

RELIGION

A Biblical Perspective on Health and Healing

God calls for a total abstinence from all substances that are harmful

BY DR. RICK LEE

In order to have a firm reliance in God, it is essential to exercise and practice temperance. Temperance in the context of health means a "total abstinence from substances that are harmful and moderate use of substances that are healthy."

The concept of total abstinence has become very unpopular. Many health educators promote the mistaken idea that almost anything we do is appropriate so long as we do it in moderation. It is unfortunate that as science confirms God's word on health topics, that changes are not instated in our health care system.

The health care industry in America is a 1.3 trillion dollar indus-

try. A big part of the problem is organizations and corporations protecting their market dominance and the government protecting the economy rather than the health of a society.

Research literature, my own personal experience and the experience of some of my patients, confirms we would be better off totally avoiding many things that are popular to use in moderation.

A perfect example of this is alcohol. While many health care professionals use alcohol themselves, a growing number of practitioners call for total abstinence from alcohol.

The Oregon wine industry makes more than \$100 million a year, and this does not include the sale of beer or liquor. As we protect an industry who's product has been scientifically proven to cause health problems and lower morals of a

society, Oregon is grappling with school-funding and state budget crisis.

The liquor industry is a power in the world. It has on its side the combined strength of money, habit and appetite. Please understand in-

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temperance, profanity and licentiousness are sisters. Few people advocate prohibiting alcohol anymore, even though it is a drug. Actually, it is one of the most widely used drugs in our nation. It is often addictive, and is a known killer. Government research reveals that alcohol causes more than 100,000 deaths per year in the U.S. Thus, among drugs, alcohol is second only to tobacco as a cause of premature deaths in our nation and is the third leading actual cause of death overall.

More than 86 billion dollars are spent annually to purchase alco-

holic beverages. As much as 116 billion dollars are spent annually for the cost of damage to society from alcohol, for example in divorce courts, health care, lost work and premature deaths. All told, the total annual cost of alcoholic beverages is \$202,000,000,000.

Drinking impacts the gastrointestinal system by causing cirrhosis of the liver, esophageal varices, gastroesophageal reflux disease, alcoholic hepatitis, acute and chronic pancreatitis, gastritis and peptic ulcer disease.

Alcohol weakens the immune system because the body's ability to fight bacteria and viruses is reduced by 67 percent in light drinkers, with only two drinks.

While I have singled out alcohol, caffeine, chocolate and tobacco are also included as substances that harm the human body that God designed and created.

Dr. Lee is a Portland area practicing traditional naturopath. You can contact him by e-mailing him at rleeohwc@juno.com

Youth Choir Enrolling

The Portland Metropolitan Youth Choir will host their Annual Youth Gospel Music Workshop next week with classes in choir directing, music theory, voice and much more.

The workshop choir will be in concert at 6 p.m. on Saturday, April 26 at the New Hope Baptist Church, 3725 N. Gantenbein, and the public is invited to attend.

The first workshop session will be held on Wednesday, April 23 beginning at 6 p.m. at the Morning Star Baptist Church, 106 N.E. Ivy. The next two sessions will be held with Rev. Robert C. Jointer on Thursday, April 24 and Friday, April 25 beginning at 6 p.m. each evening at the New Hope.

This year's guest conductor is former area resident

Terry Davis, who now lives in Columbus, Ohio. Mr. Davis is a gifted musician, songwriter and recording artist. He was the first music director for the Northwest Community Chorus, who performed with Dr. Charles Floyd and the Oregon Symphony for the Gospel Christmas choir.

While in the Northwest, he served as musician and music director for a number of choirs and groups, including the Portland Metropolitan Youth Choir, the Portland Vancouver Chapter of the Gospel Music Workshop of America, the New Hope Baptist Church and the Mt. Olivet Baptist Church.

For more information and registration information, call 503-283-0492, 503-698-5447 or 503-225-4908. Onsite registration will be held, however pre-registration is encouraged.

Augustana Lutheran Church

NE 15th & Knott ~ 288-6174



Holy Week Worship: Wed. 7:30 pm;
Maundy Thurs. 7:30 pm;
Good Friday 11 am & 7:30 pm;
Easter Vigil 7:30 pm



Easter Sunday, April 20
He is Risen!

8:30 am Contemporary piano, guitar, ensemble
11 am Classical organ, trumpet, choirs, bells,
1:30 pm Open Circle flute, sax, drums, piano

6 pm Jazz/Gospel with Marilyn Keller, Shirley Nanette, George Mitchell, Kevin Datta, Ron Steen



Rev. W.J. Mark Knutson
Rev. Ramona Soto Rank
2710 NE 14th Ave 288-6174

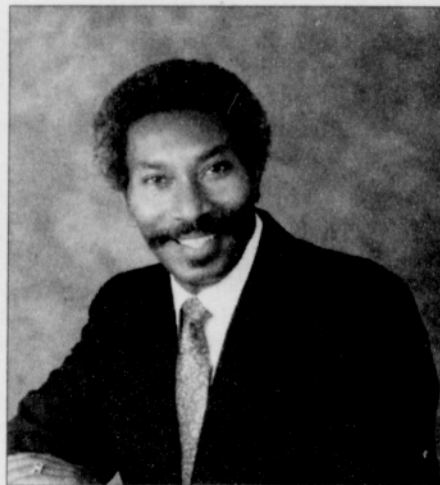
Obituaries

Frank F. Swopes Sr.

