

Morality Forum Update

Standing up for family values in society

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“Aggressive Secularism...”

By John O’Neill

In a recent article in the Daily Telegraph the former head of the Catholic Church in England, Cardinal Cormac Murphy-O’Connor stated how he believes that Christians should speak up for their faith more clearly: “Christianity is important in this country, it has to stand up for itself in the face of secularism. We must be brave enough to speak intelligently about what we believe. We must combat aggressive secularism because it is dangerous. Britain is in the grip of a new ‘secular religion.’ There is a new orthodoxy of what it is ok to believe or not believe...no one should be obliged to live according to the new secular religion which says it alone decides what’s right. It says, ‘we rationalists decide, and all sensible people must accept this.’ Why should believers have to conform? Especially if it is to do with social, medical and sexual matters. I think there’s a small minority who are aggressive, who want religion to keep silent, not to have a voice. In this country there is a set of values, of moral or religious truth, which come from the Judaeo-Christian tradition and which people respect, even if they’re not active churchgoers.” The Cardinal does not believe the Government’s promise that churches will be able to refuse to conduct a homosexual wedding without fear of being taken to court.

Roger Bolton, a former presenter of Radio 4’s Sunday programme, stated that those in charge of broadcasting suffered from a “suicidal” ignorance about religion. He added that the BBC had a responsibility to improve understanding about religion: “You do have a liberal secular elite who dominate television. Christian views were too often dismissed as extreme without any
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NEWS IN BRIEF

Abortion

A new study from Denmark involving half-a-million Danish women suggests significantly higher maternal death rates following abortion in compared to delivery. Studies from Finland and Scotland suggest that abortion is a risk-factor for premature births in subsequent pregnancies. Researchers from Aberdeen University studied the health data of more than 600,000 Scottish women whose second pregnancy came after either an induced abortion, a live birth or a miscarriage. Prof. Siladitya said: “We found that women who had had a previous induced abortion had a higher risk of a spontaneous pre-term birth in their next ongoing pregnancy, compared with women who had never been pregnant before.” John Smeaton SPUC’s chief executive commented: “The truth is that abortion is bad for women and these studies are providing compelling evidence of that truth.” MP’s Maria Miller, Jeremy Hunt and Theresa May have all recently spoken out about the time limit for abortions to be reduced. 37% of people agree with the MP’s as do 49% of women. Daniel Kawczynski, Tory MP for Shrewsbury has stated how religious people are having an impact in lobbying on this issue. It is very reassuring and uplifting to read what Mr Kawczynski has said. It is absolutely vital, especially for religious people to constantly make our views known on such contentious issues as abortion.

Fifty Shades of Dross!

Ann Channon from the Jane Austen’s House Museum has described salacious versions of classics such as Pride and Prejudice as “gratuitous...I feel it’s almost desperate.” Jane Eyre now includes a graphic scene as does Sir Arthur Conan Doyle’s A Study in Scarlet. Claire Siemaszkiewicz of Total-E-Board publishing said: “We wanted to enhance the novels by adding deeper relationships, character development, and the ‘missing’ scenes for readers to enjoy.” What Ms Siemaszkiewicz really means is: “We live in a time where sex is pushed onto our society from all angles. We just want to cash in on this trend and make lots of money doing so.” It seems that this trend in prurient “spicing up” of classics has been based on the success of the “mummy porn” novel, Fifty Shades
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of Grey. In the real world the sexual revolution and the permissive society has been a complete disaster for our nation with ever increasing levels of divorces, teenage pregnancies and STD's. Spicing up books etc. with salacious dross is irresponsible and shows a complete lack of understanding about sexual morals and ethics. It sends out all the wrong messages as well as fuelling the permissive society and the sexual revolution.

Homosexuality

The French Government is to ban the words "mother" and "father" from official documents concerning plans to legalise same-sex marriage. Only the word "parents" would be used in identical marriage ceremonies for all heterosexual and same sex couples. The draft law states that "marriage is a union of two people, of different or the same gender." Cardinal Philippe Barbarin, the head of the French Catholic Church, stated: "Gay marriage would herald a complete breakdown in society. This would have innumerable consequences. Afterwards they will want to create couples with three or four members. And after that, perhaps one day the taboo of incest will fall." Lord Carey has recently stated that re-defining marriage would "strike at the very fabric of society. Let's have a sensible debate about this, not call people names. Let's remember that the Jews in Nazi Germany, what started it all against them was when they started being called names. That was the first stage towards that totalitarian state." David Cameron's plans to introduce same-sex marriage could have cost the Tories the support of millions of churchgoers, polling suggests. Almost six out of ten people who attend services regularly say they are less likely to vote Conservative at the next election because of the plans to redefine marriage. An eve-of-conference poll of Tory constituency chairmen found that 71% think that the proposal should be abandoned. Please pray for Lord Carey and other relevant people who are leading the fight against this totally undemocratic and insidious proposal.

