



moral perspectives  
Rabbi Irwin  
Groner

## 10 Commandments — then, now and forever

The greatest statement of moral conduct in the Western World is the Ten Commandments. These fundamental principles have been accepted, taught and transmitted by Judaism, Christianity and Islam. Indeed, they embody the shared moral idealism of Western religions.

Up until modern times, there was little controversy about the validity of the divine commands. True, there were those who rejected God's dictates, but they were prepared to accept the consequences.

Because the Almighty was regarded as the absolute authority, he had the right to command that we abide by his moral code. Did we not accept his sovereignty at Sinai?

clearly defined goals and a sense of discipline.

Meanwhile, the statistics on crime and violence continue to mount in all the countries of the free world. The streets of our major cities are no longer considered safe at night. Fear has become a way of life for those who live in the deteriorating sections of America's urban centers.

To live in constant dread of authority and its demands can cripple the mind and stunt the spirit. By the same token, to live without the fear of external authority, to ignore the consequences of disobedience and normlessness, to establish oneself and one's desires as the sole arbiter for right and wrong can be equally destructive.

THEN THE mood of modern man changed this traditional conception. Sophisticated and educated people questioned whether God, or anyone, for that matter, could issue commands without our veto.

They preferred to replace the Ten Commandments with 10 suggestions. Let the individual decide for himself if he wants to follow the Biblical code, or any code, for that matter.

These modernists brought up their children in the same atmosphere of relativism. They would not command them to do anything. They would only suggest and employ gentle persuasion at best.

These elders remembered only too well that when they were told that God commanded, or when their parents imposed prescribed behavior, they resented the restrictions and promised themselves they would do nothing more than suggest without being authoritative. They would want their children to enjoy freedom and latitude in making up their own minds on moral issues. This, they believe, is how true respect is gained.

UNFORTUNATELY, the results have not been altogether encouraging. Those who grow up without clearly defined rules and respect for authority encounter great difficulty.

Some become delinquents, others do not internalize standards of right and wrong. Many are confused, lacking

I OFFER to you a parable of our times.

It seems that in the year 2000, the world was still in a state of war, violence in the streets, increased crime, and widespread social upheaval.

The greatest scientists of the world met at the United Nations. They were entrained with a new computer recently created that could answer any questions submitted to it, even questions relating to complex human problems.

These scientists were summoned to request an answer from this giant computer on how to find a solution for peace, for a decrease of violence, for the elimination of corruption, stealing, and murder.

After days of assembling the proper material to feed the computer, the moment had come to receive an answer that would bring stability to the world. Scientists carefully programmed the information into the computer and waited for the answer.

The vast machine began to sputter and smoke and the tape gradually emerged. All the scientists gathered around and began to read the print-out message to the assembled world leaders:

"I am the Lord your God who brought you out of the land of Egypt . . . thou shalt not murder . . . thou shalt not steal . . . thou shalt not bear false witness against thy neighbor . . ."

## 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  
(2 blocks east of Woodward)  
WORSHIP 10 AM  
Nursery Provided  
Rev. Guenther C. Cranter



**St. Paul's Lutheran Missouri Synod**  
20005 Middlebrook at 8 Mile  
Farmington Hills • 474-5075  
The Rev. Ralph E. Unger, Pastor  
SUNDAY SCHOOL 9:30 AM  
BIBLE CLASSES 10:00 AM  
Grades K-8  
Wayne C. Berkeach Principal  
474-2485

**Orchard United Methodist**  
30450 FARMINGTON ROAD  
Between 12 and 14 Mile Road  
Farmington Hills • 474-3500  
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

**BEVERLY HILLS UNITED METHODIST**  
20005 W. 12 Mile at Evergreen  
• 646-9777  
WORSHIP: 10 AM  
CHURCH SCHOOL: 10 AM  
(Nursery thru High School)  
Minister: John W. Gray

**FRANKLIN COMMUNITY CHURCH**  
625-5506  
WORSHIP & PRE-SCHOOL  
CHILD CARE: 10:00 AM  
Dr. Samuel T. Stout, Pastor  
United Methodist in Affiliation  
Ecumenical in Spirit

