



moral perspectives
Rabbi Irwin Groner

It is not morally commendable to be a humorless bore

When the founding fathers of America wrote the Declaration of Independence, they included one phrase which was to have wide repercussions later in the history of this country, "the pursuit of happiness."

The idea of happiness is, of course, nothing new. Americans did not have it. It has been known in a hundred cultures and experienced universally for millennia. What was novel in the formulation of the founding fathers was the emphasis on happiness as something to pursue, a goal worthy of the greatest effort.

Serious thinkers have not always looked with favor on this phrase. Not that there is anything wrong with being happy — their outlook is not jaundiced — but they have two reservations.

First, is happiness really to be the highest goal of man? Is it subordinate to, or more important than, let us say, the idea of duty, or respect for others, or faithfulness, or honor? And second, can happiness really be acquired by pursuing it? Is it not really a rather elusive prize which you can win only indirectly by living in a certain way, and not by direct chase?

But these debates are really academic.

Today we accept happiness as terribly important; and for most, it is the highest value that life has to offer. We no longer ask questions about the wisdom of pursuing it in order to attain it. Indeed, we do not simply pursue it, we are relentless, fanatic, single-minded in our hot chase after it.

It is important to note that we have changed the word "happiness" to "fun" and with it has come a change in the character of our aspirations.

Happiness implies an ordered, harmonious life of which others desired satisfaction. Fun is escape. It suggests losing oneself consciously in a world where all tensions are released and inhibitions loosened. The pursuit of fun has become America's major enterprise.

I DO NOT WANT to be cast in the role of the grim-faced, deadly moralist. It is not nothing wrong with a life that provides for occasions of fun, provided that these do not contradict the other values that impart excellence and honor to human existence.

It is not morally commendable to be a humorless bore. Some diversion or escape is both necessary and welcome in human life.

My concern is, however, with that great number of Americans who have unconsciously transformed fun into occasional entertainment to a life-style; from a casual distraction to a consuming passion; from an occasional release to a total immersion in an escape from challenge to which life summons all of us.

Perhaps life in this complicated, dangerous, complex world is too deadly serious for most people; but still, that is no excuse for avoiding its problems or withdrawing from its demands.

THE WORD "FUN" according to Webster, comes from the middle English fennen, which means to be foolish, or to fool someone. Too much concentration on "having fun" is the epitome of foolishness. And if one spends his life in a nervous, anxious, guilt-laden pursuit of fun, then he fools no one but himself.

One of the most enlightening statements on this subject comes from George Bernard Shaw. "We have no more right to consume happiness without producing it than to consume wealth without producing it."

By lightening the burdens that others carry, by offering comfort to the depressed, hope to the despondent, faith to the weary, and sustenance to the deprived, we become worthy of the great prize of happiness. It is found not on the path of self-indulgence but, rather, in the way of love, compassion and service.

gerontology
A. Jolayne Farrell

Reducing your risks will give you the best chance of avoiding a heart attack

Dear Jo:

So many of my friends died from heart attacks. Is there anything that can be done to reduce the risk of a heart attack?

Mike P. (age 46)

Studies done by the American Heart Association show that certain physical conditions and living habits increase the risks there is a practical step you can take to counteract it. There are certain health habits that can be followed, with a doctor's guidance, by everyone in the family — children as well as adults.

They suggest six ways to guard against heart attack:

- Reduce saturated fat and cholesterol in the diet. This includes having frequent meals of fish and poultry, which contain less saturated fat than meat. When serving meat, use lean cuts and trim off the fat. Use liquid vegetable oils and polyunsaturated shortenings. Also they suggest the use of skimmed milk, skimmed milk products and to eat fewer eggs.

- Avoid excess weight: Middle-age persons who are thirty percent overweight have twice the risk of a heart attack compared to those of normal weight.

- Control high blood pressure: High blood pressure (hypertension) increases the chances of a heart attack if it goes undetected and untreated. Through regular checkups and proper medical treatment, this disease can be brought under control in most cases.