Criminal Justice System



Sir Paul Stephenson the former Commissioner of the Metropolitan Police has recently condemned Britain's "perverse" criminal justice system: "Too many offenders are given a slap-on-the-wrist such as a police caution-rather than being prosecuted and that the criminal justice system is sometimes geared more to criminals. Burglary should be considered

a heinous, evil crime and shocking. It traumatises victims, including a sense of violation-and in the very place we should feel the most secure, our homes. People sometimes want to sell up and move after an attack. A criminal justice system that fails to understand the importance of taking burglary seriously will never properly command the confidence of the public. The failure over decades to deal with the limitations of our prison estate has clearly influenced the likelihood of convicted burglars receiving the custodial sentences their crimes warrant early in their career." Last year fewer than half of burglars convicted at court went to prison. Just over 12,850 burglars were given community sentences or jail terms, compared with 11,896 who were handed custody!

Only 51 of more than 1,100 juveniles caught with offensive weapons were jailed this spring, half as many as a year earlier! More than 400 convicted sex offenders who were released in the past three years have gone on to commit rape. 3,263 rapists were convicted in the past 3 years. Of those, 409 already had previous convictions for sex offences. More than 90% of rapists convicted in the last year had a criminal record; a total of 2,961 offenders. 86 of 769 rapists released from prison in 2010 had served less than half their sentence. A spokesperson for Rape Crisis, stated: "What these figures demonstrate is that rapists are serial offenders-something we have always believed to be true." Priti Patel, a Conservative MP, said the Government's priority must be to ensure that prolific sex offenders are imprisoned to "keep the public safe. These are disturbing figures that show too many dangerous criminals are being let off the hook and allowed to re-offend over and over again." Overall, the figures showed hundreds of criminals released early went on to commit further offences. These included 44 murders, 15 manslaughters, 78 rapes, and 56 other serious sexual or violent assaults. Chris Grayling the new Justice Secretary is planning to ensure that more offenders are jailed. That is a good sign, but it needs to be backed up with proper sentences and an end to early release schemes and serious offenders being given community sentences.

Letters and Emails received

Hello John, I hope you are well. I have already signed this petition, [Terence Higgins Trust] and written twice recently to my local MP, and have sent info on this petition to some local UC members. Still trying to do my bit.....Chris Large

Thanks for the info John; I'm busy with other stuff at present but thank you for your work on these important issues. Yours sincerely, Angus McDonald

Dear Friend John

I hope to find you in the best of health. I am most grateful to you that you are sending me all the information on sex education in the schools. You are doing a fantastic job. I am totally opposed to giving sex education in schools. This opens the door to promiscuity...With best regards. Ajaz Ahmed Mir

Hello John, Thank-you for forwarding this email. [Safer Internet Survey] I will share it with the members of our Masjid and ask them to participate. Thanks. Usman. Masjid At-Taqwa

Bruno Klotz recently sent the following Email to a gentleman at the Mayor of London's office: *Thanks, Sir. Get your point. But common sense tells me that marriage is a thing between man and woman. Actually God created the different sexual organs, male and female, and he created marriage in this way, as something between man and woman. The male and female sexual organ fit together, for reproduction and beyond. You cannot say that about two male or two female sexual organs. Since God created marriage, our conscience will always tell us that it is a thing between man and woman, nothing else. But some people obviously have allowed their conscience to be buried. They are advocating marriage between two men*

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attempt to understand them."

Eric Pickles the Secretary of State for Communities and local Government has recently stated positively about how Christianity in all its forms has shaped the heritage, morality and public life of Britain: Mr Pickles added: "Faith communities provide a clear moral compass and a call to action that benefits society as a whole. I believe that mainstream tolerant religion binds society together. We are a stronger country when we embrace the religious character of our nation." Mr Pickles' comments follow similar comments in recent times by Baroness Warsi who stated about the importance of upholding religious faith and values in our nation. What Mr Pickles and Baroness Warsi state is absolutely correct. The problem is that such comments cannot be taken seriously when we look at how successive governments have turned away from legislating and forming policies based on religious tenets and values, culminating in the insidious proposal to redefine the meaning of marriage, which will have far-reaching negative consequences for religious believers and organisations if enacted. The government is enlisting the support of advisors from the USA regarding the redefining of marriage, because they are worried that they are losing the argument about this so-crucial issue. More than 600,000 signatures have been obtained by the Coalition for marriage campaign, and they want to reach a million. Please support this vital and necessary campaign. To obtain petition forms, leaflets, contact: www.c4m.org.uk Tel: 02074037879

