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THE DEAF MESSENGER

An Inspirational Magazine for the Deaf



2012
2013

“Brothers and sisters, I know that I have not yet reached that goal, but there is one thing I always do. Forgetting the past and straining toward what is ahead, I keep trying to reach the goal and get the prize for which God called me through Christ to the life above” (Philippians 3:13, 14, NCV).

New Beginning in Jesus Christ	1
Do We Really Need Christian Standards?	4
Who Is Jesus?	8
How to Deal With a Person With a Strong Personality?	10
Fake Christian	13
The Whole Story	14
Vegetarian Recipe	16

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The purpose of this magazine is to inform the deaf reader about such topics as practical Christian living; basic Bible truths; and what the past, present, and future historical events mean to each of us. This magazine attempts to cover spiritual, mental, and physical aspects in its articles and columns.

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New Beginnings in Jesus Christ

By Amanda Colgan



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The New Year traditionally means new starts. So we normally make New Year's resolutions for what we will do differently or try to succeed in the New Year. It offers us the chance to start over once again. It is a time to set new goals and to make plans as to how you will meet those goals.

As a Christian, every day should be a new day in the Lord. "Anyone who believes in Christ is a new

creation. The old is gone! The new has come!" (2 Corinthians 5:17). Every day is a good opportunity for new beginnings! My question to you today is, "What kind of goals and plans will you make for the new year as you seek to serve Christ in a greater way?" Is it to read the Bible more? Or to work on a better and closer relationship with God? Or to help more people? Or to witness to people about how God has

helped you in your life?

I would like to talk about some principles to think about as you enter into the new year.

1. Look Back

Philippians 4:8—“Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things.”

Take the time to look back over the past year and think about those times you had faith in overcoming doubt, sin, unbelief or anything else. Think about those times you saw yourself go from hopeless to courage in the midst of suffering or situations that seemed unbearable. As you look back and see how God helped you through it, take the time to give Him thanks for all that He did. “Oh, give thanks to the LORD! Call upon His name; Make known His deeds [what He has done] among the peoples!” (Psalm 105:1).

As you take the time

to ponder on these things and give God thanks for His many blessings in your life, you will experience a fresh sense of His presence preparing you for what’s yet ahead in this coming new year.

2. Look Inward

Psalm 51:68—“I know that you want truth to be in my heart. You teach me wisdom deep down inside me. Make me pure by sprinkling me with hyssop plant. Then I will be clean. Wash me. Then I will be whiter than snow. Let me hear you say, ‘Your sins are forgiven.’ That will bring me joy and gladness.”

Think about your relationship with God and with others. Pray to God for help to grow in faithfulness and holiness. “Search me, O God, and know my heart; Try me, and know my anxieties [worries]; And see if there is any wicked way in me, and lead me in the way everlasting” (Psalm 139:23, 24, NKJV).

As you take the time to look inward you will be encouraged when you see the many areas where

you did well. You will also sense a great hope when you sense God's help, encouragement and leading in overcoming those areas you struggled with. Be honest with God and with yourself and you shall experience a great refreshing from Him that will give you the enthusiasm you need to change. "So turn away from your sins. Turn to God. Then your sins will be wiped away. The time will come when the Lord will make everything new" (Acts 3:19).

3. Look To Jesus

Hebrews 12:12—"Let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. Let us keep on running the race marked out for us. Let us keep looking to Jesus. He is the author of faith. He also makes it perfect . . ."

In the midst of temptations, problems, difficulties, sorrows, and opportunities that will come into your life during this coming year, stay focused on Jesus. He is there to guide you through any situations you may face. "The Lord

gives me strength. He is like a shield that keeps me safe. My heart trusts in him, and he helps me. My heart jumps for joy. I will sing and give thanks to him" (Psalm 28:7).

4. Look Forward

Philippians 3:13—"here is the one thing I do. I forget what is behind me. I push hard toward what is ahead of me."

