

RELIGION

Boys Choir Presentation

Saturday, September 25 at 7:30 p.m. Rose City Park United Methodist Church will present the Boy Choirs from Portland and Salem, OR and the Victorian Boys Choir from Melbourne, Australia in concert.

The Victorian Boys Choir is one of Australia's finest choral ensembles. Founded in 1974, it is a non-denominational choir which is representative of Melbourne's ethnic and social communities. The Choir is made up of boys age eight to fourteen who rehearse five hours a week and attend four weekend workshops and one ten day Music School each year. The Choir has toured England, Wales, New Zealand, and Italy. Their director is Paul Forster.

The Portland Symphonic Boy Choir, open to all boys ages 9-18 has been in existence five years. A

wide variety of musical literature is scheduled for each season of the year including traditional holiday music, classical, and pop. The choir has been invited to perform with the Oregon Symphony, Columbia Symphony, Portland Symphonic Choir, and Choral Cross-Ties. They are directed by Dr. Thomas Iverson.

The Salem Boy Choir is directed by Darrell James.

The program will consist of pieces by each of the choirs as well as joint choir numbers. A free will offering will be taken to benefit the church sound system.

Rose City Park United Methodist Church is located at 5830 N.E. Alameda. Free child care is available. The church is handicapped accessible and located on Tri-Met bus lines #12 and #71

Religion Linked to Good Health

By GARY D. ROBERTSON
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RALEIGH (AP) - Seniors who attend church or synagogue regularly might possess the secret of longevity.

In another report linking good health with religion, Duke University researchers say seniors with regular church or synagogue attendance are not only healthier but also more likely to live longer than the non-religious.

The researchers, studying nearly 4,000 North Carolinians over 64 years old, found that the death rate of the faithful was 28 percent less than those who didn't attend services regularly.

Studies in recent years focusing on the spiritual dimension of health have yet to show that religious attendance or spirituality cause physical wholeness. But a mounting body of evidence associates the religious with better mental health, lower blood pressure and other health improvements.

The next step, says the study's lead author, Dr. Harold Koenig, is to identify the behavioral and biological mechanisms linking religion to disease prevention and good health.

"These studies do not show that if they are going to church for health reasons, their health will improve," Koenig said. "But if people go to church for religious reasons, they have better health and survive longer."

The findings released in the July-August medical sciences edition of the Journal of Gerontology examined 3,968 adults in five North Carolina counties from 1986-92.

Researchers interviewed participants each year about church attendance, their health, social support and alcohol and tobacco use. The subjects, mostly Christians and Jews, were categorized according to whether they attended religious meetings once weekly.

By 1992, 1,177 participants had died.

Analyses showed 46 percent fewer of the church attendees died during the period than nonchurchgoers. But the rate dropped to 28 percent when the differing ages, health and social factors and smok-

ing and alcohol use within the sample were taken into account.

The respective mortality risks are comparable to those experienced by smokers versus nonsmokers, Koenig said. The risk decline was 35 percent in women and 17 percent in men, according to the study.

The report, funded by the National Institutes of Mental Health, is not the first to tie religious practice to a lower risk of dying. A California study of 5,300 people over 28 years generated similar findings, but the survey sample ranged from 21 to 65 years of age. And the sample's mortality was 15 percent, compared with about 30 percent for the Duke study.

The health benefits of church attendance may be related to the increased social support found in religious groups, Koenig said.

"Other members are committed to you, praying for you," he said. "You get sick and don't show up for church, and people call you and ask why you weren't there."

Church attendance also may prompt the faithful to be more conscientious about taking medication. A deep religious faith, while not synonymous with attending church, also helps people cope with tragedy and may relieve stress, Koenig said.

Stan Kasl, an epidemiology professor at the Yale University medical school, called the Duke study "an important contribution" to firming up the church-good health association.

"We don't have many of these kind of studies," said Kasl.

Obituaries

Missionary Mozella

(Marie) Jackson/Jones went home

To be with the Lord on August 22, 1999 at 7:00 A.M. at Emmanuel Hospital.

The Home going of Missionary Marie Jones will be held at The Church of The Living God C.W.F.F. at 6401 N.E. 10th and Highland at 11:00 A.M.