Godly values should be the criteria for all policy decisions and legislation enacted by any government and also in relation to media standards. History shows that without such values there will be very negative consequences for any nation that goes down the secular, humanistic path, which includes a ten-fold increase in crimes and enormous increases in social problems here in the UK, since a religious ethos was last prevalent in the 1950's. In particular all religious people need to remain very vigilant in the face of the negative, highly corrosive anti-Godly issues facing us at this time. Pornography is still mainstream in our society. Recent information regarding porn: One in three British ten-year-olds have been exposed to online pornography. 81% of 14-16 year-olds look at online porn at home. The number of children ringing ChildLine after seeing hardcore images on the Internet has risen to 50 a month! ChildLine founder Esther Rantzen says children were becoming 'warped'. Girls say they are being coerced or even forced into mimicking adult videos. Ongoing issues: Abortion-on-demand; amoral sex education; quickie divorce, harmful media standards. God is looking to religious people to act as the conscience of the nation. This means that we must act and not stay silent when confronted with such serious moral/family issues which are afflicting our nation at this time. Just doing simple things such as signing online petitions and forwarding them to others can make a huge impact. Writing letters, contacting MP's, campaigning, supporting moral groups, speaking on radio phone-ins etc., are all very valuable and important ways of fighting back. Martin Luther King Junior: "The church must be reminded that it is not the master or the servant of the state, but rather the conscience of the state. It must be the guide and the critic of the state, and never its tool. If the church does not

recapture its prophetic zeal, it will become an irrelevant social club without moral or spiritual authority. Dietrich Bonhoeffer: "Silence in the face of evil is itself evil. God will not hold us guiltless. Not to speak is to speak. Not to act is to act." Always worth remembering: God plus one = A majority! Please contact Morality Forum if you need help or advice.

Morality Forum Action

Morality Forum supporters in different parts of the country have been distributing petition forms and leaflets and also obtaining signatures for the Coalition for Marriage.

The Sex Education Bulletins from SPUC and also their petition forms and leaflets to protect midwives from being pressured to participate in abortions continue to be distributed.

Should chemists give the pill to under-16's ?

In the following article, first published in the Times, Norman Wells presents the case against the supply of the pill to underage girls without consultation with a doctor, without a prescription and without parental involvement. Over recent years we have witnessed the systematic removal of every restraint that, in previous generations, served as a disincentive to underage sexual activity. Explicit sex education in schools has served to break down the natural sexual caution of ever-younger children and, since the age of consent is rarely enforced, young people no longer fear legal proceedings. In addition, the ready availability of contraception means that a girl's fear of pregnancy is no longer considered a good enough reason for rejecting the advances of her boyfriend-or any other male- and confidentiality policies mean that a girl need not worry about what her parents would think about her being sexually active, obtaining contraception, being treated for a sexually transmitted infection (STI) or even having an abortion. Making the contraceptive pill available to girls under 16 at pharmacies and saving them the embarrassment of making an appointment to see a doctor will further promote underage sexual experimentation. As many doctors have noted, the lack of a thorough medical consultation presents potentially serious health risks, especially in girls who smoke. Pharmacy supply to underage girls also raises significant child protection issues. The easier it becomes for young teenage girls to obtain the pill, the more scope there is for abuse. There is no evidence that confidential contraceptive schemes succeed in reducing teenage conception rates. Research published in the Journal of Health Economics last year concluded that schemes to provide emergency birth control to under-16's at pharmacies did not cut teenage pregnancy rates but led to increases in diagnoses of STIs. Growing numbers of teenagers are left carrying emotional baggage into adulthood that will make it more difficult for them to build an intimate, trusting and stable marriage later on.