**EVANGELICAL FREE**  
Grand Evangelical Free Meeting in the  
Birmingham Community House  
300 E. 5th Ave.  
8:30 am Sunday School for All Ages  
10:30 am Worship Service  
Pastor: Bob Hefner  
324-086 • Nursery Provided

**HOPE LUTHERAN**  
39250 W. 12 Mile Road  
Farmington Hills  
WORSHIP 9:30 AM  
V.H. Messingh  
Pastor

**FIRST UNITED METHODIST CHURCH**  
33112 Grand River  
Farmington Hills • 474-5573  
WORSHIP: 10 AM  
CHURCH SCHOOL: 10 AM  
Nursery: Provided  
Rev. Arthur L. Spafford

**The Congregational Church of Birmingham U.C.C.**  
Woodward at Cranbrook  
Bloomfield Hills  
Worship and Church School 10:00 AM  
Nursery Care Available  
Barrier-Free  
MINISTERS:  
The Rev. Charles D. Erickson  
Carol D. Grim

**UNIVERSITY PRESBYTERIAN CHURCH**  
1285 S. Adams • Rochester  
375-0400  
WORSHIP SERVICE: 10 AM  
Nursery Provided  
Barrier-Free Access

**HOLY RESURRECTION ORTHODOX CHURCH**  
35015 West 7 Mile • Livonia • 475-3432  
SUNDAY LITURGY  
10:00 AM  
(All Services in English)

**THE COVENANT BAPTIST CHURCH**  
4800 W. MORTIMER CHURCH RD.  
474-3444  
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

**SALVATION ARMY**  
27500 Shawwassee  
Livonia • 474-3444  
SUNDAY SCHEDULE  
SUNDAY SCHOOL 10 AM  
Morning Worship 11 AM  
Evening Worship 8 PM  
11 AM: Military Division  
Captain John Crumpton

**CLARENCEVILLE UNITED METHODIST**  
23000 Middlebrook Livonia  
Pastor Gerald Fisher  
8:45 am First Worship Service  
10:00 am The Church School  
11:00 am Second Worship Service  
Nursery Provided at All Services

**THE CHURCH IN PONTIAC AT 404 OAKLAND AVE.**  
IS AN EXCITING PLACE TO MEET  
**SUNDAY MORNINGS**  
LOVING AND CARING PEOPLE  
FILLED WITH ENTHUSIASM  
FOR THE LORD JESUS CHRIST  
**EVANGELICAL PRESBYTERIAN**  
858-2577

*Experience the Joy of Faith*

**ST. ANDREW**  
Lutheran Church, L.C.A.  
6255 Telegraph • North Maple  
BIRMINGHAM  
9:15 Sunday Church School  
Sunday Worship  
The Rev. C.W. Richter, Pastor  
644-2227 • 646-4119

**ST. JOHN LUTHERAN A.L.C. • FARMINGTON**  
6225 Oak Road  
3 Blocks S. of Grand River  
2 Blocks W. of Farmington Rd.  
SUMMER SCHEDULE  
WORSHIP (Morn'g) 8:30 AM  
Pastor C. Fox

**FIRST UNITED METHODIST**  
1589 West Maple at Pleasant  
Ministers: Robert P. Ward • Douglas W. Vernon  
• Rev. Charles H. Baynon •  
WORSHIP SERVICES  
8:30 AM and 10:00 AM  
CHURCH SCHOOL  
K-3rd Grade at 10 AM  
Nursery Care 8:30 & 10 AM

**FIRST BAPTIST CHURCH**  
American Baptist  
Bates and White  
Birmingham  
Robert L. Madden  
MINISTER  
CHURCH SCHOOL  
9:45 AM  
10:00 AM  
11:00 AM  
644-5556

**CENTRAL WOODWARD CHRISTIAN CHURCH**  
(Disciples of Christ)  
2915 W. Big Spring at Adams • Troy  
CHURCH SCHOOL:  
9:30 A.M.  
WORSHIP: 11:00 A.M.  
Minister:  
Robert H. Boyte  
644-0512

