

moral perspectives

Rev. David Strong

No quick fixes for our vulnerability

There is an ancient story about a godlike hero, Achilles, who could not be killed or wounded except on the heel of his foot. The secret finally is discovered, and he is killed by a weapon aimed at his heel.

The story points out the fact that we human beings are all vulnerable. It also suggests our human desire to evade this vulnerability. No age beside our own has tried harder to avoid vulnerability to disease, war, hunger and natural disaster.

Our leaders talked about a window of vulnerability to Russian weapons. The search for a way to have the MX missile less vulnerable has lead nowhere. As time passes the goal of making us less vulnerable slips further and further out of sight.

For all of our armed forces, electronic weapons, medical advances, psychology and clergy, we are even more acutely aware of our vulnerability than ever before.

A RECENT SURVEY indicates that the issue people have the greatest difficulty dealing with is their own vulnerability. Henri Nouwen, in his book "The Wounded Healer," invites us to affirm our vulnerability. He believes that it is a means of discovering the deeper meanings in life.

Recognizing our human condition can be an invitation to greater understanding and healing. It is in the midst of our vulnerability that we can learn of compassion, caring and forgiveness.

Through our wounds we explore the depths of our own loneliness. In our vulnerability we search for the deeper meanings of love and push our spirit to consider the very borders of life itself and the mystery of the beyond.


A phrase keeps running through my mind — there is nothing more holy than being human. The scriptural definition of being human is that we are created creatures in relation to God. The Garden of Eden story is one which expresses our desire to deny our limitations.

THE TRUE HEALER in our society will oppose the idea that we can or should escape our vulnerability. As human beings, we should not suppose that there should be no fear, loneliness, doubt, confusion or pain in life. To suggest otherwise is to encourage persons to find quick fixes to what is really our basic human condition.

The true healer will teach others that acknowledging and exploring our vulnerability can be a pathway to peace, justice and community. It is in our common condition that we find the basis for community and cause for hope.

The Psalms presents all our human condition, including our vulnerability, as it may be expressed before God.

Many suggest that praying the Psalms as though they were our lives helps to deepen our life and hope. This can even lead to discovering another truth, that ultimately, our own wounds are a source of our healing.



gerontology

A. Jolayne Farrell

Reader offers help for ringing in ears

Dear Jo:

In regards to your column on suggestions for older persons who suffer from "ringing" in their ears or other such head noises (tinnitus), I would like to suggest the Tinnitus Masking Program, which is sponsored by a non-profit organization, the American Tinnitus Association.

Although no person is accepted for the program without prior medical clearance, most physicians are unaware of the successful relief gained through the use of maskers.

Since, so far, there is no cure for tinnitus, the ATA stresses that the masker will only provide relief. The success rate is about 75 percent.

For a brochure and the address of the Tinnitus Masking Program in your area, you can write to the American Tinnitus Association, P.O. Box 5, Portland, Ore. 97207.

R.H., Toronto

Dear Jo:

My husband and I have always dreamed of spending our retirement in the sunny south. Unfortunately, I have a heart condition and worry that I may not be able to tolerate the heat and, at the same time, I don't think I can stand another northern winter.

Mrs. J.V. (60+)

Dear Mrs. Y:

A study done by the University of Nevada concluded that older persons usually do very well in hot, dry climates. Although it takes a little time to get used to temperatures around 100 degrees, once the person does, he or she can maintain a moderate level of heart activity without any problems.

Before making any decisions, Mrs. Y, you and your husband should travel south and spend some time there (at least six months) before you make the move.

Dear Jo:

I have a problem with dryness in my mouth which is due to a medication that I must take for my high blood pressure. I have tried the usual remedies but I found a rather unique way of keeping the inside of my mouth moist. (Actually, I got the idea from an old Ceraus movie). I use a (new) small perfume atomizer several times a day to mist the inside of my mouth with water, and the dryness is greatly improved.