Regret

Many girls later regret their early sexual experiences and some say they would never have embarked on an illegal sexual relationship under the age of 16, had it not been for the
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RE-DEFINING MORALITY

By Dr Clifford Hill

Child Sex Scandals: What has happened to our nation? The revelations of child sex scandals coming out of Rochdale in Lancaster and Rotherham South Yorkshire are almost beyond belief. For more than 10 years gangs of Immigrant men from a different cultural background have been allowed to roam the streets in Rochdale picking up schoolgirls from care homes and grooming them for sex. On 9th May this year eight Pakistani men and an Afghan were jailed for rape and sexual abuse of girls as young as 13. Now Rotherham is in the news for similar offences. The Times (25.09.12) reported that as far back as 2002 a confidential Home Office report said that three brothers from one British Pakistani family were linked to the exploitation of 54 local girls in Rotherham whose ages ranged from 12 to 15. Nothing was done about it! The following year, 2003, a 13-year-old girl who had been repeatedly raped by Pakistanis went to the police for help but they didn't believe her tearful account. She came from a stable home and her parents reported the problem to Social Services but they also did nothing. They even wrote to Home Secretary David Blunkett, but still there was no action. A 2010 report to Rotherham's 'Safeguarding Children Board' said that such crimes had "sensitivities of ethnicity which are locally sensitive in terms of diversity". It warned that it was "imperative that suggestions of a wider cultural phenomenon are avoided".

Coded Language

Unpacking this PC coded language, what these Rotherham officials appear to be saying was that they were too scared of upsetting ethnic minorities to do the job they were paid to do - protecting vulnerable children. Police reports of their interviews with the 13-year-old say that she had "voluntarily" gone to the home of these Pakistani men and therefore what happened was "consensual sex". The police appear to have been unaware that under British law there can be no such thing as 'consensual sex' for a 13-year-old, she is below the age of consent! She should have been granted all the protection of the law. Instead of which it was the men who were protected; no doubt because of their race! If they had been white British men surely the full force of the law would have descended upon them, as in the recent case of the 30-year-old maths teacher who went to France with a 15-year-old Sussex schoolgirl which provoked an international hunt. Or, are Sussex schoolgirls treated differently in law from North-country girls?

Uncovering the Truth

It is scandalous that these men could have been taken off the streets back in 2002, instead of which they had 10 years in which to exploit and corrupt vulnerable children. Why has this been allowed to happen? Newspapers have been calling for a public enquiry. Of course, they love a scandal; it sells papers. But in this case, they are surely right; nothing less than an independent public enquiry is needed to uncover the truth. In uncovering the truth we need to start with what is happening in schools throughout the country where inappropriate explicit sex education is being forced upon innocent children dragging them into the cesspit of contemporary British adult life. The whole sex education system in our country needs to be exposed to view so that parents can see what is being delivered to their children. It is also time we changed the law allowing contraceptive devices to be fitted to under-age girls without the

knowledge or consent of their parents. Girls can also obtain the 'morning-after' contraceptive pill on a totally confidential basis which keeps their activities hidden from their parents and increases their vulnerability.

Lifestyle Choice

As if this were not enough! Our police and social services are now flouting the flimsy laws of protection that are in still place and they are, in practice, re-defining morality to protect the lawbreakers and allow them to have sex with children. To apply the term "consensual sex" to a 13-year-old girl is a gross distortion of truth. But even more outrageous is the justification for failing to protect a child rape victim given by a Rotherham woman police officer. She interviewed one of these girls who was being repeatedly abused and wrote in her report that the child had "made a lifestyle choice". So this is how we re-define morality to account for the sexual coercion of children! First we teach them from the earliest possible age all about the physical details of sex (without mentioning marriage or lifelong commitment). Then we supply them with the means of contraception and abortion. Then when they are groomed and abused by paedophiles we say that they have "made a lifestyle choice" - in other words it's their own fault.

Distortion of Truth

This is yet another gross example of our 21st century culture turning moral values upside down. Instead of the perpetrator of evil being at fault, it's the victim! Re-defining morality is a distortion of truth which is the hallmark of our 21st century culture. Once you abandon the God of Creation and turn your back upon our centuries old Judaeo-Christian heritage there are no ultimate standards of truth by which to judge right and wrong. We are rapidly reaching the point where everyone makes up their own rules and 'relativism' replaces law.

The Plumb Line

There are plenty of historical examples of the consequences of such socio-cultural perversions. A similar situation has preceded the collapse of ancient civilisations where corruption undermined social stability. In the Northern Kingdom of Israel, shortly before it was annihilated by the Assyrians, the prophet Amos brought a stark warning to the leaders of the nation. He described a revelation he had been given where he saw God standing by a wall with a plumb line in his hand. It was a regular practice of safety officers in Israel to check on the condition of the city walls which guarded the population. They held a plumb line against the wall which showed if there were any bulges which indicated that there was corruption building up pressure inside the wall cavities which could cause it to collapse suddenly. The warning from Amos was that God was putting a plumb line among the people. It was the plumb line of truth which showed that the nation had abandoned the standards of a godly nation and was thereby putting themselves outside God's protection. The warning was ignored and the inevitable happened. Will this be the fate of our nation? Or will Christians who are the guardians of biblical truth arise from slumber and declare the word of the Lord not only to shine the light which exposes wrongdoing, but which brings the transforming love of God into the lives of those who are desperately hurt and confused by the injustices and cruelties of a corrupt generation?

