

February 2007

CLASS TIDBITS:

Congratulations to Bill and Marni Monty on the birth of a new granddaughter Xaela Shannon Diaz on January 29th, weighing in at 7lbs 12 oz., 18 1/2 inches long
Lewis and Nita Patrick's new email address is
linitaparick@tx.rr.com

Mary Moore's new email address is:
irishgirl@localnet.com

Jim Dayton's new email address is:
jimdayton@tx.rr.com

Judy Dayton's new email address is
judydayton@tx.rr.com

The Kum Doubles Messenger

Barna Lists the 12 Most Significant Religious Findings from 2006 Surveys

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December 20, 2006

(Ventura, CA) – Even though George Barna has been conducting national public opinion surveys for a quarter-century, surprises emerge each year from those studies. The California-based researcher traditionally ends each year by identifying some of the unexpected and most significant findings of the passing year. Barna released his list of the twelve most noteworthy results of 2006, and described a few themes that ran through this year's surveys.

Noteworthy Outcomes

Barna selected the following dozen outcomes as the most significant findings of 2006.

Although large majorities of the public claim to be "deeply spiritual" and say that their religious faith is "very important" in their life, only 15% of those who regularly attend a Christian church ranked their relationship with God as the top priority in their life. As alarming as that finding was, its significance was magnified by research showing that on average pastors believe that 70% of the adults in their congregation consider their relationship with God to be their highest priority in life.

Three out of every four teenagers have engaged in at least one type of psychic or witchcraft-related activity. Among the most common of those endeavors are using a Ouija board, reading books about witchcraft or Wicca, playing games involving sorcery or witchcraft, having a "professional" do a palm reading or having their fortune told. Conversely, during the past year fewer than three out of every ten church teenagers had received any teaching from their

church about elements of the supernatural.

The notion of personal holiness has slipped out of the consciousness of the vast majority of Christians. While just 21% of adults consider themselves to be holy, by their own admission large numbers have no idea what "holiness" means and only one out of every three (35%) believe that God expects people to become holy.

The growing movement of Christian Revolutionaries in the U.S. distinguished themselves from an already-select group of people - born again Christians - through their deeds, beliefs and self-views. Revolutionaries demonstrated substantially higher levels of community service, financial contributions, daily Bible study, personal quiet times each day, family Bible studies, daily worship experiences, engagement in spiritual mentoring, and evangelistic efforts. They also had a series of beliefs that were much more likely than those of typical born again adults to coincide with biblical teachings. Their self-perceptions were also dramatically different than that of other born again adults.

Involvement in a house church is rapidly growing, although the transition is occurring with some trepidation: four out of every five house church participants maintain some connection to a conventional church as well.

Evaluating spiritual maturity remains an elusive process for clergy as well as individuals. Across the nation, the only measure of spiritual health used by at least half of all pastors was the extent of volunteer activity or ministry involvement. Adults were no more consistent in their self-examination of their spirituality.

(Continued on page 7)

Announcements

- **Feb 11**—Salad Sunday-ladies craft day
- **Feb 28**—Lenten Luncheon. Kum Doubles to supply lunch and feed attendees.
- Block your calendar for **April 14th**, the date of Sonrise's Style Show and Lunch. Crafts will be on sale.
- **September 2007** is the month for the Kum Doubles to sponsor the Golden Agers.

February 2007

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

Birthdays

9 Karl Mullins
17 Shirley Carver

Anniversaries

none

February Sunday School Study Plan

| Date | Teacher | Study | Scripture |
|------|---------|----------------------|-----------|
| 4 | Street | Protection From Evil | John 10 |
| 11 | Dame | Life After Death | John 11 |
| 18 | Clough | A Guide For Life | John 14 |
| 25 | Parsons | Secure Connections | John 15 |

2006 Party Planner

| Mon | Da | Host | Activity | Time | Notes |
|-----|----|------------------|-----------------|------|------------------------|
| | y | | | | |
| Jan | 27 | Committee | Chili Diner | | Mexican Train Dominoes |
| Feb | 12 | Street | Gaither Concert | 6 PM | Concert starts at 6 |
| Mar | | Committee | | | |
| Apr | 21 | Patricks | BBQ | | |
| May | | Streets & Dames | | | |
| Jun | | Committee | | | |
| Jul | | Alleman & Dayton | | | |
| Aug | | Committee | | | |
| Sep | | Holcomb & Love | | | |
| Oct | | Parsons | | | |
| Nov | | Hensen & Carver | | | |
| Dec | | Committee | Christmas Party | | |

Prayer Requests

[Pages 3 & 4 are not published on the internet]

Praises

Politics & Religion

Barack Hussein Obama's Religious Views

Barack Hussein Obama was born in Honolulu, Hawaii, to black Muslim Barack Hussein Obama Sr. of Nyangoma-Kogelo, Siaya District, Kenya, and White atheist, Ann Dunham of Wichita, Kansas.

When Obama was two years old, his parents divorced and his father returned to Kenya. His mother married Lolo Soetoro, a Muslim as well, moving to Jakarta with young Obama, when he was six years old.

Within six months he had learned to speak the Indonesian language. Obama spent "two years in a Muslim school, then two more in a Catholic school" in Jakarta.

Obama takes great care to conceal the fact that he is a Muslim. Mitigating that information, by saying that for two years, he attended a Catholic school.

Obama's father, Barack Hussein Obama, Sr. was a radical Muslim who migrated from Kenya to Jakarta, Indonesia. He met Obama's mother, Ann Dunham at the University of Hawaii at Manoa.

Obama's spin-meisters are now attempting to make it appear that Obama's introduction to Islam, came from his father and that influence was only temporary, which is true. Obama Sr returned to Kenya immediately following the divorce and never again had any direct influence over his son's education. But, Lolo Soetoro, Ann Dunham's second husband, educated his stepson Barack Hussein Obama, as a good Muslim by enrolling him in one of Jakarta's Wahabbi schools.

