

# moral perspectives

## Rev. Robert Schaden

# What would victims of Flight 007 tell us?

Since Flight 007 was shot out of the sky, we have heard from television and radio commentators in Russia as well as the United States. Newspapers have editorialized the issue from many sides.

Those whose business it is to sell nuclear hardware have attempted to peddle lies on the tragedy to try to peddle more and bigger weapons. We have also been exposed to the survivors of the victims from that ill-fated airliner.

We might do well to let our imagination roam and listen to the people who died aboard flight 007. They are now beyond our troubles. They have no more reason to fear the firepiper we continue to worship. From their perspective of having seen life from both sides now, what would they have to say to us who have discussed their demise a hundred times over?

If it possible that they might warn us to expect more of the same for as long as we continue to play with fire? Might they suggest that we learn something from this brutal act.

THIS WOULD be the real tragedy -- that we learn nothing from what has taken place but insist upon moving in the same dangerous direction. If that is the case, then these 269 lives were really wasted. But if we can put aside our shock and cries for vengeance long enough to hear them speak some sense to us at least they will not have died in vain.

It would seem from the speeches that have been made in the aftermath to this disaster that we are hell-bent on learning nothing. But then we have always been more ready to make speeches and call for blood than to listen and learn. Listen to the victims who died over the sea of Japan.

They might remind us that what happened to them was inevitable or at least that it was inevitable for someone. The simple truth is that if enough

children are given firecrackers, sooner or later one or more of them is going to light one.

The only difference here is that the child given the firecracker and in many instances they are far more powerful than the one that knocked 007 out of the sky. As long as we continue to scatter the machinery of death around the globe the law of averages says that we are inviting someone to push another button.

THOSE who died at the hand of the Russian fighter pilot may have a different sense of human history than we do from the narrowness of our ear-bound perspective. They may remind us that someone will always come up with justification for using it. Such justification knocked 269 lives out of our world, the question now simply has to do with who will justify pushing the next button and how many will join the 269 when it happens.

Perhaps we cannot hear this kind of wisdom at all because we are too caught up in seeking security where it can never be found. There are those who insist that this incident only proves that we need more and bigger firepiper.

Even as we continue to worship the golden calf of nuclear firepower, we fail to realize that we become less secure with the development of each new weapon. Despite our awesome arsenal, 007 was blown out of the sky. Nothing more awesome or more numbing is going to prevent the distinct possibility of someone somewhere pushing another button big enough to blow cities out of existence.

If only the 269 could speak louder. Or is it perhaps a question of our listening more intently? In either case, our failure to hear them make us the real victims of flight 007.

# 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**  
165 E. Square Lake Road  
Bloomfield Hills  
17 Doors East of Woodward  
CHURCH SCHOOL 9:30 AM  
WORSHIP 10:45 AM  
Nursery Provided  
Rev. Guenther C. Branstner

**NORTHWESTERN BAPTIST CHURCH**  
19421 W. 10 Mile + Southfield  
10 AM - WORSHIP  
11 AM - CHURCH SCHOOL  
Wed. Prayer Meeting 7 PM  
Minister: George F. Gillman

**St. Paul's Lutheran Missouri Synod**  
20005 Middlebelt at 8 Mile  
Farmington Hills 474-0875  
The Rev. Ralph H. Unger, Pastor  
SUNDAY WORSHIP: 9:30 & 11 AM  
CHRISTIAN SCHOOL, Grades K-8  
Wayne C. Barksch Principal  
474-2428

**Orchard United Methodist**  
30454 ORCHARD ROAD  
Between 13 and 14 Mile Road  
879-3620  
WORSHIP 9:30 & 11 AM  
CHURCH SCHOOL  
9:30 Child-Adult  
1:00 Child-2nd Grade  
Robert L. S. Brown  
Nancy A. Woycik

**BEVERLY HILLS UNITED METHODIST**  
20000 W. 13 Mile + Woodmont  
644-9777  
WORSHIP: 10 AM  
CHURCH SCHOOL: 10 AM  
Nursery (for High School)  
Minister: John W. Bray