This paper comes to you as part of the Issachar Ministries Intercessory news e-mailing October 2012 The tribe of Issachar understood the times and knew what Israel should do (1 Chronicles 12.32) Published by kind permission



True Family Values
(compiled by **Frank Van der Stok**,
continued from previous issue)

Sharing Blessings with Others

A. A family which lives by true family values is a family that naturally brings the expansion of blessings.

1. *God is the origin of all true blessings.*
2. *It is God's Will that we receive His blessings for the sake of transferring them to others.*
3. *If we act so to make these blessings available to others, then we will mobilize heavenly fortune, because we are acting in accordance with heaven's spiritual laws. By doing so, we become like a vital cell in God's living body, the body of God and True Parents.*
4. *We can imagine a family which is united so closely in love that they feel and act as one body. If we expand this concept to the world and cosmic level, we can grasp the meaning of a family of the body of God and True Parents.*

B. A family of the body of God and True Parents.

1. *It is a family existing in eternal unity with God.*

- It is described on the level of individuals in John 14:20 : "You will know that I am in my Father, and you in me, and I in you."
- 1 Cor 12:13, 27: "For by one Spirit we were all baptized into one body, Jews or Greeks, slaves or free, and all were made to drink of one Spirit...Now you are the body of Christ and individually members of it." (see also Eph.4:15-16 and Col. 2:19)

2. *To be a member of the body of God and True Parents is an internal reality. It means that we as a family have perfected love to such a degree that we become one body with God, as united with God as the feet and hands are united with the persons mind which directs and care for them.*

C. This is the family which can gain the cooperation of the spirit world, and activate, or mobilize, heavenly fortune.

1. *Heavenly fortune is the power of God which upholds the cosmos.*

- Heavenly fortune operates according to principle. Naturally it upholds those who move in harmony with the cosmos in accordance with its universal laws.
- In particular, we must understand the basic spiritual laws of the spirit world and the physical laws of nature. These laws govern the operation of all entities:

- a) The proper alignment of mind and body, male and female.
- b) The two sides giving and receiving in harmony.
- c) Growth to completion as an individual before entering into unification with my partner.
- d) The part operating for the sake of the whole.
- e) The development from the individual to the family, clan, nation and world.

- Working within these principles brings the protection and energy of God and the whole universe.

2. *Every religion teaches that by faith and righteousness, we connect to God's power and protection.*

- Psalm 23 expresses David's faith in God's protection: "The Lord is my shepherd, I shall not want..."
- Rev 3:10 expresses a covenant between God and the righteous: "Because you have kept my word of patient endurance, I will keep you from the hour of trial which is coming on the whole world, to try those who dwell upon the earth."
- Hindu scriptures express the same assurance: "Quickly I come to those who offer me every action, who worship me only, their dearest delight, with undaunted devotion. Because they love me, these are my bondsmen, and I shall save them from mortal sorrow and all the waves of life's deathly ocean." Bhagavad Gita 12.6-7
- Taoist thought concurs: "A sacrificial vessel: The superior man, taking his stance as righteousness requires, adheres firmly to Heaven's decrees."
- Islamic scripture encourages the same: "O you who believe! Be mindful of your duty to God, and seek the way to approach unto Him, and strive in His way in order that you may succeed." Quran 5.35

3. *Mobilizing heavenly fortune.*

- By living according to the natural spiritual and physical laws, we are in harmony with the cosmos and are protected by the cosmos.
- Heaven protects those who uphold the way of heaven. This is because heaven is one ecological circle. Violation of the circle of life brings death, because one is cut off from the flow of energy which brings life and growth.
- The fallen world has a weak connection with the way of heaven. Those who follow the path of goodness must digest and endure persecution with patience and love:

- a) Keep striving for goodness even when no result comes.
- b) Such sacrifice puts wealth in your heavenly bank account.
- c) If you don't reap the reward, your children will.
- d) Suffering is not a way to blessing if it is taken as victimization by self-centered people. But the suffering of the righteous, which is for the sake of God and to save other people, has great merit.
- e) There are two totally different meanings to suffering:
 - Those who bring suffering on themselves by immoral or selfish actions: financial manipulators, drug or sex abusers, atheists, traitors.
 - Those who endure suffering to help others:

47 Benefits of Prayer (Abridged)

By Jim Stephens

Summary: I recently got a copy of a newsletter called Mind Health Report. That issue was titled 47 Health Benefits of Prayer. The issue gives a summary of 47 different and extensive research studies that detail the health benefits of prayer and a religious life.

