

The Deaf Messenger

An Inspirational Magazine for Deaf People



“There are many rooms in my Father's house. ... I [Jesus] am going there to prepare a place for you. ... I will come back. And I will take you to be with me.”

John 14:2-3, NIRV

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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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Thanksgiving Day

A Memorial of God's Care and Love

by David Trexler

Jacob left Beersheba and started toward Haran. At sunset he came to a holy place and camped there. He lay down to sleep, resting his head on a stone.

Jacob dreamed that he saw a stairway reaching from earth to heaven, with angels going up and down on it. And there was the Lord standing beside him.

“I am the Lord, the God of Abraham and Isaac,” He said. ‘I will give to you and to your descendants [family] this land on which you are lying. They will be as numerous [very many] as the specks of dust on the earth. They will extend [increase] their territory in all directions, and through you and your descendants I will bless all the nations. Remember, I will be with you and protect you wherever you go, and I will bring you back to this land. I will not leave you until I have done all that I have promised you.’

“Jacob woke up and said, ‘This Lord is here! He is in this place, and I didn’t know it!...’

“Jacob got up early morning, took the stone that was under his head, and set it up as a *memorial*. Then he poured olive oil on it to dedicate it to God. He named the place Bethel” (Genesis 28:10-22, TEV; *emphasis mine*).

Does Jacob’s experience remind you of the Pilgrims who settled in the New World that later became the United States of America?

For years the Pilgrims suffered from religious persecutions in the Old World (Europe) before they came to America. Their sufferings did not stop in the new land.



The Pilgrims suffered from severe winter weather and famine (not enough food) when about half of their people died. They did not have enough food and housing for everyone. The Pilgrims had a difficult time, but they did not give up. The Lord did not forsake them, and He helped them during their difficult times.

God led the Indians to help the Pilgrims grow better food after winter. As a result, the Pilgrims experienced food surplus bringing a new hope in the summer of 1621. They were so overjoyed with the success that they decided to have a three-day feast in honor of God who saved them in the new land. The first Thanksgiving Day was decreed by Governor Bradford for July 30, 1623. It was a day of prayer and celebration.

The Pilgrims' religious celebration later became our national holiday, Thanksgiving Day. It was a memorial of God's providence to new settlers who sought religious freedom, one of the foundations of our great law, the Constitution.

Thanksgiving Day also is a memorial of God's promise to



people of the world that this great nation of the United States, the beacon (hope) of freedom in the world, shall be the promised land for people of all races. And America is to be the example of freedom to all nations of the world.

On Thanksgiving Day, it is a wonderful opportunity to share our faith with our friends about Bible prophecies that predict the beginning of the United States of America.

Let Thanksgiving day be a day of praise and thanksgiving to God and Jesus Christ.

David Trexler is a deaf pastor who lives in Lanham, Maryland.

A Bright Star Over Bethlehem

by Bruce Buzzell



What was the story of the bright star over Bethlehem all about?

It was about a very large, bright star in the sky that pointed to the location of Jesus Christ's birthplace. The bright star helped the shepherds in the field to find where Jesus was born. They heard from an angel telling them that their Saviour was born into this world.

The star also helped the wise men from the east who studied the stars and biblical

prophecies to find the location of our future King Jesus.

You may be wondering why this bright star is so important. The stars have been in the night sky for thousands of years and it has not changed much at all. Is that bright star still out there for our eyes to see today? The answer is no, we do not see it today.

Why was the star there at the time Jesus was born and then disappear after a short time? It was not a regular star or planet. That special large

bright star was a far distant group of angels sticking together to shine their bright light toward the earth. This very special bright star helped the shepherds and the wise men find where baby Jesus was born in Bethlehem.

The wise men followed the large bright star toward Bethlehem. When the traveling wise men were near Jerusalem on the way to Bethlehem, they saw the bright star was covered in darkness.