Because God will be with us, we can look forward to each new day with joy. We can go forth with confidence knowing that God is at work in us and be led by Him in our journey everyday. "A man's heart plans his way, but the LORD directs his steps" (Proverbs 16:9, NKJV).

You can enter the new year with a sense of God's presence if you look to Him in each of these directions. He is there to help you through every trial, temptation and task no matter what it is. Jesus is there to meet you at every step of the way.

Amanda Colgan is a Deaf homemaker who lives in Hyannis, MA.

Do We Really Need Christian Standards?

By John Blake



How would you feel if you went to church and saw the pastor having to stop for a smoke during his sermon? Or stop and have some sips of vodka before his prayer? Do Christians in a church really need Christian Standards that would stop pastors or members acting this way in church?

What is a Christian Standard? We could say that it is a level of

behavior that supports and honors Jesus through our lifestyle—a way of living that lets us show the love of Jesus through the way we live!

There is a Bible verse that really shows clearly a test for how to truly live as a Christian: “So if you eat, or if you drink, or if you do anything, do it for the glory of God” (1 Corinthians 10:31, ERV—Easy Reading

Version). How do we do bring glory to God? Or how do we bring glory to me? Selfishness in us is the root of evil. Now, we give glory or honor God when we do what God wants us to do. We find another quick test for our actions in the words of Jesus: “In everything, do to others what you would want them to do to you” (Matthew 7:12).

We each need to study what the Bible says about what we can do to bring glory to God. Then, as Christians, we often belong to a group of Christians organized as a Church. A Church also needs to set the guidelines (rules) that it feels will let other people know that its members are real Christians in behavior and lifestyle. A minister should not be going to a bar to drink alcohol. A woman should dress in a way that does not attract attention to the sexual parts of her body. A young man is wise when he respects his girlfriend so that she knows that she will never have a problem protecting her purity. So, a “Church” needs to set guidelines that will

encourage its members to have the most honorable and Christ-like ways of thinking and acting. It also needs a clear guide to Biblical doctrines so the group can give a clear message to the world.

Here is a question to help us decide what to do: “What would Jesus do—how would Jesus act, if He was here in my situation?” Since Jesus lived here on earth with us 2,000 years ago, we cannot know for sure in every situation. But, there are principles (rules) we can use to guide us in thinking through what Jesus would do if He was in our place. Jesus always did the kind and loving thing that brought honor and glory to His Father. Another question is: Where could this activity lead us—closer to God and His people, or closer to the sinful ways of the world?

There is an interesting verse that reads this way: “Do not love the world or anything in it. If you love the world, love for the Father is not in you” (1 John 2:15). That does not mean that we should not love the

good things that God has put into the world for us to enjoy: sunshine, healthy food, our pets, beautiful flowers, the love of others and good things that God approves. But, we are not to love the sinful ways and habits of the world. Also, our closest friends need to have same goals and standards to ourselves. We tend to become more and more like the friends who are closest to us. We each need close friends who will pray for us and encourage us to become more like Jesus.

When a Christian makes a decision to buy a car, a new house or an article of clothing how can they know what is the right thing to do? There are principles we can use: will this purchase bring glory to God or me? Will God's work be blessed because of this choice? Looking into the future, is this choice going to be a blessing to me, my family and God's family?

When we are wondering about how to spend our time, we can ask the same type of questions. Is this the best use of my time? Will

I be brought closer to God by spending my time doing this? Is this really something important? Of course we need real relaxation and should not be working all the time. Our minds need a change and our bodies need good exercise. Jesus told his disciples to come away from their work and rest for a time! This is one reason that God gave us the Sabbath day when we can come close to Him and find true rest for mind and body. Some of the happiest times of my life have been when I've been out on a hike or camping in the mountains!

As we decide on the standards for our own behavior, we need to remember that our Christian lifestyle is based on our healthy relationship with Jesus. Some people will not have the same point of growth that we have. Some people will have stricter standards than us. Other people may not come up to the point where we think they should be. We need to be patient with each other! We all come from different backgrounds and live in

different circumstances. A person may be a vegetarian, but it may be very difficult for another person to be a vegetarian when his wife is not even a Christian.