Wahabbism is the radical teaching that created the Muslim terrorists, who are now waging Jihad on the industrialized world. Since it is politically expedient to be a Chris-

tian when you are seeking political office in the United States, Obama joined the United Church of Christ, to help purge any notion that he is still a Muslim.

Trivial Pursuit

- Who was President of the US for only one day-March 4, 1849?
- Who was the last Civil War veteran to be elected President ?
- Every president who was elected in a year ending in zero died in office. (with the exception of Jefferson, Monroe and Reagan). What Native American is said to have placed this deadly curse on the White House?
- What is the college that educated the most Presidents?
- How many U.S. Presidents had never attended college?
- What U.S. President was Jefferson Davis's father-in-law?
- What U.S. President was 'killed not by assassins'? (A tough one)?
- Who was Grace Bedell?
- It isn't a big achievement for a President to have a town named after him. Which President had a WHOLE GROUP of towns named after him?
- What president of the U.S had the nickname 'Old Fox'?

Answers on Page 6

Trivia Answers

1. David Rice Atchison—David Rice Atchison was President for only one day. Zachary Taylor, the President-elect, had postponed the inauguration for religious reasons (it fell on Sunday), so Atchison, the Missourian president-pro-tempore of the Senate, became an unofficial president of the United States for only 24 hours. By the way, the city of Atchison, KS was named after this not-so-forgotten 'president'
2. William McKinley
3. Tecumseh—The man who shot Tecumseh at the battle of Thames, Col. Johnson, later became vice-president of the U.S.
4. Harvard—Five Harvardites became Presidents of the U.S.: John Adams, John Quincy Adams, Theodore Roosevelt, FDR and JFK.
5. Nine—Washington and Lincoln were among those who did not attend college
6. Zachary Taylor—Sarah Taylor Davis died from malaria shortly after the wedding
7. James Garfield—Garfield did not die from assassination. An autopsy showed that the bullet thought to be fatal wasn't much dangerous for the President's life, and gave him pretty good chances for survival. What killed him was blood infection given to him by doctors that used non-sterile equipment and methods.
8. The girl who advised President Lincoln to grow a beard
9. Hoover—'Hoovervilles' were towns where people thrown in poverty by the Great Depression lived. These people also 'flew the Hoover flag', which meant wore their pockets turned inside-outside to indicate poverty.
10. Washington—He surely foxed the Hessians by crossing the Delaware!

Clyde's Day In Court

Submitted by Lee Voss

A farmer named Clyde had a car accident. In court, the trucking company's fancy lawyer was questioning Clyde.

Didn't you say, at the scene of the accident, "I'm fine," asked the lawyer.

Clyde responded, "Well, I'll tell you what happened. I had just loaded my favorite mule, Bessie, into the..."

"I didn't ask for any details", the lawyer interrupted. "Just answer the question. Did you not say, at the scene of the accident, 'I'm fine!'?"

Clyde said, "Well, I had just got Bessie into the trailer and I was driving down the road..."

The lawyer interrupted again and said, "Judge, I am trying to establish the fact that, at the scene of the accident, this man told the Highway Patrolman on the scene that he was just fine. Now several weeks after the accident he is trying to sue my client. I believe he is a fraud! Please tell him to simply answer the question."

By this time, the Judge was fairly interested in Clyde's answer and said to the lawyer, "I'd like to hear what he has to say about his favorite mule, Bessie"

Clyde thanked the Judge and proceeded, "Well as I was saying, I had just loaded Bessie, my favorite mule, into the trailer and was driving her down the highway when this huge semi-truck and trailer ran the stop sign and smacked my truck right in the side. I was thrown into one ditch and Bessie was thrown into the other. I was hurting, real bad and didn't want to move. However, I could hear ole Bessie moaning and groaning. I knew she was in terrible shape just by her groans.

Shortly after the accident a Highway Patrolman came on the scene. He could hear Bessie moaning and groaning so he went over to her. After he looked at her, he took out his gun and shot her between the eyes.

Then the Patrolman came across the road, gun in hand, looked at me, and said "How are you feeling?" "Now what would you say?"

THE TOP TEN PREDICTIONS FOR 2007

Submitted by Lee Voss

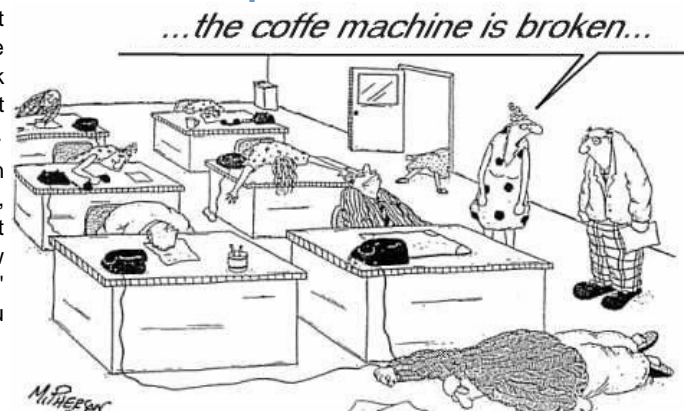
1. The Bible will still have the answers.
2. Prayer will still work.
3. The Holy Spirit will still move.
4. God will still inhabit the praises of His people.
5. There will still be God-anointed preaching.
6. There will still be singing of praise.
7. God will still pour out blessings upon His people.
8. There will still be room at the Cross.
9. Jesus will still love you.
10. Jesus will still save the lost.

God whispers in your soul and speaks to your mind. Sometimes when you don't have time to listen, He has to throw a brick at you. It's your choice: Listen to the whisper, or wait for the brick. ☩

Author Unknown

My wife and I were sitting in the living room and I said to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

She got up, unplugged the TV and threw out all of my beer! ☩



*Barna Study Cont.**(Continued from page 1)*

Most Americans have a period of time during their teen years when they are actively engaged in a church youth group. However, Barna's tracking of young people showed that most of them had disengaged from organized religion during their twenties.

