



Young Love and Marriage

By: Dr. Jim Bierman,

Moving Meditation...

We practiced a martial art in a Jewish Synagogue for nine years together. I remember watching the prayer group sit in a circle in their set-up metal chairs. They held their meeting the same time as ours. They were engrossed in their reading and the lively debate. Their minds were so active and engaged, but they didn't look very comfortable! I couldn't sit still for so long - I had to get up and dance.

Tai Chi Ch'uan is the slow motioned dance you see Chinese people practice in the park. They call it a moving meditation. Few know that it's also a lightning-fast boxing style, and fewer know how it makes you sweat to practice! Every minute you're on the floor, you're concentrating on what you are doing, where your body is in space, and keeping time, following the rhythm and tempo of the group. Fully engaged from head to toe, it's the best dance around. Sometimes meditation clears the mind and leaves you more aware of your surroundings. Sometimes contemplation leads your thought to a point of great clarity and awe. Dance gets you into your body, out of your head, and smiling.

It's been a long, cold winter but I feel something stirring. Spring is spreading, and I see the flowers starting to bud as they sense the days getting longer. I feel myself coming out of a winter lull. All the plans and dreams hatched-up in the dark months begin to quicken. I feel the drive to put plans into action and dance the dream awake. I haven't practiced Tai Chi for a while, but I feel it's time to start again. Rather than forcing myself to do something that I know I should do, I'm caught up in the rising of the season and can't stop myself from practice. There's no need for a New Year's resolution to get me back on my feet. But to keep the momentum going, I'll start another class this spring and dance with my friends on Saturday mornings. I can't imagine a better way to spend my free time than in this moving meditation, binding self to season and friend to friend.

And we are witnesses of all that He did both in the country of the Jews and in Jerusalem. They put Him to death by hanging Him on a tree, but God raised Him on the third day and made Him to appear, not to all the people but to us who had been chosen by God as witnesses, who ate and drank with Him after he rose from the dead.---Acts 10:39 -41:

Health News & Issues

These medicines are supposedly being recalled. Pharmaceutical companies have known about this danger for years, we unfortunately, did not.

I urge you to review the list of medicines with PPA and avoid these medications. All drugs containing PHENYLPROPANOLAMINE are dangerous. You may want to try calling the 800 number listed on most drug boxes and inquire about a REFUND. Please read this CAREFULLY. Also, please pass this on to everyone you know. STOP TAKING anything containing this ingredient. It has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting use of medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

The following medications contain Phenylpropanolamine:

- Acutrim Diet Gum Appetite Suppressant
 - Acutrim Plus Dietary Supplements
 - Acutrim Maximum Strength Appetite Control
 - Alka-Seltzer Plus Children's Cold Medicine Effervescent
 - Alka-Seltzer Plus Cold medicine (cherry or orange)
 - Alka-Seltzer Plus Cold Medicine Original
 - Alka-Seltzer Plus Cold & Cough Medicine Effervescent
 - Alka-Seltzer Plus Cold & Flu Medicine
 - Alka-Seltzer Plus Cold & Sinus Effervescent
 - Alka Seltzer Plus Night-Time Cold Medicine
 - BC Allergy Sinus Cold Powder
 - BC Sinus Cold Powder
 - Comtrex Flu Therapy & Fever Relief
 - Day & Night Contac 12-Hour Cold Capsules
 - Contac 12 Hour Caplets
 - Coricidin D Cold, Flu & Sinus
 - Dexatrim Caffeine Free
 - Dexatrim Extended Duration
 - Dexatrim Gelcaps
 - Dexatrim Vitamin C/Caffeine Free
- They are asking you to call them at 800-548-3708 - 800-548-3708 with the lot number on the box so they can send you postage for you to send it back to them, and they will also issue you a refund.

What's Cooking

Chicken Salad in Tomato Cups

- 1 rotisserie chicken, skinless and meat shredded or diced
- 1/2 small red onion, diced
- 1 shallot, chopped
- 2 tablespoons freshly chopped tarragon leaves
- 1 celery rib, chopped
- 1 cup slivered almonds
- 2 tablespoons white wine vinegar
- 3/4 cup mayonnaise
- 3 cups halved seedless red grapes
- Kosher salt and freshly ground black pepper
- 6 large beefsteak tomatoes
- 1 head butter lettuce

Directions
Mix first 10 ingredients in a large bowl.

Core tops of tomatoes with a paring knife. Using a melon baller, scoop out the insides of the tomatoes. Lay a leaf of lettuce in each tomato so it peeks out the top. Fill the tomatoes with a large scoop of the chicken salad and serve.

DON'T BUY PEPSI IN THE NEW CAN!

Don't buy Pepsi in the new can. Pepsi has a new 'patriotic' can coming out with pictures of the Empire State Building, and the Pledge of Allegiance on them. However, Pepsi left out two little words on the pledge, **'Under God.'** Pepsi said they didn't want to offend anyone. In that case, we don't want to offend anyone at the Pepsi corporate office, either! So if we don't buy any Pepsi products, they will not be offended when they don't receive our money that has the words **'In God We Trust' on it.**

THINK BIG. PLAY BIG.

PLAY THE NEW \$500 MILLION FRENZY SCRATCH-OFF FOR YOUR CHANCE AT HALF A BILLION IN PRIZES.