Religious beliefs and activities can have a profound impact on our mental and physical well being by reducing stress, improving resistance to diseases, enhancing memory and mental function, and helping us to lead longer lives.

Many studies have looked at how health and well-being are influenced by having spiritual beliefs, praying, and attending religious services, and these have found a wide range of benefits. The Mind Health Report compiled a summary of these benefits.

47. Having a Happier Marriage

Praying for a person increases your ability to forgive that person

Couples who share religious beliefs, practices, and affiliations are happier than those with different or no religious orientation, according to a study of nearly 1,400 Americans between the ages of 18 and 59, conducted by the National Marriage Project at the University of Virginia. The happiest couples think, discuss, and practice their beliefs in the home, rather than only attending church services. Earlier research has identified three ways in which religion enhances marriages: By promoting ethical behaviour (the Golden Rule) and forgiveness; by providing a family-oriented social network; and by bringing a sense of meaning and purpose to life, which increases resilience to stress. SOURCE: Journal of Marriage and Family

1. Becoming More Forgiving

People who view their goals as sacred put more effort and energy into attaining them. Two studies at Florida State University found that praying for a person increases your ability to forgive that person. In one study, people who prayed for a romantic partner harboured fewer vengeful thoughts and emotions and were more ready to forgive and move on after a conflict. In another study, men and women prayed for the well-being of a close friend, daily for four weeks, while others simply thought positive thoughts about their friend. Those who prayed were more willing to forgive, not only the friend but other people in general. Forgiveness is associated with better overall health and satisfaction with life.

SOURCE: Psychological Science

2. Achieving Goals More Effectively

Faith and attendance at religious services offset the emotional toll of financial strain. Researchers at the University of Miami analyzed more than eight decades of research and found that prayer and other religious practices improve the ability to pursue and achieve long-term goals. Prayer affects regions of the brain that improve self-control, and people who view their goals as sacred put more effort and energy into attaining them. SOURCE: Psychological Bulletin

3. Living a Longer Life

Numerous studies have found that people who are religious are likely to live a longer life. For example, an analysis of 42 studies with a total of more than 125,000 people found that in addition to private prayer, attending religious services, and being involved in other church activities predicted a longer and healthier lifespan. SOURCE: Health Psychology

7. Reducing Financial Strain

A study of more than 800 older people found that faith and attendance at religious services offset the emotional toll of financial strain. Researchers at the University of Michigan found that prayer increases gratitude which, in turn, reduces the negative impact of financial difficulties.

SOURCE: The International Journal for the Psychology of Religion

9. Increasing Happiness and Financial Satisfaction

A University of South Florida study of 1,413 adults found that those who are the most religious, in terms of prayer with a positive focus, attendance at church services, and using their faith to deal with day-to-day problems in a positive way, are happier and more satisfied with their financial situation.

SOURCE: Journal of Religion and Health

13. Protecting Against Stress

When faced with stressful events, older people with strong personal religious beliefs do not experience significantly elevated blood pressure, according to a study at Utah State University. Their reaction is much like that of people who are 30 or 40 years younger. Other research found that prayer which fosters compassion and a loving attitude reduces a harmful stress response in the brain. SOURCE: Annals of Behavioural Medicine

16. Kids Doing Better in School



Kids who are involved in church activities have higher educational expectations and are likely to do better in maths and reading

The National Survey of Children's Health found that school-aged children who attend religious services at least once a month are half as likely to repeat a grade than

those who attend less frequently. SOURCE: Journal for the Scientific Study of Religion

22. Enhancing Satisfaction With Life

Helping others through one's religious activities increases satisfaction and improves One's outlook on life, according to a study of more than 2,000 church members located in various parts of the United States. Giving help brought about greater benefits than receiving help. SOURCE: Psychosomatic Medicine

29. Improving Mood and Outlook

Praying for the well-being of the person with whom one is angry, or even praying for someone else, calms anger and fosters positive emotions and attitudes, such as compassion, that improves overall health

Numerous studies have found a strong connection between deeply held religious beliefs and less likelihood and incidence of depression. For example, a study of more than 600 middle-age and older adults, by the U.S. Department of Health and Human Services, examined how both men and women experienced the influence of religious beliefs that protected them against symptoms of depression. Researchers found that these were some of the protective experiences: "I feel God's presence "and" I feel comfort in my religion or spirituality." Benefits were comparable for both men and women. SOURCE: Journal of Nervous and Mental Disease