The people in Jerusalem did not know about the bright star. Why did the people of Jerusalem not see that bright star? Because they did not believe or study about Jesus' first coming! But the wise men and the shepherds looked for

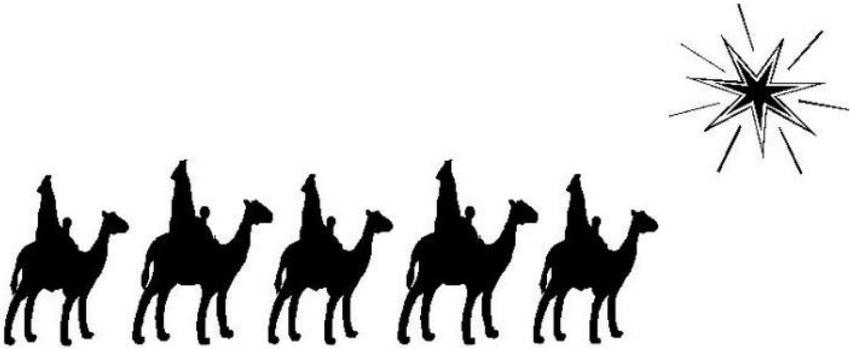
our Saviour's birth and they were blessed with seeing the bright star in the sky!

The people of Jerusalem heard that the wise men were looking for Jesus. The people told King Herod, the evil king of Jerusalem, about the future King being born nearby.

In King Herod's heart, he was jealous of Jesus. Because of his jealousy, King Herod wanted to kill the Jesus so that he could continue to be Israel's king.

King Herod talked with the wise men and told them to let him know about the location of baby Jesus. He told the wise men to come back to Jerusalem so that he (King Herod) could go and worship Him.

After the wise men left Jerusalem on the way to





Bethlehem, they found the bright star shining again outside of Jerusalem! The star shone bright until the wise men found Jesus and worshipped Him. Also they gave Him expensive gifts.

As the wise men prepared to go back to Jerusalem, God sent the angels to tell the wise men not to go back to Jerusalem. God wanted them to return to their homes in the east a different way.

It is awesome to see how God and the angels work together to help people find their way to our Saviour and Lord Jesus Christ.

God is looking for humble people who will seek to find peace, joy, love, and eternal life through Jesus Christ. God will show Himself in different ways to reach us.

One way was to have the angels form a large bright star so the shepherds and the wise men can find our Saviour. Other people who want to go to heaven without Jesus will not find Him. That was what happened in Jerusalem when the bright star hid from them during Jesus' birth because they thought Jesus' birth was not important.

Let us search for God with a humble and open heart. Then He will shower us with blessings that we have not experienced before. God loves us very much and he is waiting for us to come up to Him.

The next time you hear the story about the bright star over Bethlehem, think of God as He tries to reach out to us in love. Let's start a New Year with God in our lives.

Bruce Buzzell is a deaf writer who lives in Sunset Hills, Missouri.

The Christmas in My Heart

by Myron K. Widmer



Is December 25 the correct birthday of Christ? The answer is that no one knows!

Bible writers do not tell us (the day of Christ's birth). History books and records give no exact date.

And there are no records about Jesus' birthday being celebrated during the time of the apostles.

At the beginning of the third century (200's A.D.) we still do not know of any Christian festival established in honor of Jesus' birth.

Is it possible that many

people were not sure when Jesus was born? Yes.

Hippolytus (an early Christian writer) supported January 2 as Jesus' birthday.

Clement of Alexandria said Jesus' birthday was the twenty-fifth of Pachon -- May 20.

A Latin book, *De pascha computus* (c.243), said Jesus' birthday was March 21. Some people said March 28 and April 18.

However, the church accepted December 25 as the festival date of Jesus' birth in

the middle of the fourth century (around 350 A.D.) The festival was based on belief and practice of the early Christian church, the Church of Rome.

History shows that December 25 was probably influenced by the popular secular (worldly), religious, and pagan festivals celebrated on or near that day.

