

By denying truth we close ourselves off from life

WHEN I was in training as a therapist, I heard my teacher say that we human beings are skilled at avoiding the truth. If we do not want to believe something we don't believe it. We defend ourselves from the truth because we do not want to deal with it.

A person does not want to believe that someone has died. We will imagine that the person is still alive. I attended a meeting the other night and some things were said that the people did not want to hear. I could tell by looking at their faces that many were not going to accept what was being presented although it was the truth.

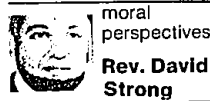
We have many ways of turning our belief. The ways in which we strive not to believe are powerful factors in our lives. The road blocks

we use against facing the truth are legion. We call them prejudices, sin, culture, conditioning and religion.

ONE KIND OF religion keeps us from seeing life in any other perspective than our present one. The world inside this belief system is safe and good. The world outside the system is evil and wrong. Such a religion sets up many means to defend itself from "those out there."

Truth then becomes defined by "what I do." It may not even be that we claim that we are always right and those outside wrong. It is easy to see all of life through our own glasses. Clergy do this when they expect worship to be valid only when done as they do it.

Another kind of religion seeks the truth however it can be found. Such a faith has its centers of certainty and strength. It also invites an



moral perspectives
Rev. David Strong

openness to the Spirit. Such people are aware that we all interpret life through our own experience. No one of us can set an absolute for someone else. Otherwise we try to create them in our own image.

THIS KIND of religion is captured in a book by Vincent Donovan, "Christianity Rediscovered." He is a Catholic priest who travels to

the Masai tribes in eastern Africa. He simply goes to these people and asks them if he can tell them about his God and if they will tell him about their God.

It is a fascinating story. Donovan becomes aware of all those things which get in the way of affirming a faith that remains open to life. When some of the Masai accept his God, he leaves them to work out how they will find ways to give their faith meaning. He refuses to attempt to remake them in his western European image.

There are many things that can get in our way when we seek the truth. Call these prejudices, culture, fear or sin. Sometimes we can be overwhelmed by too much stress and so shut down.

NEVERTHELESS we all need to examine how our beliefs either open us or close us off from life. A religion which cannot be open to the oneness of life and the unity of the earth is eventually a defense. A religion that requires that bag and baggage of a culture or practice must be taken with it will not be vital.

The impulse to create others after our own image rather than to see truth in life is pervasive. Its destructive influence is seen in the Third World but its effect is just as devastating here at home.

Our world cries for unity and understanding. People strive to live the truth so that it will free them. Religion must help people in this great adventure.

Here's some tips for making a nutritious summer

Summer's here and with it comes all the great fresh fruits and vegetables. Whether you've bought them at fruit market, roadside stand or grown them in your own garden, you'll want to get all the nutritional value their freshness has to offer.

The following tips will help you pick, store, and prepare your favorite summer foods:

Vegetables
Trimming: The outer leaves of lettuce are coarser than the inner leaves, but have higher calcium, iron, and Vitamin A value.

Cabbage leaves, as well as the core, are high in Vitamin C.

The leafy parts of collard greens, turnip greens and kale have more Vitamin

A than the stems and midribs.

Storing: Kale, spinach, broccoli, turnip greens, chard, and salad greens need to be refrigerated promptly in the vegetable crisper or in moisture-proof bags to retain moisture and stay fresh. Their nutrients keep best at temperatures near freezing, at high humidity, and away from exposure to air. Cabbage, which has a more stable source of Vitamin C than other leafy vegetables, should not be allowed to dry out.

Unripe tomatoes keep their nutrients best if they ripen away from sunlight at a temperature between 60-75 degrees Fahrenheit. Cover them with a cloth to ripen. Do not put them in the refrigerator or on a hot window sill.



Terry Glibb

Kept at room temperature, firm, ripe tomatoes will retain their Vitamin C for several days.

Potatoes should not be stored in light or at temperatures below 40 degrees Fahrenheit. The low temperature slows down the potato's metabolic processes and sugar accumulates, giving the po-

tato an undesirable sweet taste. Fresh corn will deteriorate rapidly unless kept cold and moist.

Cooking: To ensure maximum food value, cook vegetable in just enough water prevent scorching and only until just tender. Remember, the less water used, the more nutrients retained.

Boiling root and tuber vegetables, such as carrots, sweet potatoes, and potatoes, in their skins retain more nutrients than cooking them peeled and cut. Cutting vegetables into pieces increases the surface area from which water-soluble nutrients can be lost.

Stir-frying is a good method for conserving nutrients in vegetables.

Reheating cooked vegetables after

two to three days in the refrigerator reduces the Vitamin C by one-third to one-half as when prepared fresh.