A comparison of people's faith before and after the September 11 terrorist attack showed that five years after the momentous day, none of the 19 faith measures studied had undergone statistically significant change. Those measures covered aspects such as religious behaviors, beliefs, spiritual commitment and self-identity.

Seven out of ten parents claim they are effective at developing the spiritual maturity of their children, but the Barna survey among 8-to-12-year-olds discovered that only one-third of them say a church has made "a positive difference" in their life; one-third contend that prayer is very important in their life; most of them would rather be popular than to do what is morally right. In fact, "tweeners" (those ages 8 to 12) deem their family to be vitally important in their life, but just 57% said they look forward to spending time with their family and only one out of every three say it is easy for them to talk to their parents about things that matter to them.

Relatively few people - just one out of every six - believe that spiritual maturity is meant to be developed within the context of a local church or within the context of a community of faith.

Five of the highest-profile Christian leaders - Rick Warren, Joel Osteen, James Dobson, Tim LaHaye and T.D. Jakes - were unknown to a majority of the population. Most of those leaders were also unknown to most born again Christians.

The faith contours of America continue to shift substantially over the course of time. The proportion of adults who are born again has risen dramatically in the past quarter century, from 31% to 45%. During the past two decades, every spiritual behavior has fluctuated significantly, with

recent upsurge in Bible reading, church attendance, and small group involvement.

Patterns That Were Visible

George Barna noted that there were four themes that consistently emerged from the various surveys his firm conducted throughout the year.

"First of all," noted Barna, "Americans are very comfortable with religious faith. Most adults and even teenagers see themselves as people of faith. Toward that end, they have definite opinions about religion, they possess well-honed beliefs, and invest substantial amounts of their time, money and energy in religious activities. Faith and spirituality remain hot issues in people's lives. The mass media, through news and feature stories, also play a role in keeping spiritual issues in the forefront of people's minds." Barna identified some of the most prolific news stories of the year that involved religion: the role of evangelicals in the mid-term elections, Hollywood's pursuit of the Christian audience, scandals concerning priests and ministers, the shooting of five Amish school children and their community's response, the internal politics of the Episcopal Church, and the controversy involving Muslims and the Pope.

"Second," he continued, "people do not have an accurate view of themselves when it comes to spirituality. American Christians are not as devoted to their faith as they like to believe. They have positive feelings about the importance of faith, but their faith is rarely the focal point of their life or a critical factor in their decision-making. The fact that few people take the time to evaluate their spiritual journey, or to develop benchmarks or indicators of their spiritual health, facilitates a distorted view of the prominence and purity of faith in their life."

Barna's third theme was that if people's faith is objectively measured against a biblical standard of how faith is to be practiced, Americans are spiritually lukewarm. "Very limited effort is devoted to spiritual growth. Most Americans experience 'accidental spiritual growth' since

there is generally no plan or process other than showing up at a church and absorbing a few ideas here and there. Even then, few people have a defined understanding of what they are hoping to become, as followers of Christ." Barna attributed much of this to the numerous distractions common in most people's lives.

Finally, the bestselling author of nearly 40 books contended that the most intriguing blip on the radar screen is the growth of various converging movements of deeply spiritual people who are departing from the conventional forms and communities of faith. "The Revolutionary community - which incorporates divergent but compatible groups of people who are seeking to make their faith the driving force in their life - is reshaping American faith in ways which we are just beginning to understand." Few researchers and journalists are tracking the behavior and beliefs of those nascent segments.

The Future of American Faith

When asked what he saw on the horizon regarding Americans' faith, Barna described findings from some research currently in process related to the future of faith. He listed three general patterns he expects to gain prominence in the coming years.

Diversity. There will be new forms of spiritual leadership, different expressions of faith, and greater variety in when and where people meet together to be communities of faith. Ecumenism will expand, as the emerging generations pay less attention to doctrine and more attention to relationships and experiences. Barna predicted that there will be a broader network of micro-faith communities built around lifestyle affinities, such as gay communities of faith, marketplace professionals who gather for faith experiences, and so forth.

Bifurcation. Barna expects to see a widening gap between the intensely committed and those who are casually involved in faith matters. The difference will be

(Continued on page 9)

Kid's Prayers

Submitted by Lois Melito

KIDS IN CHURCH

3-year-old Reese:

"Our Father, Who does art in heaven,
Harold is His name. Amen."

~~~~~  
A little boy was overheard praying: "Lord,  
if you can't make me a better boy, don't  
worry about it. I'm having a real good  
time like I am."

~~~~~  
After the christening of his baby brother
in church, Jason sobbed all the way
home in the back seat of the car. His
father asked him three times what was
wrong.

Finally, the boy replied, "That preacher
said he wanted us brought up in a Chris-
tian home, and I wanted to stay with you
guys."

~~~~~  
I had been teaching my three-year old  
daughter, Caitlin, the Lord's Prayer for  
several evenings at bedtime. She would  
repeat after me the lines from the prayer.  
Finally, she decided to go solo. I listened  
with pride as she carefully enunciated  
each word, right up to the end of the  
prayer:

"Lead us not into temptation," she  
prayed,

"but deliver us from E-mail."

~~~~~  
One particular four-year-old prayed,
"And forgive us our trash baskets as we
forgive those who put trash in our bas-
kets."

~~~~~  
A Sunday school teacher asked her chil-  
dren as they were on the way to church  
service, "And why is it necessary to be  
quiet in church?" One bright little girl  
replied, "Because people are sleeping."

~~~~~  
Six-year-old Angie and her four-year-old
brother, Joel, were sitting together in
church. Joel giggled, sang, and talked
out loud. Finally, his big sister had had
enough.

"You're not supposed to talk out loud in
church."

"Why? Who's going to stop me?" Joel
asked.

Angie pointed to the back of the church
and said, "See those two men standing
by the door?"