December 25 was celebrated by the Nabataeans as the birthday of Dusares, son of the virgin Chaabou -- mother of the gods.

December 25 was the birthday of the god (idol) Mithras and celebrated by his worshippers. December 25 was the festival of the birthday of the sun -- when the days began to lengthen again.

We know that no one recorded the correct date of the birth of Jesus Christ. Only God knows when Jesus was born.

God, in His wisdom, chose not to record Jesus' birthday. God still has chosen not to show us today. So perhaps, it is not important to know exactly when Jesus was born.

What is very important is that Jesus, the Messiah, was born! Jesus was born a hu-

man! Jesus came to save me from my sins! The fact that Jesus came to save man from their sins is truly worth remembering.

“Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call His name Jesus, for He will save His people from their sins” (Matthew 1:20, 21, RSV).

The angel spoke of Jesus who saved me from my sins. The angel spoke of a man who was God, and about a God who became man. The angel spoke of Jesus' people with sins, and about Jesus' people with their sins forgiven.

Yes, Christmas Day is soon. I will not think only of gifts and making money. I am thankful that Jesus -- a baby, a human, my Saviour, our Saviour -- did come to save us from our sins. That will be Christmas in my heart.

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Before They Call -- Isaiah 65:24

by Arthur W. Griffith



This is a true story that happened when I was about 6 years old. Sickness made me deaf at age 7. My family lived on a farm in Northern Canada. Father worked hard to keep

the family fed. He grew vegetables to eat and sell for a little money, but we also depended on the cows for milk and cream to make butter. Most of it was sold to get

money to buy flour for bread, kerosene for the lamps, and a few other things. We also had chickens to give us eggs.

Life was hard in the winter. It got to be 40 degrees below zero sometimes. We had no bathroom, just a little toilet house (outhouse) away from our home. But we were happy and loved God.

One morning mother gathered us four children and was telling us a story from the Bible. While we were listening, we heard a strange crackling sound and looked out the window. To our horror, we saw a huge fire that looked like the barn and chicken coop were all in flames.

I ran out of the house as fast as my legs could carry me. I must get father! He had gone to the big garden beyond the trees with the horses to work in the field.

When I got into the trees I looked back and saw all the smoke above the trees. I remembered how mother taught us to always pray to God for help when we were in trouble. I fell to my knees and prayed for Him to save the cows.

Then I raced to the garden clearing. My heart fell. Father



was nowhere to be seen.

With heavy heart, I started back. I could see much smoke above the trees. I was sure we had lost all the cows and chickens.

But when I came out of the trees and could see the buildings, I saw father with the horses. The fire was gone out. It was only the straw stack that was close to the barn.

Dad had taken the horses to the creek to drink water, and saw the smoke. He hurried and pulled the burning straw stack away from the barn and put out the fire. All the buildings and animals were saved.

We thanked God for saving them.

When I was older I found God's promise in Isaiah 65:24 that says "Before they call, I will answer, and while they are still speaking, I will hear."

I knew then that God knew what help we needed and heard my prayer before I prayed it He led father to decide to water the horses, and brought him quickly to help.

God often helped me in future years when I asked Him.

When I was ten, I was sent to a school for deaf, far from home. Mother wrote to the church in the city near the school, asking for someone to take me to church.

I had always been to Sabbath School and church even after I was deaf. I missed the songs and music and the teacher's voice, but it felt good to be there.

The first two Sabbaths at school, no one came for me. The third Sabbath I dressed nice for church and told the supervisor that people would take me to church that morning. I was sure God wanted me to go. He would get me there somehow. I told the supervisor a little white lie. I said the

people would meet me at the street car stop a quarter mile away from school. She sent me there with an older boy.

This boy was anxious to go back for the football game that morning. We waited and waited. Streetcar after streetcar went by but no one came. I kept praying hard. Then we saw far down the tracks a man walking toward us. I told the boy the man would help me. When he got to us, I asked him how to get to the Seventh-day Adventist Church. He smiled brightly and said: "I am going there. I will take you." I found he was Field Secretary for the church. He stood in front of all the people and told them about me.