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30. Calming Anger
They found that religious beliefs and practices increase forgiveness and forgiveness leads to reduced hostility which, in turn, leads to better health

Anger not only detracts from human relationships but is also associated with increased health risks, because it puts our stress reaction into overdrive, can raise blood pressure, and if frequent or chronic, can damage the brain. Studies at Ohio State University have found that praying for the well-being of the person with whom one is angry, or even praying for someone else, calms anger and fosters positive emotions and attitudes, such as compassion, that improve overall health. SOURCE: Personality and Social Psychology Bulletin

32. Improving Family Relationships

Compared to non-religious teenagers, those who find meaning and importance in religion, and continue to do so during their teen years, experience a better relationship with each parent. And, the whole family has a more satisfying relationship. However, when parents try to enforce beliefs that the children do not share or easily accept relationships can worsen. SOURCE: Sociological Quarterly

41. Buffering Against Stress and Negative Emotions

In the Netherlands, researchers at the University of Amsterdam looked at the effect of a religious upbringing on neuroticism, which means a tendency to experience negative emotions, such as anxiety, anger, guilt, and depression, and to view life situations as threatening or hopelessly difficult. People who have such a disposition are more adversely affected by stress. The study examined adults over the age of 25, including 4,369 twins and 1,304 siblings from 2,698 families. It found that people who had a religious upbringing were less likely to manifest neuroticism, even if they were genetically predisposed to the condition. SOURCE: Twin Research & Human Genetics

45. Reducing Hostility

Researchers in New York surveyed more than 1,600 people to gain a better understanding of how religion protects health. They found that religious beliefs and practices increase forgiveness and forgiveness leads to reduced hostility which, in turn, leads to better health. Other research has established that hostility increases wear and tear on a human body and contributes to unhealthy cholesterol, elevated blood pressure and blood sugar, and hormonal changes that impair optimum function. As a result, reactions triggered by hostility increase risk for all the major diseases, such as heart disease, stroke, and diabetes, and shorten life. SOURCE: Journal of Religion and Health

God bless your family and your marriage

from page 2 Letters and Emails received
or two women. But what is the point? Actually when marriage is open for everyone, as you say, then why not marriage between five men and 20 women or anything else, just according to choice? In the end, what is the point, where does it lead? Only marriage between ONE man and ONE woman

makes sense. Everything else does not make sense. It leads nowhere, only to more and more unreasonable unions. Maybe even a union between a man and a dog? Why not? After all we have animal rights. ONE man and ONE woman should be parents to their children, not two men or whatever. Why? Because ONE man and ONE woman represent God, because God is male and female. Also a man marries a woman, and vice versa, because only together, as man and woman, they represent God, they become complete. Not as two men, or two women. After all you cannot change God's ideal and blueprint. You will not get very far by trying to go against universal spiritual laws. It only will ruin those who try that. Hope you do not belong to those. All the best from Bruno Klotz

Theresa Quarmby had the following letter published recently in the Huddersfield Examiner. *I see our local MP Barry Sheerman has changed his mind regarding "gay marriage". May I write something in support of marriage. Marriage, the permanent exclusive union of one man and one woman is the basis of the family, the fundamental group unit of society. Upholding marriage is therefore in everyone's interests. Marriage as an institution protects children both born and unborn. Statistics show that unborn children are much safer within marriage than outside marriage. Same-sex marriage lacks basic elements of true marriage, for example the complementary sexual difference between spouses necessary for the procreation and healthy upbringing of children. Same-sex marriage represents an attempt to redefine marriage, thus undermining marriage. This undermining lessens the protection for unborn children which true marriage provides. Weakening marriage is in no-one's interests. Strengthening marriage is in everyone's interests. The moral environment in which children are conceived and grow up with has a lasting effect on their stability and happiness and indeed on their survival. Changing the law would weaken the idea that marriage has an intrinsic link with children and therefore with permanence. Societies throughout history have recognised the importance of natural marriage and understood it is a unique bond between man and woman. To recognise the unique nature of marriage and treat it accordingly does no injustice to anyone, whereas redefining marriage by fiat seeks radically to alter the nature and meaning of a fundamental institution. I hope that those against gay marriage will keep on lobbying the government and passive religious leaders.*

from page 3 Should chemists give the pill to under-16's? confidential provision of contraception. Advocates of its provision to underage girls are swift to cite the Fraser guidelines, which permit legal supply subject to certain criteria. However, Lord Fraser emphasised that 'any important medical treatment of a child under 16 would normally only be carried out with the parents' approval' and that it should be 'most unusual for a doctor to advise a child without the knowledge and consent of parents on contraceptive matters'. If health authorities are interested in reducing underage teenage conception, abortion and STI rates, they should look for ways to discourage young people from engaging in sexual activity. The last thing they should be doing is fuelling the flames of a sexual health crisis with schemes that treat parents, the law and basic moral principles with contempt. This article was published by kind permission of Family and Youth Concern