They're hushers."

~~~~~  
A mother was preparing pancakes for her  
sons, Kevin 5, and Ryan 3. The boys  
began to argue over who would get the  
first pancake. Their mother saw the op-  
portunity for a moral lesson.

"If Jesus were sitting here, He would say,  
'Let my brother have the first pancake, I  
can wait.'

Kevin turned to his younger brother and  
said,  
"Ryan, you be Jesus!"

~~~~~  
A father was at the beach with his chil-
dren when the four-year-old son ran up
to him, grabbed his hand, and led him to
the shore where a seagull lay dead in the
sand.

"Daddy, what happened to him?" the son
asked.

"He died and went to Heaven," the Dad
replied.

The boy thought a moment and then
said, "Did God throw him back down?"

~~~~~  
A wife invited some people to dinner. At  
the table, she turned to their six-year-old  
daughter and said, "Would you like to  
say the blessing?"

"I wouldn't know what to say," the girl  
replied.

"Just say what you hear Mommy say,"  
the wife answered.

The daughter bowed her head and said,  
"Lord, why on earth did I invite all these  
people to dinner?" ✠

## Jesus Loves Me

Submitted by Gerald Carver

A pastor once stated, "I always noticed  
that it was the adults who chose the  
children's hymn 'Jesus Loves Me' (for the  
children of course) during a hymn sing,  
and it was the adults who sang the loud-  
est because I could see they knew it the  
best."

Here is a new version just for us who have  
white hair, or no hair at all. For us over 40  
(or even those almost there) and all you  
others...Check out this newest version of  
"Jesus Loves Me". It is quite cute, so  
read, sing and enjoy:"

JESUS LOVES ME

Jesus loves me, this I know,  
Though my hair is white as snow.

Though my sight is growing dim,  
Still He bids me trust in Him.

(CHORUS)

YES, JESUS LOVES ME...

YES, JESUS LOVES ME...

YES, JESUS LOVES ME

THE BIBLE TELLS ME SO.

Though my steps are oh, so slow,  
With my hand in His I'll go.

On through life, let come what may,  
He'll be there to lead the way.

(CHORUS)

Though I am no longer young,  
I have much, which He's begun.

Let me serve Christ with a smile,  
Go with others the extra mile.

(CHORUS)

When the nights are dark and long,  
In my heart He puts a song.

Telling me in words so clear,  
"Have no fear, for I am near"

(CHORUS)

When my work on earth is done,  
And life's victories have been won.

He will take me home above,  
Then I'll understand His love.

(CHORUS)

I love Jesus, does he know?

Have I ever told Him so?

Jesus loves to hear me say,

That I love Him every day. ✠

**Barna 2006 Surveys Cont.**

*(Continued from page 7)*

come strikingly evident between those who make faith the core of their life and those who simply attach a religious component on to an already mature lifestyle.

Media. Spiritual content and experiences will be increasingly related to the use of media. New technologies that will gain market share over the coming decade will significantly reshape how people experience and express their faith, and the ways in which they form communities of faith.

During the past year Barna formed a company (Good News Holdings) with a group of media professionals to approach the faith community not only with facts and figures drawn from research but also with stories and imagery conveyed through media. Asked why he took this new approach, he stated that the job of a servant of God is to be an obedient missionary. "It's important to go where the people are whom you wish to reach with your message, and then to communicate that message through the language and symbols that they understand," he explained. "The typical American spends roughly twenty times more hours each week engaged with media than involved with all forms of traditional religious activity. In our society there is a false barrier between those two worlds, and we're trying to bridge the gap."

**Research Details**

The data in this report are from a series of national surveys conducted by The

Barna Group during the past 14 months with random samples of various population groups. Among those sample groups were adults (age 18 and older); teenagers (ages 13 through 18); tweens (ages 8 through 12); and Protestant church Senior Pastors. Each survey included a minimum of 600 respondents, with most of the studies incorporating more than 1000 randomly-sampled, qualified individuals.

"Born again Christians" are defined as people who said they have made a personal commitment to Jesus Christ that is still important in their life today and who also indicated they believe that when they die they will go to Heaven because they had confessed their sins and had accepted Jesus Christ as their savior. Respondents are not asked to describe themselves as "born again."

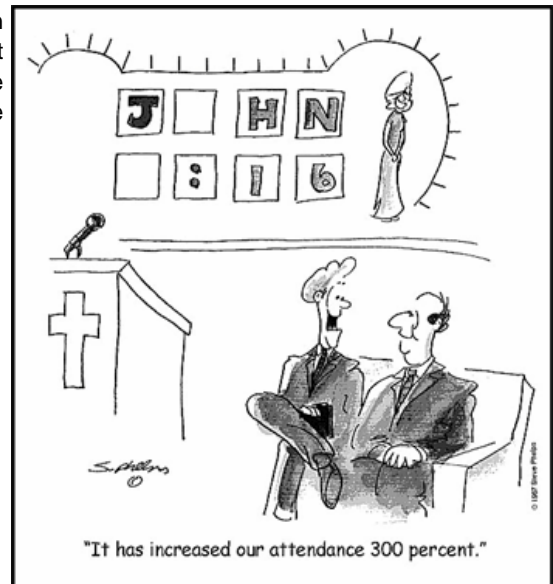
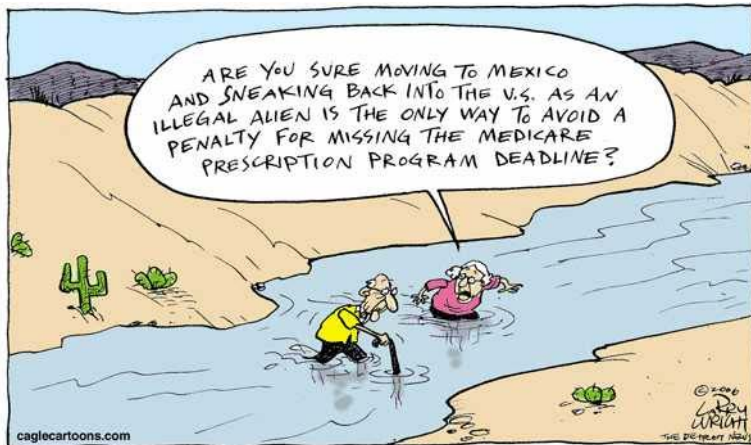
"Evangelicals" meet the born again criteria (described above) plus seven other conditions. Those include saying their faith is very important in their life today; believing they have a personal responsibility to share their religious beliefs about Christ with non-Christians; believing that Satan exists; believing that eternal salvation is possible only through grace, not works; believing that Jesus Christ lived a sinless life on earth; asserting that the Bible is accurate in all that it teaches; and describing God as the all-knowing, all-powerful, perfect deity who created the universe and still rules it today. Being classified as an evangelical is not dependent upon church attendance or the denominational affiliation of the

church attended. Respondents were not asked to describe themselves as "evangelical."

"Revolutionaries" were classified on the basis of meeting 11 specific criteria. They have a clear sense of the meaning and purpose of their life; describe their relationship with and faith in God as the top priority in their life; consider themselves to be "Christian"; read the Bible regularly; pray regularly; deem their faith to be very important in their life; contend that the main objective in their life is to love God with all their heart, mind, strength and soul; describe God as the "all-knowing, all-powerful being who created the universe and still rules it today"; have made a personal commitment to Jesus Christ that is important in their life today; believe that when they die they will go to heaven only because they have confessed their sins and accepted Jesus Christ as their savior; and say that their faith in Christ has "greatly transformed" their life.✠

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# The Kum Doubles Messenger