- Don't smoke: The heart attack rate is 50 to 200 percent higher for heavy cigarette smokers than it is for non-smokers. For those who give up the habit, the death rate declines almost to that of people who have never smoked.
- Exercise regularly: Studies show that those who are physically active run a higher risk of heart attack than those who get regular, moderate exercise. Your doctor can tell you what kind of physical activities will suit your age and physical condition.

- Have regular medical checkups: Regular checkups enable your doctor to detect and treat conditions that lead to a heart attack and to other forms of heart circulatory disease.

There is still no guarantee that heart attacks can be prevented, but medical scientists say that reducing your risks will give you the best chance of avoiding a heart attack in the prime of life. Following the rules for risk reduction can mean good health and physical fitness for every member of your family.

OCC board rotating meeting sites

Oakland Community College President Robert Roulas, acting on a suggestion of the Board of Trustees, said the board will have its regular board meetings at various campuses during the next few months.

The meetings are held on the last Thursday of each month at 3 p.m. They are open to the public.

The schedule is:
● July — Highland Lakes campus, 7350 Cooley Lake Road, Union Lake.
● August — Auburn Hills campus, 2900 Featherstone Road, Auburn Heights.
● September — Orchard Ridge campus, 27055 Orchard Lake Road.
● October — Royal Oak campus, 703 S. Center Drive, Royal Oak.

That Blessings May Be Yours



For Church Directory Advertising Information
Please Call 644-1100 Ext. 200

THE COVENANT BAPTIST CHURCH
1800 W. Maple Rd. • Birmingham 35223 • 875-9191
9:45 a.m.: CHURCH SCHOOL • 11:00 a.m.: WORSHIP SERVICE
6:30 p.m.: EVENING SERVICE
WEDNESDAY EVENING
7:00 Prayer Service
8:00 Adult Choir
Ministers: Rev. Nicholas Titus and Rev. Edward Libby

Orchard United Methodist
3545 FARMINGTON ROAD
Between 12 and 14 Mile Road
626-3622
MORNING WORSHIP
9:30 AM & 11 AM
CHURCH SCHOOL & NURSERY
9:30 AM & 11 AM
MINISTERS
Robert S. Brown
James F. Thomas

NORTH CONGREGATIONAL CHURCH
25275 Northwestern Highway near Lahser
Southfield, MI PHONE: 356-1660
United for the worship of God and service to Humanity
Rev. Mark P. Jensen, Senior Minister
Rev. David W. Howell, Minister of Christian Education
Dr. Henry Langford, Dr. of Music
WORSHIP SERVICE 11 AM
CHURCH SCHOOL 11 AM
No Stairs Nursery
LAKES CHURCH CENTER DR.

CENTRAL WOODWARD CHRISTIAN CHURCH
(Disciples of Christ)
355 W. Big Beaver at Adams-Troy
CHURCH SCHOOL:
9:30 A.M.
WORSHIP: 11:00 A.M.
Minister:
Robert H. Boyte
644-0512

NORTHBROOK PRESBYTERIAN CHURCH
14 Mile and Lahser Roads
WORSHIP SERVICE
9:30 & 11:00 AM
Pastor:
M. L. Dunkelberger
Peter Moore

PRINCE OF PEACE LUTHERAN
Missouri Synod
12 Mile and Farmington Roads
Behind Crowley's
Worship 8:15 and 10:45
Sunday School & Bible Class 9:30
Pastor: Rev. T. Richard Marcks
Church Phone: 553-3300

NARDIN PARK UNITED METHODIST CHURCH
29887 West Eleven Mile Road
Farmington Hills
Worship Services: 9:15 & 11 AM
"THE STATE OF THE CHURCH"
Dr. Wm. Rittler
Dr. William A. Rittler, Pastor
Rev. Jeffery Danner, Assoc. Min.
Mrs. Donette Miller, Dr. C.E.
Mr. Melvin Rookus, Dr. Music

Christian Science Churches
FIRST CHURCH OF CHRIST, SCIENTIST
BIRMINGHAM
191 Chester at Willis
SUNDAY SERVICES 10:30 AM
SUNDAY SCHOOL 10:30 AM
WEDNESDAY TESTIMONY MEETING 8:00 PM
READING ROOM
355 East Maple • 644-7955
Mon.-Tues. 9:30-5:30 & 7-9; Wed. & Sat. 9:30-5:30; Thurs. & Fri. 9:30-5
FIRST CHURCH OF CHRIST, SCIENTIST
FRANKLIN H. ADKINS
Maple at Midway
SUNDAY SERVICES 10:30 AM
SUNDAY SCHOOL 10:30 AM
WEDNESDAY TESTIMONY MEETING 8:15 PM
READING ROOM
4361 Orchard Lake Rd. • 951-7440
Mon.-Sat. 10-5/7/9-7-9
All are welcome at the above church services and Reading Rooms. Child care facilities provided Sunday & Wednesday.