8th Year WAIT KICK-OFF WORKSHOP

21st - 23rd Sept 2012 Livingstone House, Chislehurst

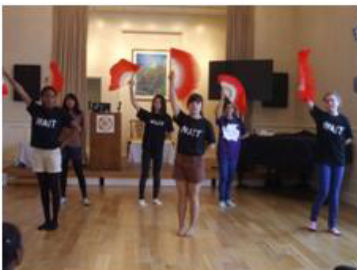
Introduced by brother and sister, Vitas and Narumi Le Bas, WAIT UK started its 8th year with the annual Kick-Off Workshop formally on Saturday morning, 22nd September; with the staff arriving on Friday evening for dinner and to prepare the workshop for the participants.



The morning schedule comprised of: History of WAIT (by Uncle Marshall), WAIT Rules (by group discussion & reports) and WAIT Development (by Uncle Ashley), and Activities of WAIT (by Vitas). Seven new people were welcomed into WAIT this time; the total number attending the workshop was 29, of which 7 served as staff.

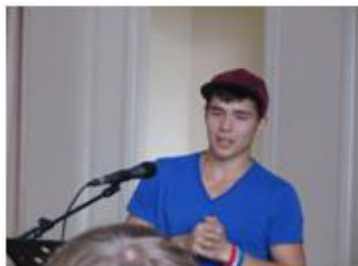
After lunch, there was a taster session of two WAIT acts - Break Dance and Rose Dance for the newcomers!

Following that, everyone divided into three practicing groups: Vitas led Break Dance for boys and girls; Narumi taught the Rose Dance to a group of six girls; and Miwa led a mixed singing group of seven. The house was buzzing with noise and excitement!!



Then arrived a well-deserved break and dinner, after which followed two presentations - "A Dozen Reasons to Abstain from Sex before Marriage" (by Uncle Marshall) and "WAIT Saving Lives in East Africa" (by Uncle Ashley) - and the showing of the inspirational movie, "Karate Kid" (with popcorn served as well)!

On Sunday, after Morning Inspiration and breakfast, the session began with a fun game, followed by the teaching of the Sketch and an opportunity for everyone to learn Public Speaking (both old and new). People had to speak on a topic, e.g. "Why I am abstinent", after which Uncle Ashley offered constructive criticism in a very encouraging way.



After our last lunch together, we gathered for a reflection period, after which the three groups meet once again for a final practice before putting on a performance for the arriving parents.

At the Close of the workshop, Vitas and Narumi thanked our hosts for the wonderful time had by all, and Uncle Marshall acknowledged the new people who joined WAIT, as well as the role played by the staff in making this workshop a very memorable and successful one.

from page 5 True Family Values

Schweitzer, Mother Teresa, all such people.

- We each can decide which path to take.

4. We invite heavenly fortune when we act together to spread God's blessings to others.

- Love grows when it is shared.
- Thus we conform to universal law, and can mobilize heavenly fortune all the more.:
 - a) A virtuous cycle, increasing momentum, getting "on a roll."
 - b) Invest the smaller for the larger purpose.
 - c) This is a heavenly secret to a successful life.
- Our aim as a true family is to multiply God's blessings of abundant life to our surroundings.
- Of all God's blessings, the greatest is His Blessing of holy marriage. It is the Blessing which endows the power to receive and give unlimited blessings, like teaching a man to fish, rather than just giving him a fish.

D. This is the higher purpose of all families: to be in service of neighbours and relatives, one's hometown.

1. Every individual and every family should be in partnership with God and each other.

2. Avoid family-centered life, which is a form of selfishness.

- In fact, we should work first for the benefit of other families, not our own. This is the practice of patriotism, sainthood and holiness.

3. Hospitality: a traditional virtue.

- Taking in orphans and raising them as one's own.
- Kindness to strangers, especially those in need.

4. Voluntarism: helping the community.

- Charity, philanthropy.
- The CEO of a major corporation coaches a local children's soccer team, or works in a soup kitchen.

5. Leadership: becoming a center of the community through active service.

6. The family which extends itself to others also expands itself.

(to be continued...)(from the book "True Family Values" by Wilson and Pak)(<http://www.hsabooks.com/books>)