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|                |                                  |                         |                         |                             |                                           |
|----------------|----------------------------------|-------------------------|-------------------------|-----------------------------|-------------------------------------------|
| apples         | Protects your heart              | prevents constipation   | Blocks diarrhea         | Improves lung capacity      | Cushions joints                           |
| apricots       | Combats cancer                   | Controls blood pressure | Saves your eyesight     | Shields against Alzheimer's | Slows aging process                       |
| artichokes     | Aids digestion                   | Lowers cholesterol      | Protects your heart     | Stabilizes blood sugar      | Guards against liver disease              |
| avocados       | Battles diabetes                 | Lowers cholesterol      | Helps stops strokes     | Controls blood pressure     | Smoothes skin                             |
| bananas        | Protects your heart              | Quiets a cough          | Strengthens bones       | Controls blood pressure     | Blocks diarrhea                           |
| beans          | Prevents constipation            | Helps hemorrhoids       | Lowers cholesterol      | Combats cancer              | Stabilizes blood sugar                    |
| beets          | Controls blood pressure          | Combats cancer          | Strengthens bones       | Protects your heart         | Aids weight loss                          |
| blueberries    | Combats cancer                   | Protects your heart     | Stabilizes blood sugar  | Boosts memory               | Prevents constipation                     |
| broccoli       | Strengthens bones                | Saves eyesight          | Combats cancer          | Protects your heart         | Controls blood pressure                   |
| cabbage        | Combats cancer                   | Prevents constipation   | Promotes weight loss    | Protects your heart         | Helps hemorrhoids                         |
| cantaloupe     | Saves eyesight                   | Controls blood pressure | Lowers cholesterol      | Combats cancer              | Supports immune system                    |
| carrots        | Saves eyesight                   | Protects your heart     | Prevents constipation   | Combats cancer              | Promotes weight loss                      |
| cauliflower    | Protects against Prostate Cancer | Combats Breast Cancer   | Strengthens bones       | Banishes bruises            | Guards against heart disease              |
| cherries       | Protects your heart              | Combats Cancer          | Ends insomnia           | Slows aging process         | Shields against Alzheimer's               |
| chestnuts      | Promotes weight loss             | Protects your heart     | Lowers cholesterol      | Combats Cancer              | Controls blood pressure                   |
| chili peppers  | Aids digestion                   | Soothes sore throat     | Clears sinuses          | Combats Cancer              | Boosts immune system                      |
| figs           | Promotes weight loss             | Helps stops strokes     | Lowers cholesterol      | Combats Cancer              | Controls blood pressure                   |
| fish           | Protects your heart              | Boosts memory           | Protects your heart     | Combats Cancer              | Supports immune system                    |
| flax           | Aids digestion                   | Battles diabetes        | Protects your heart     | Improves mental health      | Boosts immune system                      |
| garlic         | Lowers cholesterol               | Controls blood pressure | Combats cancer          | kills bacteria              | Fights fungus                             |
| grapefruit     | Protects against heart attacks   | Promotes Weight loss    | Helps stops strokes     | Combats Prostate Cancer     | Lowers cholesterol                        |
| grapes         | saves eyesight                   | Conquers kidney stones  | Combats cancer          | Enhances blood flow         | Protects your heart                       |
| green tea      | Combats cancer                   | Protects your heart     | Helps stops strokes     | Promotes Weight loss        | Kills bacteria                            |
| honey          | Heals wounds                     | Aids digestion          | Guards against ulcers   | Increases energy            | Fights allergies                          |
| lemons         | Combats cancer                   | Protects your heart     | Controls blood pressure | Smoothes skin               | Stops scurvy                              |
| limes          | Combats cancer                   | Protects your heart     | Controls blood pressure | Smoothes skin               | Stops scurvy                              |
| mangoes        | Combats cancer                   | Boosts memory           | Regulates thyroid       | aids digestion              | Shields against Alzheimer's               |
| mushrooms      | Controls blood pressure          | Lowers cholesterol      | Kills bacteria          | Combats cancer              | Strengthens bones                         |
| oats           | Lowers cholesterol               | Combats cancer          | Battles diabetes        | prevents constipation       | Smooths skin                              |
| olive oil      | Protects your heart              | Promotes Weight loss    | Combats cancer          | Battles diabetes            | Smooths skin                              |
| onions         | Reduce risk of heart attack      | Combats cancer          | Kills bacteria          | Lowers cholesterol          | Fights fungus                             |
| oranges        | Supports immune systems          | Combats cancer          | Protects your heart     | Straightens respiration     |                                           |
| peaches        | prevents constipation            | Combats cancer          | Helps stops strokes     | aids digestion              | Helps hemorrhoids                         |
| peanuts        | Protects against heart disease   | Promotes Weight loss    | Combats Prostate Cancer | Lowers cholesterol          | Aggravates <a href="#">diverticulitis</a> |
| pineapple      | Strengthens bones                | Relieves colds          | Aids digestion          | Dissolves warts             | Blocks diarrhea                           |