After church, he phoned the school and told them not to worry, then he took me to his home for dinner.

After that someone always came to the school for me on Sabbaths. Jesus loves children and loves to answer their prayers.

Arthur W. Griffith is a retired deaf pastor who lives in Centralia, Washington.

How To Avoid Debt



It will not be too long before the holiday season will be here. People will want to buy lot of gifts for their family and friends.

Many of people will be using their credit cards and go into debt over their heads. Then they end up going into deep debt.

For many people, it is hard to avoid debt BUT it is not impossible. So it is very important that you pray and ask God for spiritual guidance to help you with your budget.

* **Include God.** You need to get God involved in the entire problem. After all, the money is His anyway. “The earth belongs to the Lord. And so does

everything in it. The world belongs to Him. And so do all those who live in it” (Psalm 24:1).

* **Get Wisdom.** In the Bible, Solomon made it clear that you need wisdom before you need money because without wisdom you will not be able to manage the budget properly “What good is money in the hands of a foolish person? He doesn’t [does not] want to become wise” (Proverbs 17:16).

Fourteen Steps To Reduce Debt

1. Ask yourself, “How did I get into debt?” Ask God to show any spiritual mistakes

that have led you into debt. Ask Him for wisdom to be able to see the mistakes and do better than before.

2. Talk with someone who can encourage and support you. Discuss on what you can give up and live without them.

3. Make plan on what to spend and where do you want your money to go to. Save all the receipts and recording them for three months to see where the money went to and how much were used for each month.

4. Say NO! to new things. Don't even go to the malls. Get rid of the catalogs. Don't use "buy now and pay later" plan.

5. Get rid of your credit cards. Cut them up! Have a big celebration and burn them in

the fireplace. Don't try to save them — just quit cold turkey!

6. If you see something you want - WAIT! Think about it for a week. Pray about it. Is it necessary to buy it or not? Use your wisdom with God's guidance. Most of the time, you will realize that you do not really need them.

7. Accept to learn to live simple life. God will provide whatever you need. If you are willing to accept little things, your debts will go down.

8. Learn to eat at home. Don't go out to eat. Teach yourself to eat right and healthful foods. Your wallet and your body will thank you by eating at home.

9. Learn to buy things at thrifty stores (Goodwill, Salva-



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tion Army, etc.) and garage sales. Again, before you buy them, do you really need them?

10. Change your habit when it comes to buying birthdays and Christmas gifts. Instead of buying them, make them something or just give one small gift if budget permit. Let your family know that you need to cut back and that you love them. (Gifts will not buy their love)

11. Enjoy some activities that are free - go to the library and read books/magazines. Don't buy books. Work on your hobby. Take a walk. Go to a park and have a picnic there. Do things that are free instead of going to the movies or shopping that cost money.

12. It is better to get into one large loan and make one payment each month. Do not buy anything else that you can get along without them. Try to set aside and give some money for tithe or charity. It would be helpful to set aside some for emergency savings (to pay for car problems, repair household appliances,

emergency for doctor's care, etc.).

13. Try to increase your income by working overtime. Hold a garage or yard sale. Make things and sell them. Learn to change oil in your car. Learn to grow your own food. Learn to cut hair. Learn to sew your own clothes. Learn anything to save money.

14. Whatever you decide to do, be wise and do it today!

86% of those Americans who have voluntarily cut back their spending say they are happier than before they followed the 14 steps listed above.



So, if you are having money problems, ask God in your prayers to give you the wisdom to follow these 14 steps to better manage your budget.

Children Are Not Getting Enough Sleep!



How many hours of nightly sleep do the children need?

According to sleep expert, they say that young school-age children need 9 hours of sleep each night. Teenagers and college students need about 9.25 hours of sleep.

Why Is It Important To Get Enough Sleep?