**Kirk 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 - 8th Grade  
Junior/Senior High and  
Adult Bible Classes

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

**FIRST PRESBYTERIAN CHURCH OF BIRMINGHAM**  
1589 West Maple Road  
Ministers:  
F. Morgan Roberts  
Charles A. Sommers  
D. William Melvor  
Gerald S. Crawford  
Pastors:  
M.L. Dunkelberger  
Peter Moore  
642-0200

**THE LORD'S HOUSE**  
A Full Gospel Church  
36824 Ann Arbor Trail  
• Newburgh  
522-8463  
Pastor Carl J. Forsyth  
Sunday School 10:00 am  
Morning Worship 11:00 am  
Evening Service 7:00 pm  
Open Every Day 9:00 am  
Until 1:00 pm  
Children's Ministry at 2:00  
Every Service  
24 Hour Prayer Line 522-8416

**NARDIN PARK UNITED METHODIST CHURCH**  
29887 West Eleven Mile Road  
Just West of Middlebrook  
478-8660  
Farmington Hills  
WORSHIP SERVICE: 10 AM  
"WILL JESUS BE OUR CASTLE WALL?"  
Dr. William Ritter  
Dr. William A. Ritter, Pastor  
Rev. Jeffrey Dineen, Assoc. Min.  
Judy May, Director of C.E.  
Mr. Marvin Rookus, Dir. Music

**SUNDAY SERVICES**  
Christian Education 10:00 am  
Morning Worship 11:00 am  
Evening Service 8:30 pm  
Wednesday Bible Study 7:00 pm  
A Nursery is Provided For All Services

**DETROIT FIRST CHURCH OF THE NAZARENE**  
Pastor: James Comer, Youth: Robert Anderson, Music: Rod Bushley  
Located at 1275 S. 8 Mile with entrance at 21260 Haggerty Road  
Church Office 348-7000

**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

**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 Maric  
Church Phone: 553-3300

**Brightmoor Tabernacle**  
26555 Franklin Rd. • Southfield MI  
(696 & 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  
"A Charismatic Church where people of many denominations worship together"  
Thomas E. Trask, Pastor

**NORTH CONGREGATIONAL CHURCH**  
26275 Northwestern Highway near Lahser  
Southfield, MI PHONE: 355-1660  
United for the worship of God  
and service to Humanity  
Rev. Mark P. Jensen, Senior Minister  
E. Neil Hunt, Minister of Education  
Dr. Harry Longford, Dir. of Music  
WORSHIP SERVICE AND  
CHURCH SCHOOL: 10 AM  
No Stairs Nursery CIVIC CENTER DR.

**CENTRAL CHURCH OF CHRIST**  
36500 West Eleven Mile  
Farmington Hills • 477-5033  
BIBLE SCHOOL  
SUNDAY 11 AM and 8 PM  
WED. BIBLE CLASS 7 PM  
Nursery Provided at All Services

**PILGRIM CONGREGATIONAL**  
3081 N. Adams (N. of Big Beaver)  
BLOOMFIELD HILLS 474-2290  
WORSHIP 10 AM  
H.F. (Jack) Brown, Pastor

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

**DETROIT LAESTADIAN CONGREGATION**  
200 Fairground at Ann  
Arbor Trail • Plymouth  
Donald W. Lahli, Pastor  
471-1818  
SUNDAY WORSHIP 10:00 AM  
10:30 PM SUNDAY  
NIGHT 7:00 PM  
All scheduled services in English  
French language service sched-  
uled monthly (3rd Sunday at 10  
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  
"YOUR GOVERNMENT AND YOUR CITIZENSHIP"  
Dr. Bartlett L. Hess  
7:00 PM  
Message by Rev. Willard Davis, Minister of Parish Life Report  
from Cedar Camp Mission Trip  
WEDNESDAY 7 PM Summer School of Christian Education  
Sunday Service Broadcast  
9:30 AM • WMUZ-FM 103.5  
AIR CONDITIONED  
SANCTUARY  
Nursery Provided  
at all Services