**FRANKLIN COMMUNITY CHURCH**  
2500 W. 11 Mile + 1100 AM  
WORSHIP: 9:30 & 11:00 AM  
Nursery: 11 AM  
Dr. Samuel F. Stout, Pastor  
United Methodist in Affiliation  
Ecumenical

**EVANGELICAL FREE**  
3300 Woodward  
Newly Remodeled  
536 E. Nine  
9:30 am. Sunday School for All Ages  
10:30 am. Worship Service  
Lester Paul Horvath  
234-6148, Ministry Provided

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

**FIRST UNITED METHODIST CHURCH**  
33112 Grand River  
Farmington Hills 474-6513  
WORSHIP: 9:30 & 10 AM  
CHURCH SCHOOL: 10 AM  
Pastor: Fred Spitzer  
Rev. Arthur L. Spafford

**The Congregational Church of Birmingham U.C.C.**  
Woodward at Cranbrook  
Bloomfield Hills  
Family Church  
Worship: 9:30 AM  
Church School  
Worship: 11:00 AM  
Nursery Care 6:00 Hours  
Barrier-Free  
MINISTERS  
The Rev. Charles O. Erickson  
Carol D. Grim

**FIRST PRESBYTERIAN CHURCH OF BIRMINGHAM**  
39200 W. 12 Mile Road  
Ministers:  
F. Morgan Roberts  
Charles A. Sommers  
D. William McIvor  
Darryl L. Baker  
Stuart D. Broberg  
Gerald S. Crawford  
Morning Worship and Church School 9:30 A.M. 11:15 A.M. Nursery Provided

**CLARENCEVILLE UNITED METHODIST**  
20000 Middlebelt + Livonia 474-3444  
Pastor Gerald Fisher  
9:15 AM Holy Eucharist Service  
10:30 AM Church School  
11:15 AM Second Worship  
Nursery Provided All Age Services  
5:45 pm. Youth Meetings  
1 pm. Sun. Eve. Service  
7 pm. Wed. Morning Service

**FIRST UNITED METHODIST**  
1589 West Maple at Pleasant  
Ministers Robert P. Ward + Douglas W. Vernon  
+ Ronald K. Fulton + Charles H. Beynon  
WORSHIP  
8:30 - 9:30 - 11:00  
Child Care All Services  
Church School 9:30 - 11 AM

**OAKLAND AVENUE EVANGELICAL PRESBYTERIAN CHURCH**  
MINISTERING THE WORD OF GOD IN THE GREATER PONTIAC AREA SINCE 1920  
"THE LOVING & CARING CHURCH"  
Sunday Services: 9:30 & 10:45 AM and 6:00 PM  
404 Oakland Avenue, Pontiac + 858-2577

**ST. JOHN LUTHERAN ALC + FARMINGTON**  
32225 Oak Road  
3 Blocks S. of Grand River  
3 Blocks W. of Farmington Rd.  
WORSHIP 8:30 & 11 AM  
SUNDAY SCHOOL 9:40  
Pastors  
C. Fox, J. Hockley

**ST. ANDREW**  
Lutheran Church, U.C.C.  
6235 Telegraph + North of Maple  
BIRMINGHAM  
9:15 Sunday Church School  
10:30 Sunday Worship  
The Rev. C.W. Roemer, Pastor  
848-2207 + 644-9119

**Northbrook Presbyterian**  
14 Milo + Lahser Road  
WORSHIP SERVICE  
9:30 & 11:00 AM  
- Nursery Provided -  
Pastors:  
M.L. Dunkleberger  
Pat Moore  
642-0200

**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

**GRACE CHAPEL**  
an outreach Church of  
Ward Presbyterian  
Services begin  
October 2  
9:30 A.M. Sunday School & 10:45 Worship  
at William Tyndale College  
Twelve Mile and Drake Roads  
Farmington Hills  
Rev. Douglas L. Klein, Pastor 422-1150

**Cross of Christ LUTHERAN**  
Corner Telegraph + Southfield  
Bloomfield Hills  
WORSHIP:  
8:15 + 9:45 + 11:15  
EDUCATIONAL  
HOUR: 9:45  
Nursery - 8th Grade  
Junior/Senior High  
and Adult Bible Classes