Kirk in the Hills
PRESBYTERIAN
940 W. Long Lake Rd
MINISTERS:
James F. Anderson
Robert L. Lindsey
Worship Service and Church School
9:30 am and 11:30 am

FIRST UNITED METHODIST
1550 West Maple at Pleasant Hill
Ministers: James W. Wright • Douglas W. Vernon
• Evans C. Bentley •
WORSHIP SERVICES
8:30, 9:30 & 11 AM
Nursery Care 8:30 AM
Church School Classes
Crib-Adult: 9:30 & 11 AM

CHRIST CHURCH CRANBROOK
Episcopal
Lone Pine at Cranbrook
8:00 a.m.
Holy Eucharist
9:15 and 11:15 a.m.
Morning Prayer
at 11:15 a.m.
Tuesday 10:00 a.m.
Holy Eucharist
Wednesday 7:00 a.m.
Holy Eucharist

ST. PAUL UNITED METHODIST CHURCH
165 E. Square Lake Road
Bloomfield Hills
12 mile east of Woodward
Church School - 9:30
Worship - 10:45
Nursery Provided
Dr. David Truran, Pastor

HOPE LUTHERAN
39200 W. 12 Mile Road
Farmington Hills
SUNDAY SCHOOL 9:15 AM
WORSHIP, 10:30 AM
V.M. Moberg, Pastor

SAINT ANDREW'S EPISCOPAL CHURCH
16360 Hubbard Road
Livonia, Michigan 48154
421-9451
Wednesday 9:30 a.m. - Holy Eucharist
Saturday 5:00 p.m. - Holy Eucharist
Sunday 7:45 AM - Holy Eucharist
9:00 a.m. - Christian Education for all ages
10:00 a.m. - Holy Eucharist
Sunday Morning - Nursery Care Available
The Rev. Kenneth G. Davis The Rev. R. Scott Engel
The Rev. Edward A. King

UNIVERSITY PRESBYTERIAN CHURCH
1385 S. Adams • Rochester
375-0400
WORSHIP: 9:00 & 11:15
CHURCH SCHOOL
10:15 - 11:15 a.m. • 2-5:15 p.m.
11:15 - 1:15 p.m. • 7-9 p.m.
Nursery Provided
ST. Paul's Lutheran
Missouri Synod
26055 Middlebelt at 4 Mile
Farmington Hills • 474-0675
The Rev. Ralph E. Unger, Pastor
SUNDAY WORSHIP: 8:30, 10:00, 11:15
SUNDAY SCHOOL, AND ADULT BIBLE CLASSES: 10 AM
CHRISTIAN SCHOOL
Grades K-8
Wayne C. Berwick, Principal
474-2488

"As the shadow of a great rock in a weary land."
— Isaiah 32
This describes our Reading Rooms. Here you may read, borrow or purchase the Bible as well as publications about Christian Science. There are also colorful story books and cassettes of interest to children. Or, you may catch up on important news in THE CHRISTIAN SCIENCE MONITOR, the international daily newspaper.