What happens when children do not have enough sleep? They will have problem such as:

- * Forgetful
- * Do not learn well in school
- * More clumsy
- * More irritable (complain-

ing, grouchy, pouting, moody, crying, etc.)

- * Prone to make more mistakes
- * Will not listen to parents/teachers and obey them

How Can Your Child Get More Sleep?

* Go to bed at the SAME TIME every night.

* Get up at the SAME TIME every morning.

* Have a quiet, dark and cool bedroom (too warm will make them restless at night and lose some sleep).

* Sleep on a good pillow and mattress.

* Exercise during the day ... BUT not within one hour of bedtime.

* Eat right and good food for meals.

* No sweets/caffeine after 2 PM (soda pop, tea, sweets, chocolate candy, etc.)

* No eating before bedtime.

* Take a warm bath about an hour before bed.

* No TV or video games within one hour of bedtime.

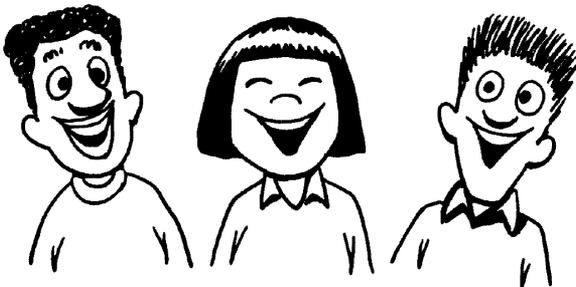
* Read a story and/or have a good family talk at bedtime.

* Pray together before the lights are out.

The younger children do need their afternoon naps. It is part of growing up which is why their bodies need the rest. And they should take their nap at about the SAME TIME every afternoon.

God loves children and it is our responsibility to see that our children are getting enough hours of sleep each night. Some parents would allow their children staying up later once in awhile but it is not a good idea.

Children will try to make excuses or avoid going to bed on time ("I can't sleep", "I am thirsty", "I have to go potty", blah, blah, blah). We need to be firm and be in control of them. Make sure they are in bed at a certain time each night. They will be well rested and happy and the parents will be happy as well as relieved.



A Healty Heart

A handful of almonds a day goes a long way...

Almonds are a good source of dietary fiber, heart-healthy monounsaturated fat (the good fat), high-quality protein, and cholesterol free. A daily handful of raw almonds (about 23) is heart healthy. They help clear arteries and lower cholesterol.

A study found that people who ate about 1 ounce of almonds a day for a month lowered their LDL (“bad” cholesterol levels) an average of 4.4%. Those who ate twice as much (2 ounces) lowered their LDL cholesterol by 9.4%.

Almonds are a natural and healthful addition to any menu. Here are some tips for adding almonds into your diet:

Use nut crumbs as a topping for casseroles, or sprinkle on pasta and grain dishes.

Seasoned almonds are the perfect topping for a side or main dish. In a nonstick skillet over medium-low heat, toss whole natural or slivered almonds in a small amount of vegetable oil until golden. Add your choice of dried herbs, and then sprinkle over salads, vegetables and pasta.

Try tossing finely chopped

whole natural almonds to Chinese vegetable stir-fry dishes.

Almond butter is a nutritious and hearty topping for bagels or muffins. And, it’s easy to make at home by chopping whole natural almonds in a food processor with a little vegetable oil, salt until almost smooth.

The buttery flavor and crunchy texture of almonds make them a perfect topper for freshly baked low-fat scones and breads. Before baking scones, brush them with milk or egg white and top with slivered or chopped almonds. And for extra special breads, sprinkle chopped almonds on them before baking, or knead toasted chopped or slivered almonds into the bread dough.

To give hot cereal just a little more flavor, mix in dried cranberries or cherries and a generous amount of chopped toasted almonds before serving. Serve with skim or soymilk and a drizzle of maple syrup.

Steaming your favorite vegetables and sprinkling them with toasted, sliced almonds. You get all the flavor and all the benefits of a healthy, low-fat meal.

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God's Way answers such questions as:

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