**CHRIST CHURCH**  
EPISCOPAL  
LONE PINE AT CRANBROOK  
THE REV. ALMUS M. THORP, JR., RECTOR  
8:00 AM Holy Eucharist  
Morning Worship 9:15 & 11:15  
Church School & Nursery 9:15  
(Morning Prayer 2nd and 4th Sundays)  
Weekday Eucharist  
Tuesday 10:00 AM  
Wednesday 7:00 AM

**CHRIST CHURCH**  
29887 West Eleven Mile Road  
Just West of Middlebelt  
Farmington Hills 476-8860  
WORSHIP SERVICES 9:15 & 11:00 AM  
"THE INTIMACIES OF GOD"  
III. "Nobody Knows But Jesus"  
Dr. William A. Ritter, Pastor  
Rev. Jeffrey Dwyer, Assoc. Min.  
Judy May, Director of C.E.  
Mr. Martin Rodas, Dr. Music

**PRINCE OF PEACE LUTHERAN**  
Missouri Synod  
12 Mile + Farmington Roads  
Behind Crowder Roads  
Worship 8:15 and 10:45  
Sunday School + Bible Class 9:30  
Pastor: Rev. T. Richard Marcell  
Church Phone: 563-3380

**NORTH CONGREGATIONAL CHURCH**  
26275 Northwestern Highway near Lahser  
Southfield, MI PHONE: 366-1650  
United for the worship of God  
and service to Humanity  
Rev. Mark P. Jansen, Senior Minister  
Rev. 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 West Eleven Mile  
Farmington Hills 474-5233  
CHURCH SCHOOL: 9:15 AM  
WORSHIP 11 AM and 6 PM  
Wed. BIBLE CLASS 7:30 PM  
Nursery Provided at all Services

**PILGRIM CONGREGATIONAL**  
2061 N. Adams (N. of Big Beaver)  
Bloomfield Hills 464-2290  
Sunday School 9:45 AM  
Worship 11:00 AM  
Barrier Free  
H.F. (Jack) Brown, Pastor

**FAITH COVENANT CHURCH**  
Pastor  
Michael A. Hallgren  
Associate Pastor  
Mary Miller  
Minister of Christian Education  
Clara Hurd  
35415 W. 14 Mile Road  
at Drake  
661-9191  
9:30 & 11:00 AM: MORNING WORSHIP  
AND SUNDAY SCHOOL

**Brightmoor Tabernacle**  
26555 Franklin Rd. + Southfield MI  
at 62nd + Telegraph Just West of Midway 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  
"WHAT DOES THE BIBLE SAY ABOUT RUSSIA?"  
1st in Series: "WHAT IS OUR WORLD COMING TO?"  
Nursery Provided at All Services  
A Charismatic Church where people of many denominations worship together!  
Thomas E. Trask, Pastor

**DETROIT LAESTADIAN CONGREGATION**  
200 Fairground at Ann  
Arbor Trail - Plymouth  
Donair W. Lanil, Pastor  
471-1318  
SUNDAY SCHOOL 9:30 AM  
WORSHIP: 11:00 AM  
1:00 Bible Class  
7:30 PM  
All scheduled services in English  
French language services scheduled  
monthly third Sunday at 11 AM  
Also available at any time.

**WARD PRESBYTERIAN CHURCH OF LIVONIA**  
Farmington and Six Mile Roads 422-1150  
Worship and Sunday School 8:30, 10:00 & 11:30 AM  
"HOW GOD GUIDES"  
Dr. Bartlett L. Hess  
7:00 P.M.  
Sermon Series on The Apostle's Creed Begins  
"I BELIEVE IN GOD THE FATHER"  
Dr. Robert O. Woodburn  
Wednesday 7:00 PM: School of Christian Education  
(Activities for All Ages)  
Sunday Service Broadcast  
9:30 AM - WMUZ-FM 103.5  
Nursery Provided  
at all Services