One of the greatest criticisms of people with high Christian standards is that they may appear as 'legalists' and be judgmental or harsh. Legalism is a way of thinking where we think we will earn our way to heaven by the things we do, or don't do. That is wrong. It leads to pride and selfishness in our hearts. We want to live like Jesus lived, so we bring honor and glory to Him, not to ourselves! We obey God because we are saved and love Jesus first, not to earn salvation! Sometimes Christians think it their duty to try and push other people to accept the standards they have chosen. But, each person needs time to study and grow in Christ at his own speed. When we really love Jesus and want to show His love, our habits, our talk, our way of dressing, our recreation—everything will truly become more Christ-like!

How can we become more like Jesus? Romans 12:2, NLT: "Don't copy the behaviour and customs of this world, but let God transform [change] you into a new person by changing the way you think." "Christ is the one who gives me the strength I need to do whatever I must do" (Philippians 4:13, ERV).

In our own strength we cannot live and think like Jesus because our hearts are naturally selfish. But, when we give our lives to Jesus, and ask Him to guide every thought and action, the Holy Spirit is willing to come and live in us. Then, slowly, the Spirit changes our thinking and more and more we want to be like Jesus. We see our selfish thinking and realize our failings more and more clearly. BUT, as Jesus lives His life out through us, other people will see Jesus in us and be drawn toward Him. That is the goal for standards of Christian living!

John Blake is a retired pastor who lives in Clive, Alberta, Canada.

Who Is Jesus?

By Mario Romero



CLIPART COLLECTION VOL. 2

Most of us grew up knowing the story of Jesus. Many of us watched movies about His ministry and His death on the cross. I am very sure most of us watched, or at least heard, about Mel Gibson's movie *The Passion of Christ*. But, do we really know Jesus? Do we know why He lived and died? How much do we really know about Him?

We can know about

a person, but we really do not know this person. For example, I know who Barack Obama is, but I don't know who he really is. I would have to be his friend and visit with him daily to really get to know him personally.

The Bible tells us in 1 John 4:16 that God is love. And in John 1:1 we read, "In the beginning, the Word was already there. The Word

was with God, and the Word was God” (with emphasis). And in the same chapter in verse 14 the apostle John says, “The Word became a human being. He made his home with us. We have seen his glory. It is the glory of the one and only Son. He came from the Father.” Therefore, we can say that Jesus is God. Most Christians strongly believe this.

In 1 Corinthians 13:4-8 Paul says, “Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. It is not rude. It does not look out for its own interests. It does not easily become angry. It does not keep track of other people’s wrongs. Love is not happy with evil. But it is full of joy when the truth is spoken. It always protects. It always trusts. It always hopes. It never gives up. Love never fails.” Since Jesus is God and God is love we can interpret the text as “Jesus is patient. Jesus is kind. He does not want what belongs to others. He does not brag. He is not proud. Jesus is not rude. He does not look out for His

own interests. He does not easily become angry. Jesus does not keep track of other people’s wrongs. Jesus is not happy with evil. But He is full of joy when the truth is spoken. He always protects. He always trusts. He always hopes. Jesus never gives up. Jesus never fails.”

It doesn’t matter where you have been or what you have done, Jesus will forgive you and throw your sins to the bottom of the ocean and will never be remembered again. Jesus will never fail you.

The Bible says that the wages of sin is death. We are all sinner so we all must earn eternal death. But Jesus already paid the price for you. He died so that you and I may live. All you have to do is accept Him as your personal savior and you will live forever.

Will you choose to accept and know Jesus for who he really is?

Mario Romero is a Deaf writer who lives in Orlando, FL.