**FIRST CHURCH OF CHRIST, SCIENTIST BIRMINGHAM**  
181 Chelton at Wills  
Sunday Service and Sunday School  
Wednesday Testimony Meeting  
Reading Room at 355 E. Maple  
Opens Daily at 8:30 AM • 644-7635  
FIRST CHURCH OF CHRIST, SCIENTIST  
FRANKLIN-MEADOWLAKE  
Maple Road at Inlander  
Sunday Service and Sunday School  
Wednesday Testimony Meeting  
Reading Room at 4361 Orchard Lake Road in Pine Lake  
Opens Daily at 10:00 AM • 851-7440

**WARD PRESBYTERIAN CHURCH OF LIVONIA**  
Farmington and Six Mile Roads  
422-1150  
Worship and Sunday School 8:30, 10:00 & 11:30 AM  
"YOUR GOVERNMENT AND YOUR CITIZENSHIP"  
Dr. Bartlett L. Hess  
7:00 PM  
Message by Rev. Willard Davis, Minister of Parish Life Report  
from Cedar Camp Mission Trip  
WEDNESDAY 7 PM Summer School of Christian Education  
Sunday Service Broadcast  
9:30 AM • WMUZ-FM 103.5  
AIR CONDITIONED  
SANCTUARY  
Nursery Provided  
at all Services

**FIRST APOSTOLIC LUTHERAN**  
28325 Halstead Road  
at Eleven Mile  
FARMINGTON HILLS  
SERVICES  
10 AM EVERY Sunday  
7 PM First and Third  
Sunday of Each Month  
7 PM Sunday Song  
Last Sunday Each Month

**WHAT DOES CHURCH HAVE TO OFFER ME?**  
It gives you a sense of direction and purpose. And as you know 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.

## gerontology

A. Jolayne Farrell

## Insomnia: find cause and cure may follow

Dear Jo:  
What do you think of over-the-counter sleeping pills such as Nyquil, Somnolene, or Sleep-eze? I often have a problem sleeping and think I might give one of these a try.

Dear Mrs. M.:  
Before you try any sleep-including medication, I suggest you try to find out why you are having a problem sleeping and then do something about it.

There are many causes of insomnia, including excessive mental stress, depression, drinking too many caffeinated beverages during the day, lack of exercise, a change in your nighttime routine and over-excitement before going to bed.

Perhaps your bedroom is not dark enough, or you are disturbed by noise. Is your mattress too soft?

If you suffer from any discomfort or pain, you should speak to your doctor specifically about it and its relationship to your sleeping pattern.

Are you aware of the many "non-drug" ways of inducing sleep? Some are avoiding caffeine, drinking a cup of warm milk before retiring, (the L-Tryptophan is sleep-inducing), a massage, exercise (earlier in the day), a warm bath (adding epsom salts or baking soda), listening to relaxing music or reading.

Hopefully, you will find the cause of your insomnia and the eventual natural cure so that you can avoid taking any medication (chemical) at all.

Dear Jo:  
Would you please recommend a film for our family night at our nursing home? We would like to see something on healthy, happy, aging. E.S. Toronto

Dear E.S.:  
A very good film on this subject is "Ruth Stout's Garden." You should be able to get it through your local library, or a film rental service in the Yellow Pages.

Dear Jo:  
Do older persons have more injuries in the home than persons under age 65?

Mr. G.P.  
Dear Mr. G.P.:  
No, older persons have fewer injuries at home than any other age group. According to the National Center for Health Statistics, only 12.5 per 100 home injuries occur in persons aged 65 and over compared to 14 per 100 for persons under age 65. The home injury rate is very high for children under age 6, which is 26 per 100.

## class reunions

(As a public service, the Observer and Eccentric Newspapers will publish announcements of class reunions. Send the information to Marie McGee, 36251 Schoolcraft, Livonia 48150.)

● **FARMINGTON**  
Farmington High School class of 1948 will hold its 40th reunion Aug. 30 at the American Legion Hall in Farmington. For more information, contact Shirley (Barber) Murray, 474-7439.

● **NORTH FARMINGTON**  
North Farmington High School class of 1973 will hold a 10-year reunion Saturday, Aug. 20 at the Chalet of Farmington Hills. Cost is \$20 per person. For more information, call Brooke Jenks at 478-9569 or Carl Goetzke at 478-9819.

● **ANDOVER**  
The Bloomfield Hills Andover class of 1973 will hold a 10-year reunion in August. For more information, call 288-9546.