| prunes         | Slows aging process              | prevents constipation   | boosts memory           | Lowers cholesterol          | Protects against heart disease            |
| rice           | Protects your heart              | Battles diabetes        | Conquers kidney stones  | Combats cancer              | Helps stops strokes                       |
| strawberries   | Combats cancer                   | Protects your heart     | boosts memory           | Calms stress                |                                           |
| sweet potatoes | Saves your eyesight              | Lifts mood              | Combats cancer          | Strengthens bones           |                                           |
| tomatoes       | Protects prostate                | Combats cancer          | Lowers cholesterol      | Protects your heart         |                                           |
| walnuts        | Lowers cholesterol               | Combats cancer          | boosts memory           | Lifts mood                  | Protects against heart disease            |
| water          | Promotes Weight loss             | Combats cancer          | Conquers kidney stones  | Smooths skin                |                                           |
| watermelon     | Protects prostate                | Promotes Weight loss    | Lowers cholesterol      | Helps stops strokes         | Controls blood pressure                   |
| wheat germ     | Combats Colon Cancer             | prevents constipation   | Lowers cholesterol      | Helps stops strokes         | improves digestion                        |
| wheat bran     | Combats Colon Cancer             | prevents constipation   | Lowers cholesterol      | Helps stops strokes         | improves digestion                        |
| yogurt         | Guards against ulcers            | Strengthens bones       | Lowers cholesterol      | Supports immune sys-        | Aids                                      |

## A Fathers Love

Submitted by Christine Burkett

It's a Wednesday night and you are at a church prayer meeting when somebody runs in from the parking lot yelling, "Turn on a radio, turn on a radio!"

And while the church listens to a little transistor radio with a microphone stuck up to it, the announcement is made: "Two women are lying in a Long Island hospital dying from a "mystery' flu." Within hours it seems, this thing just sweeps across the country.

People are working around the clock trying to find an antidote. Nothing is working! California, Oregon, Arizona, Florida, Massachusetts. It's as though it's just sweeping in from the borders.

And then, all of a sudden, the news comes out. The code has been broken. A cure can be found. A vaccine can be made. It's going to take the blood of somebody who hasn't been infected, and so, sure enough, all through the Midwest, through all those channels of emergency broadcasting, everyone is asked to do one simple thing: Go to your downtown hospital and have your blood type taken. That's all we ask of you. When you hear the sirens go off in your neighborhood, please make your way quickly, quietly, and safely to the hospitals.

Sure enough, when you and your family get down there late on that Friday night, there is a long line, and they've got nurses and doctors coming out and pricking fingers and taking blood and putting labels on it.

Your wife and your kids are out there, and they take your blood type and they say, "Wait here in the parking lot and if we call your name, you can be dismissed and go home."

You stand around, scared, with your neighbors, wondering what in the world is going on and if this is the end of the world.

Suddenly a young man comes running out of the hospital screaming. He's yelling a name and waving a clipboard. What? He yells it again, and your son tugs on

your jacket and says, "Daddy, that's me."

Before you know it, they have grabbed your boy. Wait a minute! Hold on! And they say, "It's okay, his blood is clean. His blood is pure. We want to make sure he doesn't have the disease. We think he has got the right type." Five tense minutes later, out come the doctors and nurses, crying and hugging one another... some are even laughing. It's the first time you have seen anybody laugh in a week, and an old doctor walks up to you and says, "Thank you, sir. Your son's blood type is perfect. It's clean, it is pure, and we can make the vaccine." As the word begins to spread all across that parking lot full of folks, people are screaming and praying and laughing and crying.

Then the gray-haired doctor pulls you and your wife aside and says, "May we see you for moment? We didn't realize that the donor would be a minor and we need...we need you to sign a consent form." You begin to sign and then you see that the number of pints of blood to be taken has been left blank.

"H-how many pints?", you ask.

And that is when the old doctor's smile fades and he says, "We had no idea it would be a little child. We weren't prepared. I'm sorry sir, we need it all!"

"But, but .. You don't understand."

"We are talking about the world here. Please sign. We need it all!"

"But can't you give him a transfusion?"

"If we had clean blood we would. Can you sign? Would you sign?"

In numb silence, you do.

Then they say, "Would you like to have a moment with him before we begin?"

Can you walk back? Can you walk back to that room where he sits on a table saying, "Daddy? Mommy? What's going on?" Can you take his hands and say, "Son, your mommy and I love you, and we would never ever let anything happen to you that didn't just have to be. Do you understand that?"

And when that old doctor comes back in

and says, "I'm sorry, we've GOT to get started! People all over the world are dying.

Can you leave?"

Can you walk out while he is saying, "Daddy? Mommy? Daddy? "Why, why have you forsaken me?"

And then next week, when they have the ceremony to honor your son, folks sleep through it ... some folks don't even come because they go to the lake or the seashore ... some folks come with a pretentious smile and just "pretend" to care. Would you want to jump up and say, "MY SON DIED FOR YOU! DON'T YOU CARE?"

Is that what GOD wants to say? "MY SON DIED FOR YOU. DON'T YOU KNOW HOW MUCH I CARE?"

"FATHER, Seeing it from YOUR eyes breaks our hearts. Maybe now we can begin to comprehend the great Love YOU have for us."✠

## The Bible in 50 Words!

Submitted by Danny Parsons

God made  
 Adam bit  
 Noah arked  
 Abraham split  
 Joseph ruled  
 Jacob fooled  
 Bush talked  
 Moses balked  
 Pharaoh plagued  
 People walked  
