said Cain would be a ____ [VAGABOND]
16. God sent Adam out of the garden of Eden to ____ [TILL]
18. How much vengeance would be upon the murderer of Cain? [SEVENFOLD]
19. Where did Cain move to? [NOD]
20. Eve thought the forbidden fruit would make her ____ [WISE]
22. Who was a tiller of the ground? [CAIN]
26. What did Cain call the city he built? [ENOCH]

The Book of Exodus



Across

2. What other name did the sanctuary have?
5. What stone was the last stone in the twelve stones representing the tribes of Israel?
8. What rested upon the tabernacle at night?
9. What time of year was the sanctuary "reared up"?
12. What mountain had the burning bush?
13. What sea did the locusts all die in?
16. God was going to bring the Jews to the land of ____?
17. What was Aaron's oldest son's name?
19. The golden calf was ground to powder by Moses and the Israelites had to ____ it.
23. What did the dust of the land become in Egypt?
24. Aaron and who else held up Moses' hands when the people were fighting the Amalekites?
25. What feast commemorates the Israelite's deliverance?
27. What kind of wood was the ark of the covenant made of?
28. What was Zipporah's father's name?
29. What was the name of the bread from heaven?

Down

1. What was the name of Moses' first son?
3. What was the basket that Moses was put in made of?
4. What was on the left side, as you entered the sanctuary?
6. What does the Bible call that basket?
7. What kind of cakes did the Israelites take with them from Egypt?
8. How old was Moses when he spoke with Pharaoh?
10. What were the priests to do when they came before the Lord?
11. Two men were in charge of making the sanctuary and its furniture and utensils. Bezaleel and ____.
14. What was the name for the bitter waters the people came to?
15. The breastplate that Aaron wore was called the "breastplate of ____"?
18. What did handfuls of ashes become?
20. The Israelites came to a place with twelve wells and how many palm trees?
21. What was Jethro's profession?
22. God said all that openeth the ____ is Mine.
26. Who was Moses' spokesman?

Tithe

Hope International does not solicit tithes; however we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated "Gospel Ministry" will be considered tithe.



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