FIRST UNITED METHODIST CHURCH
33112 Grandview
Farmington 474-6573
10:00 AM
CHURCH SCHOOL 10 AM
Nursery Provided
Minister: Charles H. Davison

WARD PRESBYTERIAN CHURCH OF LIVONIA
Farmington and Six Mile Roads 422-1150
Worship & Sunday School: 8:30, 10:00 and 11:30 A.M.
HOLY COMMUNION
"Valley of Dry Bones"
Dr. Bartlett L. Hess
7:00 PM
"God's Wrath; the Cauterizing Effect"
Rev. W. Wallace Hostetter
Music by Soprano Carol Bleich
Wednesday, 7:30 PM - Francis Schaeffer Film Series
"Reclaiming the World"
(Activities for All Ages)
SUNDAY SERVICE BROADCAST 9:30 AM, WMUX-FM 103.5
Nursery Provided at All Services

ST. ANDREW LUTHERAN CHURCH, L.C.A.
6255 Telegraph North of Maple
BIRMINGHAM
9:15 Sunday Church School
10:30 Sunday Worship
The Rev. C.W. Richter, Pastor
646-5207-646-4119

ST. JOHN AMERICAN LUTHERAN
25215 G. • 474-1900
Charles Fox, Pastor
Mark Padgett, Pastor
8:30 & 11 AM Worship
9:40 Sunday School
474-0584

ST. PAUL UNITED METHODIST CHURCH
165 E. Square Lake Road
Bloomfield Hills
12 mile east of Woodward
Church School - 9:30
Worship - 10:45
Nursery Provided
Dr. David Truran, Pastor

Bloomfield Hills Christian Church
Roma's of Bloomfield
2101 S. Telegraph
Bloomfield Township
WORSHIP: 9:30 AM
PRaise Service: 6 PM
BIBLE STUDY: 7 PM WEDNESDAY
645-1202

FAITH COVENANT CHURCH
Pastor
Michael A. Hallen
Associate Pastor
Mary Miller-Vikander
Minister to Youth
David A. Rose
35415 W. 14 Mile Road
at Drake
661-9191

ST. JOHN AMERICAN LUTHERAN
25215 G. • 474-1900
Charles Fox, Pastor
Mark Padgett, Pastor
8:30 & 11 AM Worship
9:40 Sunday School
474-0584

FIRST PRESBYTERIAN CHURCH OF BIRMINGHAM
1559 West Maple Road
Ministers:
F. Morgan Roberts
Charles A. Sommers
D. William McIvor
Dennis F. Barger
Gerald S. Crawford
Morning Worship and Church School
9:30 and 11:15 AM Nursery Provided

CLARENCEVILLE UNITED METHODIST
20200 Middlebelt Livonia 474-3444
Pastor Gerald Fisher
8:45 am First Worship Service
10:00 am The Church School
11:15 am Second Worship Service
Nursery Provided at All Services

HOPE UNITED METHODIST
Civic Center Dr. at Burg Rd.
Just east of Telegraph
Southfield 256-1200
SERVICE & NURSERY: 10 AM
CHURCH SCHOOL: 11:20 AM
Rev. Terry W. Allen, Pastor

EVANGELICAL FREE
Grace Evangelical
New Meeting in The
Birmingham Community House
3603 Bane
9:30 am Sunday School for All Ages
10:30 am Morning Service
Pastor: Rev. Robert
344-0163-Nursery Provided

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20000 W. 12 Mile at Evergreen
486-8777
WORSHIP: 10 AM
CHURCH SCHOOL: 10 AM
(Nursery thru High School)
Minister: John W. Bray

FRANKLIN COMMUNITY CHURCH
On Franklin's Village Green
486-8777
SUMMER SCHEDULE
Worship 10 AM
Care Provided for Pre-Schoolers
Dr. Samuel F. Stout, Pastor
United Methodist in Affiliation
Evangelical in Spirit

Brightmoor Tabernacle
26555 Franklin Rd. • Southfield MI
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Sunday School 9:45 am - Morning Worship 11:00 am
Celebration of Praise - 6:30 PM
Wed. Adult Prayer & Praise - Youth Service 7:30 PM
"A Charismatic Church where people of many denominations worship together"
Thomas E. Trank, Pastor

BAPTIST CHURCH
American Baptist
Bates and Willis
Birmingham
Robert D. McDaniel
MINISTERS
CHURCH SCHOOL
9:45 AM
WORSHIP
11:00 AM
644-9550

The Congregational Church of Birmingham U.C.C.
Woodward at Cranbrook
Bloomfield Hills
Worship & Church School
10 AM
Nursery Care
The Rev. Charles O. Erickson
Carol D. Grim

Because when true belief is in your heart, personal war with followers you wherever you go