 Sea divided  
 Tablets guided  
 Promise landed  
 Saul freaked  
 David peeked  
 Prophets warned  
 Jesus born  
 God Walked  
 Love talked  
 Anger crucified  
 Hope died  
 Love rose  
 Spirit flamed  
 Word spread  
 God remained. ✠

## Dangerous Food

Submitted by Bob Potter

A Doctor was addressing a large audience in Tampa. "The material we put into our stomachs is enough to have killed most of us sitting here years ago. Red meat is awful. Soft drinks corrode your stomach lining.

Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water.

But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake!"✝

## Bibles and cell phones

Submitted by Gerald Carver

I wonder what would happen if we treated our Bible like we treat our cell phones?

What if we carried it around in our purses or pockets?

What if we turned back to go get it if we forgot it?

What if we flipped through it several times a day?

What if we used it to receive messages from the text?

What if we treated it like we couldn't live without it?

What if we gave it to kids as gifts?>

What if we used it as we traveled?>

What if we used it in case of an emergency?

What if we upgraded it to get the latest version?>

This is something to make you go...hmmm...where is my Bible?>

Oh, and one more thing. Unlike our cell phone, we don't ever have to worry about our Bible being disconnected because Jesus already paid the bill!✝

## Refining Silver

Submitted by Gerald Carver

Malachi 3:3: "He will sit as a refiner and purifier of silver."

This verse puzzled some women in a Bible study and they wondered what this statement meant about the character and nature of God.

One of the women offered to find out the process of refining silver and get back to the group at their next Bible Study.

That week, the woman called a silversmith and made an appointment to watch him at work. She didn't mention anything about the reason for her interest beyond her curiosity about the process of refining silver.

As she watched the silversmith, he held a piece of silver over the fire and let it heat up. He explained that in refining silver, one needed to hold the silver in the middle of the fire where the flames were hottest as to burn away all the impurities.

The woman thought about God holding us in such a hot spot; then she thought again about the verse that says: "He sits as a refiner and purifier of

silver." She asked the silversmith if it was true that he had to sit there in front of the fire the whole time the silver was being refined.

The man answered that yes, he not only had to sit there holding the silver, but he had to keep his eyes on the silver the entire time it was in the fire. If the silver was left a moment too long in the flames, it would be destroyed.

The woman was silent for a moment. Then she asked the silversmith, "How do you know when the silver is fully refined?" He smiled at her and answered, "Oh, that's easy -- when I see my image in it."

If today you are feeling the heat of the fire, remember that God has His eye on you and will keep watching you until He sees His image in you.

Pass this on right now This very moment, someone needs to know that God is watching over them. And, whatever they're going through, they'll be a better person in the end.

Remember: "Life is a coin. You can spend it anyway you wish, but you can only spend it once."✝

## Coffee Anyone?

Submitted by Christine Burkett

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life.

Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite - telling them to help themselves to the coffee.

After all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is but normal for you to want only the best for yourselves, that is the source of your prob-

lems and stress.

Be assured that the cup itself, adds no quality to the coffee in most cases, just more expensive, and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups...and then began eyeing each other's cups.

Now consider this: Life is the coffee, and the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us."

God brews the coffee, not the cups.....enjoy your coffee.✝

## Are You Jesus?

Submitted by Christine Burkett

A few years ago a group of salesmen went to a regional sales convention in Chicago. They had assured their wives that they would be home in plenty of time for Friday night's dinner. In their rush through the terminal, with tickets and briefcases, one of these salesmen inadvertently kicked over a table which held a display of apples. Apples flew everywhere. Without stopping or looking back, they all managed to reach the plane in time for their nearly missed boarding.

ALL BUT ONE !!! He paused, took a deep breath, got in touch with his feelings, and experienced a twinge of compassion for the girl whose apple stand had been overturned.

He told his buddies to go on without him, waved good-bye, told one of them to call his wife when they arrived at their home destination and explain his taking a later flight. Then he returned to the terminal where the apples were all over the termi-

nal floor. He was glad he did.

The 16 year old girl was totally blind! She was softly crying, tears running down her cheeks in frustration, and at the same time helplessly groping for her spilled produce as the crowd swirled about her, no one stopping and no one to care for her plight.

The salesman knelt on the floor with her, gathered up the apples, put them back on the table and helped organize her display. As he did this, he noticed that many of them had become battered and bruised; these he set aside in another basket.

When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$40 for the damage we did. Are you okay? She nodded through her tears.

He continued on with, "I hope we didn't spoil your day too badly."

As the salesman started to walk away, the bewildered blind girl called out to him, "Mister...." He paused and turned to look back into those blind eyes. She contin-

ued, "Are you Jesus?"

He stopped in mid-stride, and he wondered. Then slowly he made his way to catch the later flight with that question burning and bouncing about in his soul: "Are you Jesus?" Do people mistake you for Jesus? That's our destiny, is it not?

To be so much like Jesus that people cannot tell the difference as we live and interact with a world that is blind to His love, life and grace. If we claim to know Him, we should live, walk and act as He would.

Knowing Him is more than simply quoting Scripture and going to church. It's actually living the Word as life unfolds day to day.