**THE LORD'S HOUSE**  
A Full Gospel Church  
36924 Ann Arbor Trail  
& Newburgh  
822-8465  
Pastor Carl J. Forsyth  
Sunday School 10:00 am  
Morning Worship 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 822-8410

**FIRST CHURCH OF CHRIST, SCIENTIST**  
BIRMINGHAM  
121 Chester at Writts  
Sunday Service and Sunday School 10:30 AM  
Wednesday Testimony Meeting 8:00 PM  
Reading Room at 555 E. Maple  
Opens Daily at 9:30 AM + 644-7058

**FIRST CHURCH OF CHRIST, SCIENTIST**  
FRANKLIN-MEADOW LAKE  
Maple Road at Interlark  
10:30 AM  
Sunday Service and Sunday School 8:00 PM  
Wednesday Testimony Meeting  
Reading Room at 4361 Orchard Lake Road in Pine Lake East  
Opens Daily at 10:00 AM + 851-7440

gerontology

**A. Jolayne Farrell**

# Increase iron intake with iron-rich foods

Dear Jo:  
My diet is lacking in iron. Rather than take an iron supplement, I would prefer to include more iron in my daily diet. Please give me some tips as to how I can increase my dietary iron intake. Miss E.R. (over 70 and business as usual)

Dear Miss R.:  
The obvious foods that contain iron are liver, kidney and other organ meats. Rather than simply pan frying these meats, you can add them to family favorites such as meatloaf or stew or serve them as a pate on whole grain crackers for lunch on a bagel or a bun.

Other iron-rich foods are dried peas, beans and lentils. These can be added to soups, casseroles or used in baked beans or chili.

Wheat germ is another good source of iron. It can be sprinkled over cereals, added to muffins or homemade breads.

Other foods containing iron are sardines, eggs, blackstrap molasses, curries, raisins, other dried fruits and prunes and tomato juices. Older persons should have at least 7 milligrams of iron in their diet each day.

Dear Jolayne:  
Even though I'm not over the age of 65, I read your column.  
I can identify with your middle-aged reader who wrote to you about her concerns in caring for both her teenage children and her older parent. I too am in this situation and would like to pass along what works for me.  
I have both mother and my husband's mother to care for. They do not live with us, but we see them often. They are lonely and have time on their hands

so, as busy as I am, (or think I am) I drop by and pick one or both of them up and take them along on my errands and carpools with the children. They see how busy I am and are most complimentary, and sympathetic to, "my state" in that I at least know with all the activity with the children and going from place-to-place, they are not bored or lonely. I enjoy their help, support and company.  
Mrs. J.

Dear Jo:  
Regarding your column on fatigue and low back pain while driving, I have found that it is the soft-cushioned, spring seats that cause my back to ache and cause me to have attacks of sciatica.  
To minimize the problem I sit on an 11-by-16 piece of plywood, covered with a sheepskin, and my back feels just fine.

Perhaps some of your readers may benefit from this bit of advice. Happy driver since 1980.

Dear Jo:  
What do you think of an older woman who wears bright colored jogging shoes when she goes out for her daily walk?

Unaligned.  
I don't really know what you were "getting at" in your letter, but to answer your question jogging shoes are comfortable, have good support, are well balanced and are generally sturdy and safe for older persons. The colour of the shoes is a personal matter, some people prefer the cheerful, bright colours, while others like the darker tones. It is the daily walk for older people that is well-fitting shoes, not the color, that is important.

# 15 churches in music festival

More than 15 churches will be involved in the fall music festival to be held at 6:30 p.m. Saturday in the new sanctuary of the Metropolitan Seventh Day Adventist Church, Hagerly and Frye Hills.  
The festival is a quarterly presentation sponsored by the western Detroit area Seventh Day Adventist Church. Highlights will include the Ebony

Singers of City Temple Church, Detroit, the Celebration of Sharon Trio from the Plymouth area, the Strawn Youth Choir of Inkster, and soloist Ray Anderson, who conducts a musical and evangelistic program on religious radio stations.  
The free event is open to the public. It was originally scheduled for the Plymouth church, but was moved to Metropolitan church which has more space to accommodate the public.