Fruits

Storage: Most fruits can be washed and dried before storage. If desired, but berries, cherries and grapes keep best if washed just prior to use. Refrigerator temperatures are good for berries and most other fruits. Slightly unripe, but sound fruits will ripen if stored at room temperature, but kept out of the sun. Refrigeration will slow over-ripening of ripe fruits. Vitamin C or ascorbic acid, gradually decreases during storage, especially at temperatures above 32 degrees Fahrenheit.

Cooking and Serving: Vitamin C is the vitamin that gives fruits their special importance. Vitamin C is very unstable in foods and is easily lost by contact with water, exposure to air or heat. Vitamin C is usually higher in early fruits than in later season fruits.

Fruits, such as apricots, peaches, cantaloupes of the deep-colored variety, mangoes, and papayas, are also high in Vitamin A.

Bruising, peeling, cutting into pieces, and exposure to air and water all decrease Vitamin C retention in fruit. Berries are highly perishable. Careful handling to prevent bruising is necessary to retain nutrients.

Serving fruit raw makes it possible to obtain the full value of the fruit without the loss of nutrients through cooking. Fruit that is cooked usually retains its shape better in syrup than in water. If, however, the sugar concentration in the syrup is higher than that of the fruit, water will be drawn out of the fruit by osmosis and the fruit will shrink and become tough.

ECO-TIPS: For an easy to read guide on nutrients in your food, send for Concern Detroit's free fact sheet, "Know Your Sources." It makes a quick reference, refrigerator guide. Please include a self-addressed stamped envelope with your request mailed to the address below.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit 48220. HG

class reunions

FARMINGTON HARRISON
Farmington Harrison class of 1975 will hold a reunion Saturday, July 20 at Mercy Center. Call 474-5205 or 425-0455.

FARMINGTON
Farmington High School class of 1939 is planning a reunion searching for members. Contact Theresa Smith, 474-4752.

SOUTHFIELD HIGH
Class of 1960 will hold a 25-year reunion on Saturday, July 27 at the Troy Hill Inn. Call Carol Johnson, 887-1138.
Class of 1975 plans a reunion Saturday, Sept. 14, at Troy Hill Inn. Call

Rick, 352-4938, or Robin, 651-2628.

SOUTHFIELD LATHROP
Southfield Lathrop class of 1975 will hold a reunion in November. Call Julie Singer, 352-2598, or Karen Karbal Davis, 681-9281.

volunteers

The Oakland County Volunteer Bureau (OCVB) has a current file of volunteer opportunities for more than 200 agencies. Non-profit organizations needing assistance may first with the bureau. For more information about volunteer openings, call the bureau at 642-7272.

ENRICHMENT AIDE — Berkshire Middle School would like volunteers with "different" hobbies, jobs or "stories" that would be of interest to 12-, 13- and 14-year-olds. Only qualifications are an interest in students and an ability to speak before a group. Time as needed, usually once only.

MEMORIAL PROCESSOR — Responsible volunteers, age 18 and up, with clerical or bookkeeping training

are needed by the American Heart Association to type receipts, process acknowledgment material and keep records. Tuesday, Thursday or Friday 10 a.m. to 3 p.m. One day or more per week.

PATIENT HELP — Previous experience is not necessary to serve the needs of Shepherd Rest Home patients in Detroit. Should be over 18. Time flexible from 2-6 or 5-9 p.m.

FOOD PROGRAM VOLUNTEERS — Lighthouse of Pontiac has openings for interviewers and receptionists for its emergency food program and receptionists for its clothing closet. Age 18 to 80 with honesty and confidentiality. Needed 9:30 a.m. to 3:30 p.m. for three hours or more a week. Phone 642-7272.

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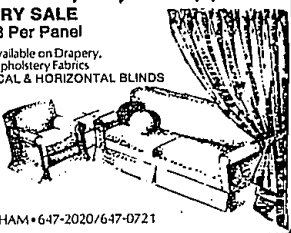
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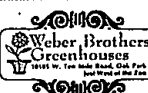
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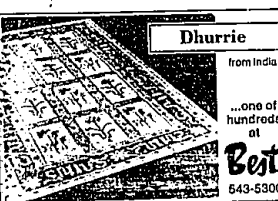
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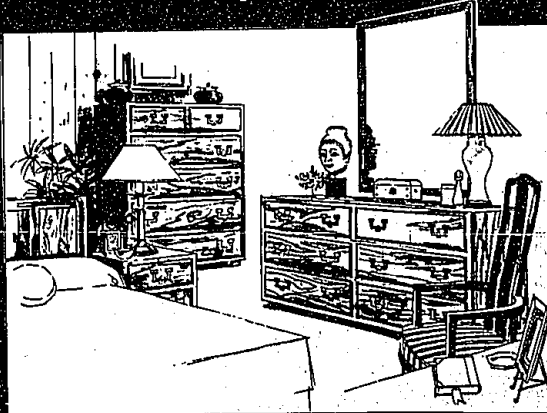
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