You are the apple of His eye even though we, too, have been bruised by a fall. He stopped what He was doing and picked you and me up on a hill called Calvary and paid in full for our damaged fruit.

Sometimes we just take things for granted, when we really need to be sharing.✠

## Saving A Bear

Submitted by Christine Burkett

A priest, a Pentecostal preacher and a Rabbi all served as chaplains to the students of Northern Michigan University in Marquette. They would get together two or three times a week for coffee and to talk shop. One day, someone made the comment that preaching to people isn't really all that hard. A real challenge would be to preach to a bear. One thing led to another and they decided to do an experiment. They would all go out into the woods, find a bear, preach to it, and attempt to convert it.

Seven days later, they're all together to discuss the experience.

Father Flannery, who has his arm in a sling, is on crutches, and has various bandages, goes first. "Well," he says, "I went into the woods to find me a bear. And when I found him I began to read to him from the Catechism. Well, that bear wanted nothing to do with me and began to slap me around. So I quickly grabbed

my holy water, sprinkled him and, Holy Mary Mother of God, he became as gentle a lamb. The bishop is coming out next week to give him first communion and confirmation."

Reverend Billy Bob spoke next. He was in a wheelchair, with an arm and both legs in casts, and an IV drip. In his best fire and brimstone oratory he claimed, "WELL brothers, you KNOW that we don't sprinkle! I went out and I FOUND me a bear. And then I began to read to my bear from God's HOLY WORD! But that bear wanted nothing to do with me. So I took HOLD of him and we began to wrestle. We wrestled down one hill, UP another and DOWN another until we came to a creek. So I quick DUNKED him and BAPTIZED his hairy soul. And just like you said, he became as gentle as a lamb. We spent the rest of the day praising Jesus."

They both looked down at the rabbi, who was lying in a hospital bed. He was in a

body cast and traction with IV's and monitors running in and out of him. He was in bad shape. The rabbi looks up and says, "Looking back on it, circumcision may not have been the best way to start."✠

## Honey I'm Home

Arriving home from work at my usual hour of 5 p.m., I discovered that it had not been one of my wife's better days. Nothing I said or did seemed to be right.

By 7 p.m., things had not changed, so I suggested I go outside, pretend I had just gotten home, and start all over again. My wife agreed.

I went outside, came back in and, with a big smile, announced, "Honey, I'm home!"

"And just where have you been?" she replied sharply. "It's after seven o'clock!"✠

**Kum Doubles Sunday  
School Class**

**First United Methodist Church**

211 W. Third St.  
Irving, TX 75060

FUMC office: 972 253-3531  
FUMC Fax: 972 254-2498  
E-mail: linda@fumcirving.org

**Class Officers**

|                |                  |
|----------------|------------------|
| President      | Marni Monty      |
| Vice President | Doug Pierson     |
| Secretary      | Shirley Reynolds |
| Treasurer      | Harrold Henson   |

**Committees**

|            |                                                    |
|------------|----------------------------------------------------|
| Party      | Pat Love, Shirley Carver,<br>Mary Holcomb          |
| Sunshine   | Sylvia Mayhew, Jamie<br>Pierson, Jan Dame          |
| Nominating | Christine Burkett<br>George Adamson<br>Judy Dayton |

**Missions Coordinators** Anna Wilkins, Ed Dame

**Travel Planner** Bill Holcomb

**Webmaster** Doug Pierson

**KUM DOUBLES MESSENGER Newsletter**

Editor Jim Dayton

**Correspondents:**

|                 |                                 |
|-----------------|---------------------------------|
| Chief           | Christine Burkett               |
| Prayer & Praise | Cindy Alleman, Becky<br>Flanery |
| Circulation     | Becky Flanery                   |
| Consultant      | Judy Dayton                     |

**Kum Doubles Sunday School Class Teachers:**

|                          |                                               |
|--------------------------|-----------------------------------------------|
| 1st Sunday               | Jim Street                                    |
| 2nd Sunday               | Jan Dame                                      |
| 3rd Sunday (Alternating) | Gayle Baggett, Pat<br>Clough                  |
| 4th Sunday               | Danny Parsons, Doug<br>Pierson, Harold Henson |
| 5th Sunday               | Guest Speaker                                 |

**Kum Doubles members serving elsewhere during**

**Sunday School:**

|                    |                        |
|--------------------|------------------------|
| JoCarol Adamson    | Music Director         |
| Dottie Creech      | SS Secretary           |
| Paul Creech        | Sonrise Village        |
| Allan Knott        | Covenant Class Teacher |
| Pam Knott          | Covenant Class Teacher |
| Mary Lou Niethamer | Ass't SS Secretary     |

**MISSION STATEMENT**

to be developed

**VISIT US**

Come as you are for coffee, fellowship and good Bible based instruction. We meet each Sunday morning [9:00 A.M. to 10:400 A.M.] in room 315 [3rd floor at top of stairway near elevator].

**CONTACT US**

To activate prayer chain—Sylvia Mayhew [Phyllis Street, if Sylvia unavailable]  
General questions—Marni Monty  
FUMC Christian Education Director—Linda Wheeler 972 253-3531 ext. 27  
Newsletter—Jim Dayton  
Website—Doug Pierson

**SEND US NEWSLETTER MATERIAL**

We're always seeking stories and news for the newsletter. Please submit information on anything you think the class would enjoy. We'd love to hear you brag about your children or grandchildren. Forward me the emails that you get—inspiration, politics, jokes, one-liners, etc. What about photos that you think the class would enjoy? What about a letter to the editor expressing your opinion?

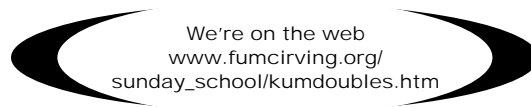
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**ALL BACK ISSUES OF THE NEWSLETTER**, both *Kum Doubles Kapers* and *The Messenger*, are available on the web at:

[www.fumcirving.org/sunday\\_school/kumdoubles.htm](http://www.fumcirving.org/sunday_school/kumdoubles.htm)

**THE NEWSLETTER PRAYER REQUEST PAGE** is only published in the classroom edition of the newsletter. If you receive the KUM DOUBLES MESSENGER over the internet, and you would like to receive the prayer request pages, please contact Jim Dayton or a member of the class to make arrangements for receiving those pages.

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