I hope you'll print my suggestion as I'm sure many of your readers have this problem.

A.V.

Dear A.V.:

Thank you for your suggestion. I think it's a good idea too. One thing I would suggest is that the atomizer be kept clean and the water changed often as atomizers can be a place where bacteria can be harbored.

P.T.

Dear P.T.:

I think future government policies/programs on aging should focus on the large percentage of elderly who live in the community. Programs that assist older persons to help themselves and to remain in their homes, I feel, would be the most beneficial. Examples of these types of programs are health-care and day-care centers, nutritional programs, more public health nursing programs (particularly those that identify and care for the elderly-at-risk) and educational programs.

Silas for the SIPSE program are Alwood Elementary School, 4680 North Ave., Mt. Clemens; Hamilton Elementary School, 5625 Northfield Parkway, Troy; Brengle Elementary School, 223 Bush St., Grand Blanc; Stadium Drive Elementary School, 344 Stadium Drive, Lake Orion; Brewster Elementary School, 1845 Brewster, Rochester; and the Walbridge House Resource Center, East Wing, 60 Parkhurst Street, Pontiac.

For costs and additional information, call 377-3000.

Parents of children with learning or behavior problems in school can bring their children to one of six summer improvement sessions sponsored by Oakland University.

The program is called SIPSE (Summer Improvement Program in Special Education) for children ages 5 through 16 who are currently enrolled in school and who are certified as learning disabled or emotionally impaired.

Registration and parent interviews will be from 9 a.m. to 2 p.m. Tuesday and Wednesday, June 28 and 29. The program will begin Thursday, July 8, and run through Thursday, Aug. 11, and run from 9 a.m. to noon on Monday through Thursday.

Sponsored by the School of Human and Educational Services, SIPSE will combine the educational training with social and recreational activities to make the summer enjoyable as well as educationally productive.

Group and individual sessions will be based on initial parent interviews and informal diagnostic reports. A final performance report and recommendations for each child will be prepared for the parents at the conclusion of the program.

That Blessings May Shine on You... Come to Church

For Church Directory Advertising Information
PLEASE CALL 644-1100 Ext. 217

ST. PAUL UNITED METHODIST CHURCH
1651 S. Square Lake Road
Bloomfield Hills
9:30 Church School
10:45 Church Worship
Nursery Provided
Dr. David Truitt, Pastor

EVANGELICAL FREE
Great Evangelical
Worshiping in the
Birmingham Area
300 S. Burre
9:30 am Sunday School 10:00 am
10:30 am Morning Service
Pastor: Rick Heston
334-1144, Pastor Provided

HOPE LUTHERAN
33200 W. 12 Mile Road
Farmington Hills
SUNDAY SCHOOL: 9:15
WORSHIP SERVICE: 10:30
V.M. Kestenberg, Pastor

THE COVENANT BAPTIST CHURCH
9:45 a.m.: CHURCH SCHOOL • 11:00 a.m.:
WORSHIP SERVICE
6:30 p.m.: EVENING SERVICE
WEDNESDAY
7 PM Prayer & Bible Study
8 PM Adult Choir

Ascension of Christ Lutheran Church
16935 W. 14 Mile Road
Birmingham
Family Learning Hour:
10:00 am
Sunday School: 10:30 am
Sunday Worship: 11:00 am
The Rev. W.E. Wolff, Pastor
646-3207-646-6111

ST. JOHN LUTHERAN ALC • FARMINGTON
22225 Oak Ridge
3 Blocks S of Grand River
3 Blocks W of Farmington Rd
Worship Services: 9:30 & 11:00
SUNDAY SCHOOLS: 9:45
Pastors: C. Fox & M. Radtch

Salvation Army
27500 Shawnee
at Hoover Road
SUNDAY SCHOOLS:
Sunday School 10 AM
Morning Worship 11 AM
Evening Worship: 6 PM
Prayer Meeting Thurs. 8 PM
Evangelist John Cranston