How to Deal With a Person With a Strong Personality

By Francisca Trexler



CLIPART COLLECTION VOL. 2

Some of the people have complained and shared with me about the problems that they have experienced with one or two people at church, work, neighborhoods and home. They have not been able to get along with people with strong personalities. Actually, we need to keep in our minds that God created us for who we are. In Ephesians 4:32, “Be kind and compassionate to one another, forgiving each other, just as in Christ

God forgave you.” God wants us to learn how to get along with people with their different backgrounds and temperaments. Charles Swindoll said, “We can not change our past. We cannot change the fact that people will act a certain way and we cannot change what is going to happen. The only thing we can do is play on the one string (guitar) we have and that is our attitude. I am convinced that life is 10% of what happens to me

and 90% of how I react to it” (adapted).

We all need to learn to respect the kind of person with a strong personality. Also, it is how we react toward the person’s actions and behaviors. It is all what we have is the attitude. For an example, the apostle Paul had a strong personality but God used him to spread the gospel to different parts of the world. Paul and Barnabas had same problems that we have today with people. Both of them had opinionated views and strong personalities. They both could not get along well and disagreed over having the young Mark going with them on the missionary journey. Barnabas wanted to invite John Mark to join them on the dangerous missionary trip, but Paul strongly disagreed. Paul was concerned that Mark might spoil the gospel work because he had been afraid and left them in the past. Barnabas believed that Mark should have a second chance. The disagreement was so strong that Barnabas took Mark along with him

and Paul went along with Silas to different places. Paul and Barnabas separated from each other because of their strong disagreement. But, both of them worked for the Lord and kept the gospel going around the areas where they continued preaching God’s Word. Interestingly, both Paul and Barnabas were a great evangelistic team, but they both went on their way with sadness. God still blessed them regardless the problems. They didn’t stop spreading the Gospel when Satan wanted them to stop. Satan wants us to spend more time on the problems among the people and find faults with each other. The best way is to show support and pray for the person. This kind of person with a strong personality might work better with another person who is more patient.

An opinionated person strongly believes in his/ her own ideas and views as if he/she were closed-minded. This type of person tends to think that he/she is always right. For example, a person strongly prefers

to give the Bible study with King James Bible (KJV) only while another person strongly prefers to use the New International Reader's Version (NIRV) Bible as a teaching tool. Actually, both of them are good. Good Christian friends can bring new problems because of the mind set. The best way is to respect and let him/her go along with God's guidance. Persons with strong personalities make decisions and plans of their own. Remember, a person with a strong personality is NOT always right. He needs the grace of God to make him humble enough to be an open-minded person.

Here is a good quote from a Christian woman: "If you will seek the Lord and be converted every day you will wear the yoke of Christ, the yoke of obedience and service. All your complaints will be quieted, all your difficulties will be removed and all the problems that now you have will be solved" (adapted). The difference is attitude. That is what the attitude is all about. Think what would Jesus do for

you daily! Say this quote to yourself: "What can I do for Jesus, not what I can do for myself?"

We need to move forward teaching other people about Jesus Christ. God wants us to get along with one another, and also we can learn to disagree in a friendly way. Be open-minded to something new and be balance-minded on different issues. Let us read the Bible, Philippians 2:13-16, "God is working in you. He wants your plans and your acts to be in keeping with his good purpose. Do everything without finding fault or arguing. Then you will be pure and without blame. You will be children of God without fault in a sinful and evil world. Among the people of the world you shine like stars in the heavens. You shine as you hold out to them the word of life. So I can brag about you on the day Christ returns. I can be happy that I didn't run or work for nothing."

Now, lastly, Satan wants all of us to stop our work for Jesus. Read 1 Peter 5:8, "Control yourselves. Be on

your guard. Your enemy the devil [Satan] is like a roaring lion. He prowls [walks] around looking for someone to chew up and swallow.” We need to ask God to help us to be more like Jesus’ beautiful character. Remember, Jesus was with 12 disciples who were very stubborn and opinionated. The disciples had weak characters and often got

into argument, but Jesus loved them all the same and yearned to draw them to be like Him. How about us?

May God be with you as you work with someone so that the gospel goes quickly around the world in time for Jesus’ return.

Francisca Trexler is a Deaf chaplain at Galluadet University who lives in Lanham, MD.