Officiating is her Pastor Elder Sylvester Green III



Eric Ivan Tomlinson Sr.

A funeral was at noon Wednesday, Aug. 18, 1999, in Killingsworth Little Chapel of the Chimes for Eric Ivan Tomlinson Sr., who died Aug. 13 of kidney failure at age 43.

Mr. Tomlinson was born July 18, 1956, in Baltimore, Md. He served in the U.S. Marine Corps and then was a corrections officer in Baltimore until retiring with a disability in 1985, when he moved to Portland.

Survivors include his sons, Eric I. Jr. and Michael A., both of Portland; daughters, Erika M. and Tshakatumba N. Brown, both of Portland; mother, Mary E.; sister, Ileath M. Roberts; brothers, Shawn and John; grandmother, Elizabeth Lindsey all of Baltimore; companion, Annie Marie Brown of Portland; and a grandchild.

Disposition is by cremation.

Local Church And Community Center Plans Summer Gospel Event

Portland, Ore. - Martin Luther Memorial Lutheran Church (MLMLC) and Lutheran Inner-City Ministries (LICM) in Northeast Portland have partnered with Self-Enhancement Inc. to host its first summer gospel event Saturday August 28 from 4-7 p.m. This free event is geared toward bringing families in the community together for a day of fun praise. Musical groups, including Charles Patton, Tribe Called Judah, Genesis and Disciples in Song, will perform; activities are planned for kids, which include a giant slide, games and free root beer floats. Event coordinators hope the excitement spreads throughout Northeast Portland. "Our location right on MLK Blvd. is a huge asset to us since we are holding the event in our parking lot," commented Anthony Vence, Event Coordinator. "We hope people driving by will hear the music, see the fun and stop to share the day with

us." This is the first event of its kind MLMLC has coordinated since the pastor accepted the call to the church a year ago. "Northeast Portland is my home. I grew up here, graduated from Concordia University, and now have the privilege of leading a congregation in the heart of the neighborhood," remarked Herman Hawkins, Pastor of MLMLC and CEO of LICM. "The opportunity to reach out to our community and share the joy with my hometown neighborhood is a very rewarding experience." Several organizations have supported this event. They include Widmer brewing, Self-Enhancement Inc., Lutheran Brotherhood, and Lutheran Church - Missouri Synod Northwest District Office, Aid Association for Lutherans, and Concordia University. For more information about this free event, contact Martin Luther Memorial Lutheran Church at (503) 281-7036.

Urgent Statement

• From Simonds Family

(Portland OR) - The following statement comes from the family of the late Kim, Cynthia and Aaron Simonds. 7-year old Aaron Simonds passed away at Legacy Emmanuel Children's Hospital. He died from injuries suffered in a motor vehicle accident Sunday afternoon in which his parents lost their lives. 12-year old Benjamin Simonds, who injured his right elbow, was released from the hospi-

tal this afternoon. "The family thanks everyone for the outpouring of love and concern. We take comfort in the fact that our loved ones had a personal relationship with Lord Jesus Christ and that we have the absolute assurance that they are with the Lord in Heaven. We hold no animosity toward the other driver and we will be praying for him." The family respectfully requests that the family not

be contacted. Anyone wishing to contribute may do so to the Mission Fund at Tri City Baptist Temple in Gladstone. The media will be allowed to attend the funeral of Kim, Cynthia and Aaron as long as they respect the privacy of family members and do not attempt to talk with them. Questions about the funeral and Mission Fund can be directed to the church.

FREE FAMILY EVENT

MARTIN LUTHER MEMORIAL LUTHERAN CHURCH PRESENTS

Summer '99 Gospel Event

Share an afternoon of gospel with your family.

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Charles Patton • Genesis
Disciples in Song • Tribe Called Judah

Free Food • Fun and Games For the Kids

Saturday, August 28th • 4 P.M. - 7 P.M.

MARTIN LUTHER MEMORIAL LUTHERAN CHURCH
Lutheran Inner City Ministries
4219 NE Martin Luther King Jr. Blvd.

For more information contact MLMLC/LICM at 503-281-7036

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