Frank F. Swopes died April 10 at the age of 67. He was born Aug. 18, 1935 in Little Rock, Ark. Mr. Swopes served in the U.S. Navy, graduated from the University of Idaho and retired from Allstate Insurance after 23 years of service.

Survivors include Lolitta Jackson, Frank F. Swopes Jr., Kimberly Swopes-Washington, eight grandchildren and one great-grandchild.

A funeral service will be held at North East Community Fellowship Foursquare Church, 636 N.E. Stanton, at 10 a.m. on Friday, April 18.



Frank F. Swopes Sr.

Local Sports Enthusiast Dies

Arthur L. Shepherd was born on Aug. 2, 1927 in Portland to Lee and Anne Shepherd. He attended Benson High School, where he excelled in sports and was a four-year letterman in basketball, baseball and football. In the late 30s and 40s he played for a semi-pro basketball team and the Colored Merchants Baseball Team. One year his basketball team was so good, they beat the Harlem Globetrotters in a challenge game.

He later attended the University of Oregon. Soon the war called, and Shepherd joined the Army.

He was an avid bridge player and was one of the leading players to The Challengers, a Portland area Bridge Club.

He was a member of the Kappa's

fraternity for many years, as well as a past president of the Portland Newsboys Association. He was raised from childhood as a member of St Phillips Episcopal Church. Shepherd was employed for more than 20 years as a purchasing agent for Western Transportation Co.

In the 1960s he met and married Verna Smith, whom he remained with until his death.

He leaves behind his wife; a son, Randy; daughters, Joyce Smith and Jackie Keller; three sisters, Carolyn Benning, Maggie Morrison and Alyce Jane Carr; six grandsons, a granddaughter and a host of nieces and nephews.

His sister, Nancy Shepherd, and brother, Lester Shepherd, preceded his death.

Robert L. Ceaser

Robert L. Ceaser died April 6 at age 71.

Mr. Ceaser was born April 30, 1931, in Picayune, Miss. He moved to the Portland area in the late 1960s and was a truck driver. In 1994, he married Gloria E. Johnson.

Survivors include his wife; daughters, Carol Ceaser, Eula Ceaser, Shirley Ceaser, Tina Strawder, Sandra Ceaser and Marilyn Ceaser; sons, William Ceaser and Kimble Waters; stepson, Todd Hunter; 15 grandchildren; and six great-grandchildren.

A funeral was held at Killingsworth Little Chapel of the Chimes.

UPCOMING EVENTS



Rev. W.G. Hardy Jr.

Two spectacular Resurrection Services
Sunday, April 20th 2003

HIGHLAND UCC (The Right Place)

1737 NE Alberta Street, Portland, Oregon 97211

10:30 am - 12:30 pm & 1:30 pm - 3:30 pm

With Special Guest
The Renowned
Professor Craig Hayes

Vice president of the National Gospel Music Workshop of America

&

Recording artist of United Voices of Trenton New Jersey

You Don't want to miss this!

Please come early for limited seating
For more information call 503-287-9567



Pastor and First Lady Roy G. Maxie

Church of the Living God

Christian workers for fellowship

6401 N.E. 10th Avenue
Portland, Oregon 97211

Services

Sunday School 9:45 A.M.
Morning Worship 11:30 A.M.
Evening Worship 7:00 P.M.
Wed. Bible Study 7:00 P.M.

"Where there is no vision, The People perish."

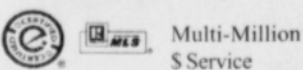
For more information please call
(503) 284-5171

Everyone's Welcome.....



Wally Tesfa

Residential & Commercial Realtor



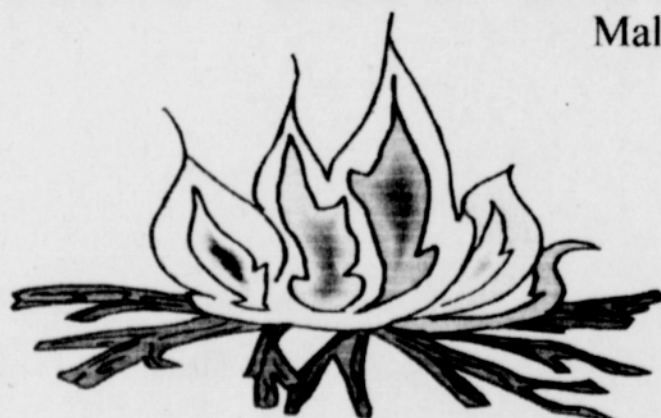
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=SPRING REVIVAL=

"Send The Fire"

Malachi 3:2-4



Prophetess Betty Johnson of Beaumont, Texas
(God's anointed messenger for a nation under siege)

Experience Healing, Deliverance, Breaking Down
Of Strongholds and Prophecy!

Tuesday	April 15, 2003	7:00 pm
Wednesday	April 16, 2003	7:00 pm
Thursday	April 17, 2003	7:00 pm

Allen Temple CME Church
4236 NE 8th Avenue
Portland OR 97211
(503) 287-0261

Pastor: Dr. LeRoy Haynes, Jr.