Fake Christian

By Arnold Wallenkamp



MorganLeFayel/Stockphoto.com

A family’s young apple tree had its first fruit—one apple. Mother told little Jack to be careful when playing ball with his friends in the backyard. They were not to throw the ball in the direction of the apple tree. She did not want the apple to be hit.

But the ball hit the apple, and it fell to the ground. Jack went inside and found

his mother’s sewing basket. He took thread from the basket and tied the stem of the apple to the twig where it had been growing. Again the apple was hanging on the tree.

But later Mother noticed that the apple didn’t look as fresh and healthy as it used to. When she checked she discovered that the apple was attached to its twig by a thread. It had no life-giving connection with the tree.

Many Christians are like that apple. They believe the truth, but they have no life-giving union with Jesus—the Living Vine—through a fruit-producing saving faith.

Adapted from “Signs of the Times,” November 2012.

The Whole Story

By Alberta Blake

I began this story by asking if I could simplify an article written by a heart surgeon who had been working with heart patients for over 25 years. I have been working on it for over a month or two now. Since I began to work on this article I have read some other articles on Alzheimer's disease and cancer. Guess what, they are all saying the same things, but they are coming from different studies. These different studies done by different doctors give similar conclusions. Let me explain.

The doctor found out that the cause for heart disease is not what has been taught through the last few decades. The old ideas to prevent the disease were to give certain drugs and to avoid certain foods. His discovery was that there is another cause for the heart disease. The body has an inflammation, or infection, in the arteries that is the real cause of the heart disease. The inflammation is caused from a Western diet of refined foods—meats, dairy products and the sugary drinks. The arteries are like being brushed with a rough brush every time a person eats refined foods.

Refined foods could be donuts, cakes, cookies, chips, white breads, white rice, dry cereals made with lots of sugar, etc. The brush-like effect would go back and forth every time a person eats any of these foods. That continual brushing is irritating the artery walls as long as this diet of refined foods is used. The inflamed arteries affect the heart causing heart disease and strokes.

The doctor also had suggested a way to help make a change to bring better health back to people who may have these problems because of inflamed arteries that lead to heart disease. His suggestions were very simple. First: change the diet to fruits, vegetables, whole grains, nuts and legumes. Second: make use of a balance of fats in the diet including Omega 3 and Omega 6. Use a ratio of 1 for Omega 3 to 5 for Omega 6. Omega 3 is usually not in the correct portion compared to Omega 6. Many people today have a ratio of 20 or even 50 to 1 with too much Omega 6. Omega 3 comes from eating nuts such as walnuts, almonds and other nuts, grounded up flax seed or flax oil, and

some fish oils. The Omega 6 comes mostly from vegetable oils—refined and not refined. Refined vegetable oils are used a lot for cooking. The refined oils are healthy for use. Refined oils are one of the causes that help to irritate the artery walls causing the inflammation. Virgin olive oil (not refined) is one of the best oils to use. Third: have a good exercise program to get the body into better shape.

Then I read another book on cancer. This book has the same conclusions after doing a study on a large group of Chinese people who had different diets. Some of the people in the study done in China ate the “Western Diet” and the others had a very simple diet. The conclusions were exactly the same as in North America. The cause for the inflammation of the arteries is the Western Diet. This diet is the cause of the inflammation of the arteries that leads to the different diseases including, heart disease, cancer, and diabetes.

The doctors who wrote the articles I read on Alzheimer are coming to the same conclusions. They give the recommendation that is similar to the doctors who do studies on heart disease and cancer.

This is also the cause of so much Alzheimer’s disease that is attacking America and other country populations who follow the “Western Diet.”