ST. ANDREW
6255 Telegraph North St. W. 1/2
BIRMINGHAM
9:15 Sunday Church School
10:30 Sunday Worship
The Rev. C.W. Richter, Pastor
646-3207-646-6111

Back in the Hills PRESBYTERIAN
1340 W. Long Lake Rd
MINISTERS
James P. Anderson
Robert L. Lindsey
Worship Service and
Church School
9:30 & 11:30 AM

Cross of Christ LUTHERAN
Corner Lone Pine & Telegraph
Bloomfield Hills
WORSHIP:
8:15 • 9:45 • 11:15
EDUCATIONAL
HOUR: 9:45
Nursery - 6th Grade
Junior/Senior High and
Adult Bible Classes

Northbrook Presbyterian
14 Mile & Lusher Road
WORSHIP SERVICE
9:30 & 11:00 AM
- Nursery Provided -
Pastors:
M.L. Dunkelberger
Peter Moore
642-0200

CHRIST CHURCH
EPISCOPAL
LONE PINE AT CRANBROOK
THE REV. ALMUS M. THORP, JR., RECTOR
8:00 AM Holy Eucharist
10:00 AM Holy Eucharist and Sermon
(Church School and Nursery)
(Morning Prayer 2nd and 4th Sundays)
Weekday Eucharist
Tuesday 10:00 AM
Wednesday 7:00 AM
CHRIST CHURCH

CHRIST CHURCH
26275 Northwestern Highway near I-20
Southfield, MI PHONE: 356-1660
United for the worship of God
and service to Humanity
Rev. Mary P. Jensen, Senior Minister
E. Neil Hunt, Minister of Education
Dr. Harry Langford, Dir. of Music
WORSHIP SERVICE AND
CHURCH SCHOOL: 11 AM
No Stairs Nursery
CIVIC CENTER DR.

CENTRAL CHURCH OF CHRIST
35500 Woodward
Farmington Hills • 477-5033
Bible School: 10 AM
WORSHIP 11 AM and 6 PM
WED. BIBLE CLASS 7:30 PM
Nursery provided at all Services

PILGRIM CONGREGATIONAL
3061 N. Adams Rd. (at Big Beaver)
Bloomfield Hills • 642-2220
Sunday School: 9:45
Worship Service: 11:00
H.F. (Jack) Brown, Pastor

DETROIT LAESTADIAN CONGREGATION
200 Fairground at Ann
Arbor Trail - Plymouth
Donald W. Lantz, Pastor
471-1318
SUNDAY SCHOOL 9:30 AM
SUNDAY WORSHIP 11:00 AM
ALSO FIRST SUNDAY
MONTHLY 6:00 PM
All scheduled services in English
Finnish language service school
Reading Room 10:30 Sunday at 11
AM. Also available at any time.

WARD PRESBYTERIAN CHURCH OF LIVONIA
Farmington and Six Mile Roads
422-1150
HOLY COMMUNION
Worship and Sunday School 8:30, 10:00 & 11:30 AM
"SUFFER AS A CHRISTIAN"
Dr. Bartlett L. Hess
7:00 PM
Ordination of Dr. Robert O. Woodburn
Dr. Bartlett L. Hess
Ordination and Installation of Newly Elected Deacons
Wednesday 7:00 PM Summer School of Christian Education
Sunday Service Broadcast
9:30 AM - WMUZ-FM 103.5
Nursery Provided
at all Services

FIRST APOSTOLIC LUTHERAN
26325 Halstead Road
at Eleven Mile
FARMINGTON HILLS
SERVICES
11:00 AM Every Sunday
7:30 PM First & Third
Sunday Each Month
9:30 AM Sunday School
7:45 PM Tuesday
Bible Class
7:00 PM Sunday Song Service
Last Sunday Each Month