The solution to this problem is the same as the one the doctor doing the study on the heart came to. Change the diet:

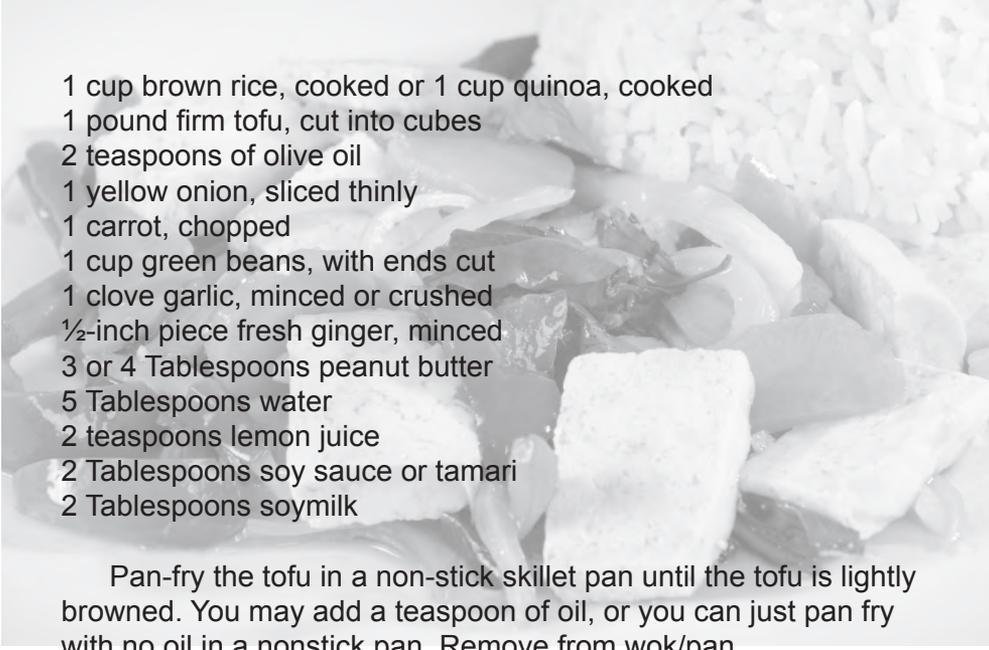
- Eat colorful foods as grown,
- Eat a nice variety of foods from fruits, vegetables, nuts, legumes and grains,
- Keep a balance of Omega 3 and 6 fats,
- Get on a good exercise program,
- Keep a smile on your face,
- Get plenty of fresh air and sunshine,
- Drink from 6 - 8 glasses of water daily, and
- Trust in God. He will take care of you.

You can help to avoid getting these diseases by making these lifestyle changes. If you already have one of these diseases you can prevent the disease to have a better quality of life. I am thankful for life each day. I hope you are too.

Alberta Blake is a writer who is interested in health and lives in Clive, Alberta, Canada.

Vegetarian Recipe

Tofu & Vegetable Stir-Fry with Peanut Sauce

- 
- 1 cup brown rice, cooked or 1 cup quinoa, cooked
 - 1 pound firm tofu, cut into cubes
 - 2 teaspoons of olive oil
 - 1 yellow onion, sliced thinly
 - 1 carrot, chopped
 - 1 cup green beans, with ends cut
 - 1 clove garlic, minced or crushed
 - ½-inch piece fresh ginger, minced
 - 3 or 4 Tablespoons peanut butter
 - 5 Tablespoons water
 - 2 teaspoons lemon juice
 - 2 Tablespoons soy sauce or tamari
 - 2 Tablespoons soymilk

Pan-fry the tofu in a non-stick skillet pan until the tofu is lightly browned. You may add a teaspoon of oil, or you can just pan fry with no oil in a nonstick pan. Remove from wok/pan.

Heat 1-2 teaspoons of olive oil in the wok and stir-fry the onion, carrots, and beans for 4 minutes or so—until the beans start turning a bright green and the onions become translucent.

While this is cooking (or even beforehand), add a small amount of oil in a separate pan and add the ginger and garlic. Cook for a minute or two, then stir in the peanut butter and then the water. Stir until smooth. Add the lemon juice, tamari/soy sauce, soymilk, and stir well.

Return the tofu to the wok, and stir in the peanut butter sauce. Mix well and serve on top of the rice. Serves: 5 cups, 1 cup per serving

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