FIRST CHURCH OF CHRIST, SCIENTIST BIRMINGHAM
121 Creekside at Writts
Sunday Service and Sunday School
Wednesday Testimony Meeting
Reading Room at 358 E. Maple
Opens Daily at 9:00 AM • 644-7935
FIRST CHURCH OF CHRIST, SCIENTIST FRANKLIN-MEADOWLAKE
Maple Road at Inquirer
Sunday Service and Sunday School
Wednesday Testimony Meeting
Reading Room at 4381 Orchard Lake Road in Five Lake Mall
Opens Daily at 10:00 AM • 851-7440

Orchard United Methodist
30450 Farmington Road
Between 12 and 14 Mile Road
276-3620
MORNING WORSHIP:
9:30 AM & 11:00 AM
CHURCH SCHOOL & NURSERY:
9:30 AM & 11:00 AM
MINISTERS
Robert L. S. Brown
Nancy A. Woycik

The Congregational Church of Birmingham U.C.C.
Woodward at Cranbrook
Bloomfield Hills
Worship and Church
School 10:00 AM
Nursery Care Available
Beverly
MINISTERS
The Rev. Charles O. Erickson
Carol D. Glim

CLARENCEVILLE UNITED METHODIST
2130 Main Street • Livonia
Pastor Gerald Fisher
474-3444
Sunday School: 9:30 AM
Morning Worship: 10:30 AM
Evening Worship: 7:00 PM
Nursery Provided at all Services

FIRST UNITED METHODIST
1589 West Maple at Pleasant
Ministers Robert P. Ward • Douglas W. Vernon
• Evans C. Bentley
WORSHIP SERVICES
8:30, 9:30 and 11:00 AM
CHURCH SCHOOL
9:30 and 11:00 AM
Nursery Care All Services

BAPTIST CHURCH
American Baptist
Bates and White
Birmingham
Robert C. Macgregor
MINISTER
CHURCH SCHOOL
9:45 AM
WORSHIP
11:00 AM
644-0550

CENTRAL WOODWARD CHRISTIAN CHURCH
(Disciples of Christ)
3915 E. 9th Avenue at Oakley
CHURCH SCHOOLS:
9:30 AM
WORSHIP: 11:00 AM
Minister:
Robert Boyle
644-0512

THE LORD'S HOUSE
A Full Gospel Church
36924 Ann Arbor Trail
Newburgh
622-6403
Pastor Carl J. Forsyth
Sunday School 10:00 am
Morning Service 11:00 am
Evening Service 7:00 pm
Wednesday Service 7:00 pm
Open Every Day 9:00 am
Until 11:00 pm
Children's Ministry at
Every Service
24 Hour Prayer Line 627-8410

NARDIN PARK UNITED METHODIST CHURCH
29687 West Eleven Mile Road
Just west of Middlefield
Farmington Hills
Worship Service: 9:15 & 11:00 AM
"THE STATE OF THE CHURCH"
Dr. William A. Ritter, Pastor
Rev. Jeffery Diner, Assoc. Min.
Judy May, Director of C.E.
Mr. Melvin Rookus, Dir. Music

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 Marcis
Church Phone: 553-3380

Brightmore Tabernacle
26655 Franklin Rd. • Southfield MI
at 636 & Telegraph - Just West of Holiday Inn
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 Christian Church where people of many denominations worship together
Thomas E. Trank, Pastor

FAITH COVENANT CHURCH
SUNDAY SCHOOL: 9:30 AM
MORNING WORSHIP: 10:45 AM
SUNDAY EVENING: 7:00 PM
WEDNESDAY FAMILY NIGHT: 6:15 PM
Michael A. Hallen
Associate Pastor
Mary Miller-Vikander
35415 W. 14 Mile Road
at Drake
661-9191

WHAT DOES CHURCH HAVE TO OFFER ME?"
It gives you a sense of direction and purpose. And as your knowledge of God grows, this becomes the basis of everything you do. We'd love to have you share in a Christian Science service with us this Sunday.